

# KISD SHAC Meeting

OCTOBER 18, 2017

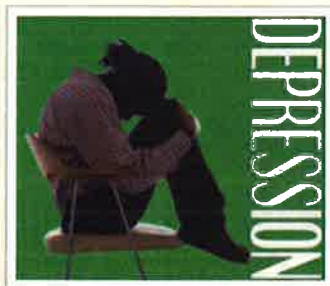
## MINUTES OF THE KISD SCHOOL HEALTH ADVISORY COUNCIL

The SHAC met at the KISD Administration Building Boardroom, 3701 S. Houston St., Kaufman, TX. 75142. In attendance were: Stephanie Reeves, Rhonda Carter, Susan Stahlman, Melanie Phillips, Kennan Dealy, Desiny Pinkston, Kim Smith, Anita Hutado, Joshua Cox, Tiffany Jones, Spencer Keith, Edwin Olvera. Meeting called to order at 4:10 pm, and adjourned at 4:50 pm. Mrs. Reeves and Mrs. Stahlman welcomed new members to the SHAC. Each member introduced himself/herself. Bylaws were passed out to each member. Quorum was established. Officer Elections: Chair-Kim Smith; Co-Chair- Melanie Phillips; Secretary- S.Reeves/K.Dealy; Past Chair- Susan Stahlman. The KISD SHAC is made up of the 8 components of Coordinated School Health. These 8 components are: health education; physical education; nutrition services; health promotion for staff/students; healthy school environment; counseling/psychological/social services; health services; and family/community involvement. The next meeting is scheduled for Wednesday November 29th at 4pm at KISD Administration Building Boardroom.



### KISD + NORTH TEXAS FOOD BANK BACKPACK PROGRAM

Susan Stahlman was the SHAC guest speaker. Mrs. Stahlman discussed the Partnership of KISD with the North Texas Food Bank to meet weekend nutritional



### DEPRESSION IN KISD

The SHAC discussed ways to disseminate information regarding the signs and symptoms to look for in our students with regards to **DEPRESSION. Children with depression may display these symptoms:**



### THE POWER OF AFTERSCHOOL AND THE FUTURE OF LEARNING

Afterschool programs in Texas keep kids safe, boost student success, and help parents keep their jobs.

needs of KISD Elementary Level students.

Currently we have approximately 90 students participating in the program.

**Summary of the Backpack Program- NTFB Food 4 Kids**

Elementary school children on the free and reduced-price school meal program often face hunger when meals are not available on weekends. Working with educators to identify chronically hungry kids, the Food 4 Kids program provides backpacks full of nutritious, nonperishable, kid-friendly food to take home each Friday afternoon during the school year. The program spans 10 North Texas counties, operating in 365 schools, serving 12,000 chronically hungry children each week.

- Depressed or irritable mood.
- Difficulty sleeping or concentrating.
- Change in grades, getting into trouble at school, or refusing to go to school.
- Change in eating habits.
- Feeling angry or irritable.
- Mood swings.
- Feeling worthless or restless.
- Frequent sadness or crying. The Committee decided to get out the info. to all Counselors and Staff about what to look for in their students and interventions to take to assist these students in need. Anxiety and Depression Association of America. Depression is an ILLNESS- not a CHOICE. We will look at Posters also for School Campus.
- <https://adaa.org/living-with-anxiety/children/anxiety-and-depression>

Kids achieve more, productivity goes up, and risky behaviors go down. The need for programs far exceeds the funding available. Texas parents strongly support afterschool programs. The SHAC discussed programs currently being used by Texas School Districts- Afterschool Alliance. The Afterschool Alliance organizes *Lights On Afterschool* to draw attention to the many ways afterschool programs support students by offering them opportunities to learn new things—such as science, community service, robotics, Tae Kwon Do and poetry—and discover new skills. The events send a powerful message that millions more kids need quality afterschool programs; Afterschool Centers in Education- ACE Texas and TXPOST- Texas Partnership for OUT of SCHOOL TIME- which envisions a time when all Texas youth have the opportunity to attend high-quality afterschool programs, and works toward this vision through ADVOCACY, development of strategic partnerships and leadership on projects that improve overall program quality. We discussed the many barriers we face regarding these issues and will conduct further research with regards to KISD students.

RED RIBBON WEEK STARTS OCT. 23RD TO 27TH. THE FUTURE IS KEY, SO STAY DRUG FREE! DRUG AWARENESS/ABUSE EDUCATION FOR PARENTS AND STUDENTS OF KISD

The SHAC will explore the Issue of Drug Awareness/Abuse/Prevention and plan a parent /student discussion session for the near future. Many teens give in to **peer pressure** because they want to feel accepted and liked by their peers. While this is a natural tendency among many young people, there are preventative measures parents can take to help protect against [teen drug abuse](#). The plan will be to address the following topics:

1. [Establish Guidelines](#)
2. [Monitor Teens](#)
3. [Make Consequences of Drug Use Clear](#)
4. [Have an Open Dialogue With Teens](#)
5. [Are My Kids at Risk for Substance Abuse?](#)
6. [Positive Parenting and Drug Abuse Prevention](#)
7. [Principles of Community Prevention](#)



## KISD SHAC

For questions or more information contact:

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