



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, April 10, 2024 in-person and virtually at the GISD PDC (Shugart Professional Development Center).

Meeting Attendees:

NAME	LOCATION
Stephanie Myers	In Person
TaJuana Walls	In Person
Virginia Pollard	In Person
Amy Sausamede	In Person
Teena Johnson	In Person
Lisa Olsen	In Person
LeeAnn Stephenson	In Person
Renee Kotsopoulous	In Person
Craig Hempel	In Person
Beth Harshman-Martinez	In Person
Dr. April Givens	In Person
Karen Gonzalez	In Person
Leilani Dodgen	In Person
Liz Kiertscher	In Person
Michelle Marquez	In Person
Sheri Thompson	In Person
Sophia Green	In Person
Veronica Davis	In Person
Jessica Chester	In Person
Karyn Shaw	In Person



Kim Thiehoff	In Person
Laura Vayda	In Person
Bob Duckworth	In Person
Megan Jacobsen	Virtual
Jamie Reed	Virtual
Gwen Way	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 - 4.10.2024](#)
[SHAC Meeting Presentation | 4.10.2024](#)



Meeting Dates:

Meetings for the 2023-2024 school year were scheduled as follows. SHAC meetings are 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 initiated.

LeeAnn Stephenson

LeeAnn Stephenson reminded attendees of the SHAC purpose, and reviewed the agenda and made it available to all persons present and online. The meeting began with Renee Kotsopoulos reviewing changes to the wellness plan addressed in the SHAC Wellness Policy Q&A Session on March 28, 2024.

District Wellness Policy:

Renee Kotsopoulos reviewing changes to the wellness plan addressed in the SHAC Wellness Policy Q&A Session on March 28, 2024.

[SHAC Wellness Policy Q&A Session Minutes \(3.28.2024\)](#)

The SHAC will revisit the length of meal time during lunch on campuses per grade level.

- The SHAC may recommend different lunch time blocks or when lunches are scheduled. The SHAC must be mindful of when students will need to start lunch due to State required instructional minutes.
- Students often utilize lunch time to enjoy visiting with friends and may have trouble remembering to eat contingent on grade level, age, or choice.
 - Surveys may be utilized to determine the reason students may not have sufficient time to eat for lunch. Lunches are scheduled in 30-minute increments. The 30 minute lunch block includes time to get to lunch, eat, and return to class.
 - **Questions:**
 - If we recommend a longer lunch, will we be able to meet the number of required minutes in the instructional day?
 - Could we give more time according to grade level?
 - Will the survey go out to parents and staff?
 - Can we include additional issues that are impacting students such



as bathrooms being shut down during lunch which impacts the time spent eating lunch.

- Reponse: It is unlikely that campuses would be able to meet the required instructional minutes per day with extended lunch times. We can make recommendations according to grade levels (first response still applies). Renee stated she would consider sending the survey to volunteers who work in the cafeteria. The goal is to get campus feedback as they are experiencing and monitoring the daily lunch schedule. We are capable of including whatever questions we would like to receive data on. A parent stated that high school students sometimes do not have enough time to go through the lunch lines and are not allowed to take food to class per their campus principal.
- LeeAnn announced we will vote on the acceptance of the wellness policy in the executive session following the general meeting.

School Health Survey:

LeeAnn Stephenson reviewed the School Health Survey requirements for the SHAC. Texas Education Code (TEC), [§38.0141](#), requires all school districts to provide the Texas Education Agency (TEA) information relating to school health and physical activity. [School Health Survey](#)

- One survey is submitted per district each year.
- Survey is completed online to reflect the 2023-2024 academic year.
- Survey is Due Friday, May 24, 2024.
- The Health Survey includes specific questions including policies and procedures for e-cigarette use, physical activity requirements, coordinated school health implementation, etc.
- CATCH is the program we use as our coordinated school health program.
- LeeAnn Stephenson utilizes a survey that her teachers complete to submit data regarding their CATCH campus implementation.
- School Health Survey questions were linked to the meeting presentation.
- A meeting will be conducted in May with all necessary SHAC and district stakeholders to complete the school health survey.

Student Health Advisory Council Membership:

LeeAnn Stephenson reviewed SHAC membership. Reiterated that SHAC Bylaws were updated in September 2023.

- Open application April-May
- The transition of new and previous members will take place in June 2024.
- The 2024-2025 SHAC Committee shall be appointed in July 2024.
- The current SHAC co-chair, Jessica “JR” Chester’s term will end on June 30,



2024. We will need to prepare for a change in this position.

- Recommendation that it may be beneficial to add the beginning and end dates of previous and new SHAC committee members to the bylaws for specificity.
- We are considering adding new information such as gender/race to the SHAC application to help us ensure we always achieve a diverse committee.

Annual SHAC Report:

The 2022-2023 Annual SHAC report was reviewed as an example of what is presented to the school board annually. The SHAC shall provide an annual report to the Board of Trustees by either the District or Parent Co-Chair of the School Health Advisory Council annually. [2022-2023 Annual SHAC Report](#)

22-23 Recommendations included:

- District continues to fund the SHAC.
- Increased alignment and communication with the SHAC and GISD Board of Trustees.
- Outline SHAC membership, recruitment, and application procedures.
- Continued support of the coordinated school health program CATCH, and the employee wellness and comprehensive counseling programs.
 - Counseling programs address suicide prevention and required health topics.
- Human Sexuality & Responsibility notification process.
- Review of technology for K-12 physical education classrooms (gymnasiums) to ensure equal access and alignment of technology across the district.
 - The Technology department is working on a comprehensive list of technology available at each campus in their gymnasiums for use in physical education.
 - District budget cuts might prevent us from getting new technology in the upcoming school year, but we will have the data on record for future recommendations.
- The goal is to have the annual report prepared to be presented in June or July for the Board's review to be better prepared for the first SHAC meeting of the 2024-25 school year.

Community & Department Updates:

Guidance & Counseling - (*vacant role*)

Dr. Lisa Olsen no longer works in the Guidance & Counseling department. No member of Guidance & Counseling was present. Lisa shared they are working on college preparations, getting meningitis vaccines for students preparing to attend college, and assisting with grief surrounding some significant losses. Dr. Olsen reported on G&C's behalf since they were not present.



Health Services - *Renee Kotsopoulos*

Health Services is working on hearing and vision referrals, immunization compliance, planning for next year.

Employee Wellness & Nutrition - (*vacant role*)

The Employee Wellness position is unfilled by the district. Renee Kotsopoulos provided updates in this area. CPR classes continue, EAP emails continue, the Wellness Coordinator position is no longer posted by the district, and the new role will be a benefits/wellness position.

Safety & Security - *Dr. Shelley Garrett and Sabrina Jeter*

Dr. Shelley Garrett was not present. No updates were received from Sabrina Jeter.

Family & Community Engagement - *Jonathan Armstrong*

Jonathan Armstrong was not present. SHAC members provided the following updates.

- Pre-K Round Up & Enrollment event will be held this Saturday, April 13, 2024.
- Parent University will take place on Thursday, May 2, 2024.
- Meals were delivered to needy families.

Parents & Community

J.R. Chester shared information and resources from Healthy Futures of Texas. Healthy Futures of Texas will host a webinar on May 1, 2024 introducing a policy update relating to human sexuality and responsibility and abuse.

- Flyer: [TiR Webinar_Flyer-3-May 1st](#)

The HSR opt-in provision will “sunset” in 2024. Some schools will choose to keep the opt-in option and some will opt-out. It is recommended GISD review our data to decide use of opt-in or opt-out. Opt-in for child abuse, trafficking, etc. does not “sunset” and will require an opt-in option. It is important to have options for Opt-in and Opt-out on a form to provide clarifying information on whether a person chooses to opt-in but failed to complete the form. JR will share a report that shows how opt-in has hurt the number of students who are receiving HSR education.

Most parents only complete the first set of Back to School forms received from the district, they miss the form sent individually (as required by TEA), thereby reducing the number of opt-in students. The GISD HSR opt-in form distributed by the district and in Health Education classes includes both human sexuality and responsibility and child abuse curriculum on the opt-in form per SHAC approvals. SHAC and the Board approved the delivery of HSR opt-in forms in the Back to School forms. The HSR opt-in



form was included in the 2023-24 Back to School forms and will be included in the 2024-25 forms, as well. This does not include the individual notification of HSR instruction that must take place at least 14 days prior to instruction. Those notifications are sent separately from the B2S forms. A parent stated that she would be more prepared to opt-in if she had adequate advance notice of what is included in the lesson. GISD is currently meeting that need.

Review of the health curriculum was discussed. Parents have the legal right to view health lessons in advance. Elementary teaches growth and development to grades K-2 led by our campus nurses with provided videos. This instruction is not the same as HSR instruction taught in health classes in secondary and PE in grades 3-5. Per Renee, the board approved Growth and Development instruction and she has no way of showing the entire videos prior to two days prior to instruction due to access, copyright, and cost. The videos are expensive and the district has access to a select few for all elementary campuses. However, Renee discussed providing an outline of what is taught in growth & development.

Quaver is the curriculum we use to teach human sexuality and responsibility health concepts in grades 3-5. Quaver has done an excellent job making it easily accessible to parents. It is digital and comes in the same format as the students view in class.

Parent Input:

Parents may want options such as online lessons for growth and development and/or human sexuality and responsibility curriculum that they could lead digitally similar to during COVID. Some concerns parents have include the political aspects of human sexuality. One parent opted out of grades 5 and 6 HSR instruction because she was not unclear of the contents of the video. The parent received a packet that she discussed with her child. In this circumstance, it seems some parents are confusing HSR and growth and development instruction. Parents have access to review HSR instruction at any time by contacting their campus principal. LeeAnn Stephenson receives the request via a Google form and she notifies the parent of how to review the HSR curriculum digitally by email. The HSR Annual Letter also states that HSR instruction and growth and development instruction are different.

Another parent suggested teachers host a Google Meet during the growth and development and HSR class so parents can join in and know the full content which might include a student speaking about a topic not listed on curriculum. Part of the educational experience includes students speaking freely about their understandings, misunderstandings, ideas, and inquiries about different topics in their learning. It is the responsibility of the instructor to redirect students on topics the law does not allow us to teach. Moreover, there are many layers of screening required to allow parent(s) to sit in on class instruction not limited to background checks.



Given time constraints, LeeAnn stated that there are 8 minutes left in the meeting and we have voting requirements to conduct, so the conversation regarding sexual education options was tabled.

Student Nutrition - *Craig Hempel*

- Menu Advisory Council will take place on Monday, April 15, 2024 at 5:00 p.m. at the Padgett Building. They will be planning summer meals.

[4.15.24 MAC Menu](#)

[4.15.24 MAC Meeting Flyer](#)

Health & Physical Education - *LeeAnn Stephenson*

Fitnessgram assessment spring data deadline was March 29, 2024. The TEA deadline to submit data for the district is June 14, 2024.

Closing Meeting Information:

The meeting was adjourned at 1:26 p.m.

Executive Session:

LeeAnn Stephenson took a verbal/show of hands vote to accept the Wellness Plan.

All in favor: 21

All opposed: 0

The wellness plan was accepted.

This was the final SHAC Meeting of the 2023-2024 school year.

Meeting Recording:

[SHAC Meeting Recording - 4.10.2024](#)



SHAC Members:

Justin Estes	Board Appointed Member
Stephanie Myers	Board Appointed Member
TaJuana Walls	Board Appointed Member
Virginia Pollard	Board Appointed Member
Kim Thiehoff	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
Leilani Dodgen	Parent Member
Liz Kiertscher	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
Kim Thiehoff	Board Appointed Member
Laura Vayda	SHAC Co-Secretary - Health Services (non-member)