



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 6, 2024 in-person and virtually at the GISD PDC (Shugart Professional Development Center).

Meeting Attendees:

Dr. Danielle Chukwumah	Board Appointed Member	In Person
Kim Thiehoff	Board Appointed Member	In Person
Virginia Pollard	Board Appointed Member	In Person
Teena Johnson	Community Member - Because Cullen	In Person
Connie Pown	District Member - Bullock Elem SNS	In Person
Craig Hempel	District Member - Student Nutrition Services	In Person
LeeAnn Stephenson	District Member - Health & PE / SHAC Co-Chair	In Person
Renee Kotsopoulos	District Member - Health Services	In Person
Shelley Garrett	District Member - Safety & Operations	In Person
Veronica Davis	Parent Member	In Person
Sheri Thompson	Parent Member	In Person
Samantha Bohrt	Parent Member	In Person
Karyn Shaw	Parent Member	Virtual
Karen Gonzalez	Parent Member	In Person
Jessica "JR" Chester	Parent Member - Past SHAC Co-Chair	In Person
Esther Galvan	Parent Member	In Person
Dr. April Givens	Parent Member	In Person
Carissa Richardson	Parent Member	In Person
Beth Harshman-Martinez	Parent Member	In Person
John Beltz	Guest	Virtual



Christy Adams	Guest - Employee Clinic	In Person
Sabrina Jeter	Guest - Employee Safety	In Person
Bob Duckworth	Guest - Community	In Person

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 | 11.6.2024](#)

Meeting Presentation:

[SHAC Meeting Presentation | 11.6.2024](#)

Meeting Dates:

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

- September 11, 2024
- November 6, 2024
- February 12, 2025



- April 9, 2025

Meeting Minutes:

The meeting was called to order by LeeAnn Stephenson at 12:09 p.m.

Welcome - LeeAnn Stephenson

Included a review of the committee purpose and responsibilities.

Agenda Overview - LeeAnn Stephenson

Jessica Chester was designated to take meeting minutes. The meeting will cover legislative updates, Fitnessgram, a Hazel Health presentation, and department updates. The next SHAC meeting is scheduled for Wednesday, February 12, 2025. A reminder was provided that an executive meeting will take place following today's SHAC meeting.

Membership Status:

Our SHAC consists of 29 total members. Four of the five board appointed members appointed by the Board of Trustees accepted their appointments. One appointee declined due to scheduling conflicts. LeeAnn has submitted a request provided to the Board to appoint one additional member to meet TEA (Texas Education Agency) requirements.

To date, 15 parent member applications have been received, and 2 new parent applicants will be voted on in the executive session of the SHAC for acceptance after the general meeting. The SHAC is structured around the eight components of coordinated school health, with one representative for each area:

- Health & Physical Education: LeeAnn Stephenson
- Healthy & Safe School Environment: Shelley Garrett
- Counseling & Mental Health Services: Mrs. E (Nwakaego Oriji)
- Parent & Community Involvement: Jonathan Armstrong
- Student Services: Lisa Olsen
- Health Services/Staff Wellness: Renee Kotsopoulos
- Nutrition Services: Craig Hempel

Updated SHAC Membership: *(post executive session)*

Two new parent applicants were approved by the SHAC in executive session. Each new applicant accepted the appointment. This establishes our current committee of 17 parent members, eight district representatives, four board-appointed members, and two community members. This establishes the current SHAC committee at 31 members for the 2024-2025 school year.



Legislative Updates - LeeAnn Stephenson

Human Sexuality and Responsibility (HSR)

- The opt-in provision for sexual health education expired in August of 2024
- New legislation that would have reinstated an opt-in provision for sexual health education did not pass
- The opt-in provision for abuse provision is still in effect
- GISD sends out parental notification regarding HSR before the school year and again a few weeks before HSR instruction begins
- GISD sends out opt-in letters at both the beginning of the school year and 14-days before HSR education instruction begins

Screen Time

- TEA has provided recommendations for screen time
- GISD SHAC will form a subcommittee to further explore screen time policy criteria for the district

Fitnessgram - LeeAnn Stephenson

- TEA requires annual assessment of the physical fitness of grades 3-12 students who participate in PE

Hazel Health (HH) Presentation - Renee Kotsopoulos

- GISD has contracted with Hazel Health for several years
- HH offers both physical and mental health to GISD students at no cost to the families
- HH continues to offer care to GISD students during the summer months
- Depression, suicide, and anxiety are all on the rise amongst students
 - Large increase in 6-11 year olds
- Access to mental healthcare services has decreased amongst the general population
 - Medicaid patients have an especially difficult time accessing services, as not many Medicaid providers offer them
- Well-child visits have also decreased
- Chronic disease is on the rise
- HH actively seeks resources and referrals for GISD students
 - HH provides warm handoffs to other providers for continuity of care
- There was a 30% increase in use of HH for physical healthcare services amongst GISD students
- There was a 12.8% increase in use of HH for mental healthcare services amongst GISD students
- 10.5 is the average age of GISD students who enter care with HH
 - 40% of visits are to students ages 10 and younger (early intervention)
- There is still inequality regarding access to healthcare, with greater disparities amongst BIPOC and low-income students



- Medicaid does not equal access
- HH services decrease disparities and results in lower lost to care rates

Department Updates:

Health Services - Renee Kotsopoulos

- There has a 150% increase in CPR certified teachers/staff in GISD
- New initiative at tier 3 campuses that focuses on supporting students who live with chronic health conditions and also experience high absenteeism rates
- GISD teachers/staff now have greater access to Narcan
- GISD is still providing the vision program and providing free exams and glasses to students in need, in partnership with the Lions Club

Healthy & Safe Schools - Sabrina Jeter

- UIL claim forms for UIL-sanctioned activities are now on the GISD website
- Coaches and trainers will help GISD students to fill out the claim forms

Health & Physical Education - LeeAnn Stephenson

- HSR: Human Sexuality & Responsibility
Timeline:
 - Human sexuality and responsibility instruction will begin in the fall.
 - HSR instruction may begin no earlier than October 28, 2024.
 - HSR instruction should NOT begin any later than November 11, 2024 to assure human sexuality and responsibility instruction is completed according to the pacing calendar.
 - Under state law (Texas Education Code 28.004), parents have the right to review or purchase curriculum material related to human sexuality instruction.
- TEA
 - **TEC 38.101. [Physical Fitness Assessment](#)**, a school district shall annually assess the physical fitness of students enrolled in a physical education course in grades 3-12 under Section 28.002.
 - Fitnessgram district assessment results are due on June 13, 2025 for the 2024-25 school year.
- GISD
 - Fitnessgram Pretest data is due by November 22, 2024 for physical education teachers or alternative PE courses that conclude in the fall semester.
 - Fitnessgram Post-Test data is due by March 28, 2025 for physical



education teachers or alternative PE courses that conclude in the fall semester.

Parents & Community

Because Cullen - Teena Johnson

- Teena Johnson delivered a presentation delivered to 8th grade students at O'Banion Middle School
- Teena Johnson distributed Narcan during the Rowlett High School Homecoming Social

Student Nutrition - Craig Hempel

- Annual Thanksgiving meals will be held during regular lunch hours at all GISD campuses on November 20th
- Student lunch rates will not change
- Parents/guests will be charges \$5/meal

Student Engagement & Support Services - LeeAnn Stephenson on behalf of Lisa Olsen

- The Report & Support Safety Campaign involved posting posters around all GISD campuses
 - GISD students have expressed that they are now more aware of how to report inappropriate behavior
- Student Engagement and Support Services has been reviewing the Fall Panorama survey results and found:
 - Students are more aware of how to report inappropriate behavior
 - Students believe such behavior will be met with consequences
 - The posters now hanging in every building raised awareness
 - More details with specific data is forthcoming
- The SESST Team attended the School Safety & Mental Health Summit at Region 10 on November 4th

Closing Meeting Information:

The meeting was adjourned at 12:53 p.m.

The Next SHAC Meeting will take place on Wednesday, February 12, 2025 at 12:00 PM at the PDC.



Meeting Recording:

[SHAC Meeting Recording - 11.6.2024](#)

SHAC Members:

1.	Brenda Monk	Board Appointed Member
2.	Dr. Danielle Chukwumah	Board Appointed Member
3.	Kim Thiehoff	Board Appointed Member
4.	Virginia Pollard	Board Appointed Member
5.	Amy Sausamede	Community Member - Hope's Door
6.	Teena Johnson	Community Member - Because Cullen
7.	Connie Pown	District Member - Bullock Elementary SNS
8.	Craig Hempel	District Member - Student Nutrition Services
9.	Dr. Lisa Olsen	District Member - Student Services / SHAC Secretary
10.	Jonathan Armstrong	District Member - Family & Community Engagement
11.	LeeAnn Stephenson	District Member - Health & PE / SHAC Co-Chair
12.	Nwakaego Oriji	District Member - Counseling
13.	Renee Kotsopoulos	District Member - Health Services
14.	Shelley Garrett	District Member - Safety & Operations
15.	Beth Harshman-Martinez	Parent Member
16.	Brittney Gillyard	Parent Member
17.	Carissa Richardson	Parent Member
18.	Dr. April Givens	Parent Member
19.	Esther Galvan	Parent Member
20.	Gwen Way	Parent Member
21.	Jessica "JR" Chester	Parent Member - Past SHAC Co-Chair
22.	Karen Gonzalez	Parent Member
23.	Karyn Shaw	Parent Member



24.	Liz Kiertscher	Parent Member
25.	Samantha Bohrt	Parent Member
26.	Sheri Thompson	Parent Member
27.	Sophia Green	Parent Member
28.	Tiffany Setty	Parent Member
29.	Veronica Davis	SHAC Co-Chair / Parent Member
30.	Leslie Blaylock	Parent Member
31.	Ashley McDonnell	Parent Member