MINUTES

School Health Advisory Council

Date | time 10/24/2018 12:00 pm | Meeting called to order by Rhiannon Settles, BSN, RN-BC

# In Attendance

Parents/Families: Holly Dyer; Melissa Wray, Seth Sutton, Katy Sutton,

Students: Greyseli Trejo, Marlen Delarosa, Yazmine Cruz, Quadranea Holden

Guests & Support Staff: Rhiannon Settles, WISD; Sydnee Corey, WISD; Hayden Evans, WISD; Joyce Hartford, WISD Linda King, WISD; Julia Pennington, WISD; Kim Ellis, WISD; Chesca Thurman, Temple Health Department, Pam Fischer, WISD; Rachel Gillespie, The Cove; Christy Perkins, Transformation Waco; Maria Solano, BCBS; Amy Brown, WISD;

# Approval of Minutes

Motion to approve April 2018 minutes by Rhiannon Settles; second by Kim Ellis.

# Wellness Information

Meal provided by CNS – Baked potato bar, salad, cookies, tea, and water

Welcome by Rhiannon Settles, Introductions of members. Sydnee Corey gave a SHAC introduction and reviewed meeting dates for 2018-2019 school year.

Vision Project: Sydnee Corey: Explained the vision vans. Current project - three local optometrists that are offering discounted rates on exams and Essilor is providing glasses. As of Oct 12, 13 students have been seen and have received glasses. Three campuses are on the list and will be served in the coming weeks. Essilor vision fest to be planned in Waco for the spring semester. Screenings are happening in schools but students are not receiving glasses which is causing learning and behavior issues. Focusing on Transformation schools first, then the project will be opened up to all WISD campuses.

UHS Students: Discussed need for drug prevention education and workforce preparation

WHS Students: Discussed red ribbon week

Child Nutrition: Julie Pennington: 2 out of 5 A to Z Bars completed on elementary campuses. Fine Dining at Alta Vista with an afterschool social skills and manners program hosted by the principal. Linda King: Students are giving input on menu items.

Physical Education: Pam Fischer: New PE coordinator; Goal for the year is staff development. PE has had two days so far this year. First time in 8 years, staff will be fully funded to go to the PE convention. PE staff will have Puberty training in January. 5th grade race on Friday (10/26) at the WHS game. Boys and girls will race for the WHS feeder campuses at halftime. Next Friday (10/2), this will take place at the UHS game. The following Friday (11/9), the winners from both games will face off. Fitnessgram will be completed in grades 3-12. CPR training for middle schools – Tennyson and Indian Spring are receiving compression only training now, then remaining campuses to follow. Compressions only. Parent question: what grades is this being offered? Pam: 7th grade, but 8th graders new to the district will receive it as well.

Health Services: Delinquent immunization drop date was September 28th. One student was to be dropped but withdrew for other reasons before the date. Vision, hearing, and scoliosis screenings are underway on each campus and will be completed by the end of the semester. Employee flu shot clinics were successful and put on by Walgreens during September on each campus.

Heath Education – Big Decisions and The Wonder Years: Implementation is changing for this year. Starting in April the Counselors will assist each week and implement one lesson of the curriculum for 10 weeks for 9th grade. May 20th, the science teachers will begin the reproductive health portion. The Wonder Years: Hayden has not yet received the curriculum. It focuses on healthy relationships and education on changes that will occur in the body. He will address this more completely at the next meeting. Question – what is left out of the 7th grade curriculum? Hayden: More sensitive/complex topics that the district felt may be inappropriate at 7th grade.

Counseling: Amy Brown: Currently working on the classes offered for the 2019-2020 school year. Red ribbon week is currently happening on all campuses. Examples given. Mental health first aid training is mandatory this year for all counselors. Big Decisions – counseling portion will include the mental health/social issues regarding sexual health. October is Bullying prevention this month and each campus is providing education on topics such as David’s Law.

Human Trafficking: Kim Ellis – There is no real training for students in regards to trafficking. We are in the triangle that is one of the most dominant in the country. Waco is used as a hiding spot. Online presence is a large way of finding and preying on kids. Unbound could present at the next meeting and we could discuss forming a subcommittee. UHS is working to invite them in for this school year. WHS student: spoke to her experiences learning about trafficking with her mental health course.

Seth: Can offer a presentation for high schools on dangers of drinking and driving.

Christy Perkins – Would like to work on how can we can keep our school gardens sustainable? Can we have a Garden Coordinator? Will revisit this at the next meeting. Grassroots leadership for students is an organization focusing on housing and much more, leadership training – talk about your story, your strengths, leadership, asset based community development. The students would be taken around their neighborhood to find that assets and problems within their community. This would target elementary and middle schools in the transformation zone. Action plan at the end of the sessions so that the students can make a plan and implement it in their community.

Request for anyone to volunteer to serve as Chair and/or co-chair of the SHAC – Melissa Wray, Marlen Delarosa, Greyseli Trejo, Yazmine Cruz and Quadranea Holden volunteered. We will revisit what this position looks like at the next meeting.

Rhiannon asked everyone to think on topics they are passionate about or they believe could be improved.

# Parent & Public comment

See above

# Next Meeting

January 9, 2018 at Noon at the Administration Building

Meeting adjourned at 12:45 pm

Approved Minutes on: \_\_ \_\_\_

Signature of Co-Chair: \_\_\_\_\_\_