

SHAC – Student Health Advisory Committee

October 28, 2021

[Google Meet joining info](#)

[Video call link: https://meet.google.com/yqw-pfjk-thq](https://meet.google.com/yqw-pfjk-thq)

[Or dial: \(US\) +1 575-468-0736 PIN: 514 589 084#](#)

I. **Sign in** please via [google form](#)

II. **Welcome and Introductions**

- A. ABCs of Gratitude - Introduce yourself and share something you are grateful for that starts with the letter of your first name.

Participants:

Kayla Westerfield

Melissa Thompson

Natalie Goolsby

David Moynihan - Food Services Director

Stay Guzzetta - Exec Director of Student Operations

Randi Pipes - Bales Nurse

Melissa Sheppard

Kimberly Teve

Beth Pavelka

Tu-Quynh Edwards (volunteered to be Chair)

Shiloh Carter

Marianna Raia

Stacie Utsey

Kim Dingell - Business Coordinator

Laura Migl - High School Nurse

Names are recommended by principles and taken to the school board for approval. Approved as a part of SHAC committee. Rules to follow for the public meeting. There will be 4 meetings this school year.

III. **Purpose**

- A. Every independent school district is required by law to have a School Health Advisory Council (Title 2, chapter 28, Section 28.004)
Every school district in the state of Texas has a SHAC committee.
- B. A group of individuals representing segments of the community to assist a district in ensuring that local community values are reflected in the district's health education instruction.

IV. **New Laws passed during 2021 Session**

- A. Senate Bill 9 - SHAC shall provide recommendations on curriculum related to preventing child abuse, family violence, sex trafficking and dating violence.
This will be shared at a future meeting. Reach out to Stacy if you would like to share.

- B. House Bill 1525 - Requires SHAC meetings to have the agenda publicly posted and allow for a public comment time. They must have minutes of the meetings that state the subject and content of each deliberation and each vote, order, decision, or other action taken during the meeting. There must also be an audio or video recording of the meeting. Both the minutes and the audio or video recording must be posted on the school district's website. Requires parents give written consent prior to a student receiving human sexuality instruction.
- Public can attend and speak at these meetings as well. There will be audio and video. Parents need to give written consent for specific content regarding human sexuality.

V. Duties

- A. Elect a chair or co-chairs (non-employee) - Tu-Quynh Edwards (TQ) volunteered to be the Chair.

VI. Information Reports

A. School Nurses

- **Randi Pipes-BALES NURSE**

1. Covid numbers have gone down dramatically in the community and schools. 3rd - 5th grade - typical colds are lasting 3 to 4 weeks instead of 7 to 10 days like normal. Asthma related flare ups are happening more so now than in the past. We are seeing more viral illnesses since not wearing masks.
2. Mental Health and anxiety are being seen at Bales. Nurse says when students come into HS, they are more able to verbalize at that age. Bales have more issues of a physical symptom such as stomach ache or chest being tight. Nurses use different verbiage to get to the bottom of it since they are much younger and may be experiencing this for the first time. Also possible causes of anxiety could be related to issues with moving and changing schools. Bales Nurse and counselor will call the parents together and let them know what they've observed. Parents do not have to tell them what's going on but suggest that if there is a change going on at home, this is how it's affecting students at school.
3. Stacy Guzzetta mentions the TCHAT program which is where phycologists and parents meet for a tele-visit usually 1 to 4 visits and transition to a more permanent health care provider.

Statement from Melissa Thompson: My daughter is in the TCHAT program. Took over a year to get an appointment for her daughter. Stated that after filling out the packet, it only took a few days to get an appointment.

4. Student Support Counselors are on every campus. FHS has 2, FJH has 2, CL has 1, WW has 1, WS has 1, & BA has 1.

- **Laura Migl-HIGH SCHOOL NURSE**

1. $\frac{2}{3}$ to $\frac{3}{4}$ of HS students are exhibiting cold symptoms and are mostly vaccinated.
2. Anxiety and mental health issues are being seen more at the High School Level. It is taking up time in the High School Clinic.

Question for Shiloh Carter: Anxiety? Is it physical and how is it addressed?

Response from Laura Migl: If they have a rapid heart rate or trouble breathing, we try to get physical symptoms under control. Clinic can be used as a 'reset' for the students for 15 - 20 minutes, if needed. If they need more support after that, they are walked over to the counselor.

B. PE Programs

- none present

C. Food Service

- **David Moynihan(director)** To discuss menus, parent involvement, & open discussion
 1. Menus: This year Friendswood ISD and Aramark made a change. We are now using an app called Nutrislice (can be found on myfisd.com) which has the nutrition breakdown of the foods served. Easy to use and automatically updated with nutrition information.
 2. Supply chain is an issue for orders right now. Food Services tries to stay "chicken to chicken" or "hamburger to hamburger".
 3. Food Service trying to join PTO Meetings to get more feedback from parents. More local parent driven menus. Lunchbox district. Better way to get info out HungerKids program. Listen to menus. Reach parents through technology.
 4. Parents share: Natalie has students at the High School and says issues appear to be resolved this year. Subway had huge lines last year. David says Subway has been replaced with a Sandwich lab and they brought the higher education menu to Friendswood. Right now they have 3" option subs and hoping that by Thanksgiving they will have a create your own 6" & 12" option. They have a 6" sandwich option in the market in cafeteria and another sandwich option in the Mustang Express across from Mr. Griffon's office.
 5. Panini Grill has been ordered, just waiting for it to arrive.

VII. #ParentPower - parentpower@fisd12.net - email address for any upcoming events and/or questions.

A. October 26 at 10:00 [Facebook Live](#) - Having difficult conversations with your child while building their self esteem

I. FacebookLive was greatly participated. Can be found on myfisd.com website or linked here.

B. November 30 @ 2:00p.m. - The lengthening of the Adolescent Experience by Chris Alston (PHD in Child Development)

C. December - How do help my anxious child

Will be held by a local clinician. Anxiousness is used as opposed to Anxiety. Anxiety is a diagnosed disorder as to anxiousness being a feeling that is quite normal.

***Topics are chosen from a survey that was sent out last fall.**

VIII. Next Meetings

- A. December 2, 2021 - How to address or bring forward information such as puberty (at the 5th grade level) and human sexuality content at the High School health class. Will have additional information at that meeting. Parent permission needed to share information.
- B. February 24, 2022 - Addressing Wellness Plan
- C. April 28, 2022