



SHAC MEETING MINUTES

Below are the meeting minutes from the SHAC (Student Health Advisory Council) committee meeting.

Meeting Information:

The SHAC meeting took place on Wednesday, November 15, 2023 in-person and virtually at the GISD PDC (Shugart Professional Development Center).

Meeting Attendees:

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|------------------------|-----------|
| Beth Harshman-Martinez | In Person |
| Craig Hempel | In Person |
| Dr. April Givens | Virtual |
| Jessica Chester | In Person |
| Laura Vayda | In Person |
| LeeAnn Stephenson | In Person |
| Leilani Dodgen | In Person |
| Liz Kiertscher | In Person |
| Renee Kotsopoulos | In Person |
| Sabrina Jeter | In Person |
| Shelley Garrett | In Person |
| Sheri Thompson | Virtual |
| Sophia Green | In Person |
| Stephanie Myers | In Person |
| Tajuana Walls | In Person |
| Vanessa M West | Virtual |
| Virginia Pollard | In Person |
| Teena Johnson | In Person |
| Kim Thiehoff | In Person |
| Nancy Paschal | Virtual |

Committee Purpose:



The TEA requires all school districts to establish a district School Health Advisory Council, TEC Chapter 28, Section 28.004. SHAC is a group of members representing segments of individuals of the Garland ISD community, district employees, and parents appointed by the Board of Trustees. The SHAC assists in addressing the physical and health needs of students in Garland ISD. The SHAC plays an important role in communicating the connection between health and learning to school administrators, parents, and community stakeholders. The SHAC assists the district in ensuring that local community values are reflected in the district's coordinated school health program. Coordinated school health focuses attention on the priority areas that include student nutrition services, health services, a healthy and safe school environment, counseling and mental health services, employee wellness, family and community engagement, physical education, and health education for the most effective way to meet the health needs of district's students.

Responsibilities:

The SHAC must hold 4 meetings each school year. A school district **MUST** consider the recommendations of the SHAC before changing the district's health education curriculum or instruction. The SHAC will provide a written annual report to the Board of Trustees each school year. A majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district.

Agenda:

[Agenda SHAC Meeting - 11.15.2023](#)

Meeting Dates:

Meetings for the 2023-2024 school year are scheduled as follows. Meetings will be conducted in person.

- October 6, 2023 (***date change***)
- November 15, 2023
- February 14, 2024
- April 10, 2024

Meeting Minutes:

The meeting was called to order at 12:11 p.m. by LeeAnn Stephenson. The recording was started.

LeeAnn Stephenson



LeeAnn Stephenson welcomed all attendees to the meeting in person and virtually. SHAC Co-chairs were introduced, LeeAnn Stephenson and J.R. Chester. The agenda was reviewed and QR code highlighted on the agenda for access to the presentation.

Fitnessgram Presentation - *LeeAnn Stephenson*

Fitnessgram, commonly referred to as PFAI (Personal Fitness Assessment Initiative) is required by the TEA. Fitnessgram is essentially the STAAR of physical education. This test is conducted nationwide for physical education classes.

- The state has contracted with Greenlight Fitness to offer software to public school districts in Texas. The software makes it easier to collect Fitnessgram data, share with parents, and upload to the TEA website by the required deadline each year.
- Currently, we are collecting pre-test data, post-test data is collected in the Spring semester to prepare for upload.
- The TEA requires school districts to opt-in for the Fitnessgram-Greenlight Light Fitness software. Garland ISD has opted in to use the software.
- Fitnessgram data is collected in all physical education classes as well as alternative PE courses such as cheer, drill, marching band, athletics, etc.

American Heart Association Presentation - *Kellie Story & Laura Robison-Houser*

Kellie Story and Laura Robison-Houser presented on American Heart Association initiatives.

- AHA presented on Kid's Heart Challenge formerly known as Jump Rope for Heart. Its focus includes reduction in heart disease deaths.
- The Heart Challenges offered take place in 2-4 week service learning projects in school, AHA provides all of the resources and content, staff may earn up to 6 hours of PD training, and the program is aligned to TEKS.
- AHA encourages families to learn Hands-Only CPR.
- Scholarships are available for seniors who assist with participating/presenting in the program.
- AHA will add mental wellbeing resources this calendar year.
- STEM resources are also included in programs.
- The AHA has partnered with the NFL and Damar Hamlin this year. Any student or teacher who finished Finn's Mission will be entered into a drawing for 2 tickets to the Super Bowl in 2025. Coaches can also be entered into a drawing for a \$10,000 gym makeover.



House Bill 3908 - *LeeAnn Stephenson, Renee Kotsopoulos, and Shelley Garrett*

House Bill 3908 referred to as Tucker's Law. HB3908 focuses on Fentanyl Prevention and Drug Poisoning Awareness.

- Health curriculum currently meets the 10-hour requirement for drug poisoning awareness. but working to add fentanyl resources and instruction.
- District initiatives are currently in place to meet the fentanyl requirement that are not included in the Health curriculum conducted by Health Services and Counseling assuring the information is consistent on all campuses.
- Health Services increased the number of Naloxone doses on school campuses.
- Of the 9 medical emergencies this school year related to drugs, 7 were possibly Fentanyl, 3 were given Narcan with improved symptoms, none reported back with confirmation of what substance caused the emergency.

Fentanyl Presentation - *Teena Johnson*

Teena Johnson conducted a presentation on fentanyl awareness. The presentation was inspired by her son, Cullen. This is Cullen's story.

- Illicit fentanyl can be found in oxycodone, xanax, adderall, percocet, vapes, and marijuana. Fentanyl typically is sold in brightly colored tablets that look like candy.
- Fentanyl is highly addictive, small in size, and can be deadly.
- Fentanyl is the leading cause of death for Americans between the ages of 18-45, and the number of deaths are rapidly increasing. One pill kills!
- Snapchat is a popular way that kids are getting fentanyl. They use emojis for code language to sell the drug fentanyl.
- Encouraged to set up a legacy account on phones for family members so a family member can log into their child's phone and help police get contact information for drug dealers in an emergency or crisis.
- What can we do? Educate yourself, be aware, know the signs, carry naloxone, an opioid antagonist used to reverse opioid overdose.
- You can get naloxone at a local pharmacy or order it for free from morenarcanplease.com.
- Symptoms of an overdose reviewed, may need rescue breaths, naloxone, and/or CPR.
- You can find Cullen's Story on YouTube for review.

EverFi - *Rachel Murray*



EverFi is an ed tech company that offers digital supplemental resources to K-12 schools covering various subjects including health/wellness, financial literacy, etc.

- All resources are free for schools because they have business partnerships that sponsor projects.
- EverFi is already being utilized by Garland ISD.
- Students and staff login to EverFi by using Clever.
- Students are only able to see what teachers have assigned to them.
- Students have to interact with the modules assigned to them for the lesson to progress.
- Rachel will share a one-pager that shows how they meet Tucker's Law requirements.
- Online and offline lessons provided.
- Some districts use resources in class, some use modules during Red Ribbon Week, and EverFi has the ability to create a plan to use some modules with current curriculum.
- Teachers may also request speakers from sponsors of lessons.

Questions:

- Is there a cost? No
- Do we already have it? Yes, the SHAC approved the use of SEL lessons in Health class as alternative instruction for parents who did not opt their students in for human sexuality instruction. Students that are opted-in receive HSR instruction.
- What SEL lessons are being used for students who opted out of HSR? The Character Playbook
- What SEL lessons are being used during regular instruction? SEL is still taught from the McGraw Hill Health textbook, as well as, other homeroom and breakout lessons on SEL provided in non-health classes.
- When will students get this instruction if they did opt in to HSR? They will not. This is alternative instruction.
- Is there a limit to how many students can use it? No
- When parents are opting out of HSR, are they also opting out of fentanyl education? No, they are different units.
- Other core content areas use EverFi to supplement their lessons.

Community & Department Updates:



Counseling & Mental Health - Dr. Lisa Olsen

No updates (not present).

Employee Wellness & Nutrition - Sabrina Jeter (Risk Management)

No updates (not present).

Family & Community Engagement - Jonathan Armstrong

No updates (not present).

Health & Physical Education - LeeAnn Stephenson

- Human Sexuality & Responsibility instruction has begun in GISD Health instruction. Most instruction should conclude before Thanksgiving break. Parents have the ability to opt their students out of instruction. High school instruction continues through December. Opt-in/opt-out forms were included in the Back to School forms this year. The notice of HSR instruction letter is required to be sent at least 14 days prior to instruction.

Question:

- Why are students getting a copy of the form to opt-in? The form goes out through Skyward to parents/guardians and it shows up on the Student Access page for students. The letter looks the same for ALL Levels. Some teachers also send paper opt-in form copies home to get more parent responses. We will review how the form goes out in the future to see if modifications can be made.

Health Services - Renee Kotsopoulos

- Opened staff training to all staff in the district. Training can be checked off by the nurse after they take a virtual module.
- Health Services partnered with the Student Services Clinic to do vaccines on middle school campuses for 6th graders who need the TDap and MCV vaccines.
- Health Services is offering high school students the meningitis vaccine that is required for college students as it is more expensive after they turn 19.

Questions:

- Is Narcan available on campuses for after school activities? Yes, it is unlocked in the clinic. Admin and armed guards are training for use. Athletic trainers carry Narcan with them, as well.
- Do school buses have narcan? No, Dr. Garrett will look into adding it to buses.
- Has there been an increase in the need for Narcan? We have had to use it but no necessary upward trend in numbers.



Safety & Security - Dr. Shelley Garrett

- HB 3 mandated that an armed guard must be present on elementary campuses. We are currently short 3 armed guards to meet this requirement for all campuses. Armed guards will not carry a weapon until ballistic vests are delivered. Armed guards do open carry.

Questions:

- Do we contract the armed guards? We have hired our own armed guards instead of contracting outside vendors. Our guards have had additional training other than the minimum requirements.
- Do we still have SRO's? Yes, there are SRO's on every secondary campus (middle and high schools). Sachse has SRO's on every campus.

Parents & Community

No updates.

Student Nutrition - Craig Hempel

- Our Thanksgiving meal was served today.
- The next Menu Advisory meeting will take place on February 12, 2024 at 5:00 p.m. at the Padgett Building. We encourage parents and students to attend to give feedback on menu items.

Closing Meeting Information:

The meeting was adjourned at 1:46 p.m.

The SHAC committee met in executive session after the meeting concluded to vote and accept new parent applicants. The SHAC officially approved 9 parents, 1 district employee (teacher), and 3 community members to bring the SHAC member total to 35. Applicants not voted to the committee can still attend meetings in person as they are open to the public. Non-members will not have voting privileges. The committee approved Laura Vayda as the SHAC Co-Secretary (she is not a voting member). The executive session concluded at 1:50 p.m.

The Next SHAC Meeting will take place on Wednesday, February 14, 2024 at 12:00 PM at the PDC.

Meeting Recording:

[SHAC Meeting Recording - 11.15.2023](#)



SHAC Members:

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| Justin Estes | Board Appointed Member |
| Stephanie Myers | Board Appointed Member |
| TaJuana Walls | Board Appointed Member |
| Virginia Pollard | Board Appointed Member |
| Amy Sausamede | Community Member |
| Kathryn Lynn | Community Member |
| Teena Johnson | Community Member |
| Dr. Lisa Olsen | District Member - Counseling / SHAC Secretary |
| Jonathan Armstrong | District Member - Family & Community Engagement |
| LeeAnn Stephenson | District Member - Health & PE / SHAC Co-Chair |
| Renee Kotsopoulos | District Member - Health Services |
| Sabrina Jeter | District Member - Risk Management |
| Shelley Garrett | District Member - Safety & Operations |
| Craig Hempel | District Member - Student Nutrition Services |
| Justin Browne | District Member - Teacher |
| Beth Harshman-Martinez | Parent Member |
| Carissa Richardson | Parent Member |
| Dr. April Givens | Parent Member |
| Gwen Way | Parent Member |
| Jamie Reed | Parent Member |
| Jerrica Sims | Parent Member |
| Karen Gonzalez | Parent Member |
| Karyn Shaw | Parent Member |



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| Leilani Dodgen | Parent Member |
| Liz Kiertscher | Parent Member |
| Margaret Finley | Parent Member |
| Megan Jacobsen | Parent Member |
| Michelle Marquez | Parent Member |
| Mirella M Salinas | Parent Member |
| Natasha Shaw | Parent Member |
| Sheri Thompson | Parent Member |
| Sophia Green | Parent Member |
| Vanessa M. West (Washington) | Parent Member |
| Veronica Davis | Parent Member |
| Jessica Chester | Parent Member - SHAC Co-Chair |
| Laura Vayda | SHAC Co-Secretary - Health Services (non-member) |