

## 2019-2020 School Health Advisory Council (SHAC)

November 14, 2019

### Minutes

1. Welcome/Introductions - Gina Peddy welcomed those in attendance.  
Attendees: Melissa Asganokar, Beth Chernik, Jessica Coffee, Joannah Ginsburg Ganz, Heather Jarvis, Renata Joffee, Kandice Kapinos, Shelby Lampley, Susan Scott Lanier, Eric Lannen, Colin McDebitt, Monique Oliveaux, Neena Patel, Tracy Patton, Carl Piel Jr. Siddhartha Rath, Carrie Sanders, Christina Sherrod, Kelli Tate, Charla Thompson, Judith Van Antwerp, Scott Walters, Danid Almand, Karen Flexer, Sheri Mills, Gina Peddy, Tammy Pulse, Melanie Ringman, Julie Stephens and Susan Wilson.
2. Gina Peddy discussed the roles and responsibilities of SHAC members. SHAC is required by the state and most of the committee members must be community members. SHAC members serve in an advisory committee to the Board and Administration. They serve a two year term limit.
3. Julie Stephens, Elementary Math and Science Coordinator, addressed a topic from a parent requesting the possibility of adding additional recess minutes to the elementary grade levels. After reviewing the current schedules at the elementary schools, it was determined that having two recess periods a day (one in the morning and one in the afternoon) was a viable option. A discussion with principals regarding this topic will occur.
4. Committee members would like more information/research on the following topics:
  - Issues regarding consent - Not just in terms of teenagers, but also teaching consent at lower grade levels.
  - 7th and 8th grade curriculum - Basic mental health in the class and learn the growth mindset theory.
  - Mental Health - Social Media and digital citizenship - educating students and teaching management strategies to parents.
  - Vaping

- Sustainability of the campuses - How to promote sustainable waste management? Match efforts with the community. Recycling and composting.
- Mental Health - Coping mechanisms - EX: Building mental health into the classroom and how to handle anger and fear.
- Balance and pressure - Suicide in school. How many advanced courses do students take?
- Unimmunized or under immunized students in relation to our teachers

Next meeting: Thursday, January 24, 2020