

2019-2020 School Health Advisory Council (SHAC)

January 23, 2020

Minutes

1. Welcome/Introductions - Gina Peddy welcomed those in attendance
Attendees: David Almand, Joy Angeles, Melissa Asganokar, Beth Chernik, Jessica Coffee, Karen Flexer, Carolyn Hryorchuk, Heather Jarvis, Renata Joffe, Kandice Kapinos, Shelby Lampley, Eric Lannen, Colin McDebitt, Sherri Mills, Monique Oliveaux, Neena Patel, Tracy Patton, Carl Piel Jr., Jerod Potts, Siddhartha Rath, Steph Richardson, Carrie Sanders, Christina Sherrod, Kelli Tate, Charla Thompson, Judith Van Antwerp, Scott Walters,, Gina Peddy, Tammy Pulse, Melanie Ringman, and Susan Wilson.

2. Tammy Pulse, Guidance and Counseling Coordinator, presented on Mental Health and Wellness in Carroll ISD. Ms. Pulse shared the plethora of social and emotional training and opportunities for all stakeholders in the district. This year, there is a district wide book study focused on mental health, a new mental health and wellness curriculum that focuses on self-management, mindfulness, coping skills, and life skills management. Therapy Dogs are present on campuses and the district has various groups for students. Examples of these groups are the following: Hope squad, Teen Life and Rachel's Challenge. In addition, there will be mental health and wellness training offered this summer for all district staff. The Resiliency committee also offers numerous resources that are accessible on the district webpage.

3. Melanie Ringman, K - 12 PE and Health Coordinator, and Karen Flexer, Lead Registered Nurse, presented the new "Just Around the Corner" Video. Ms. Ringman discussed the TEKS and state requirements for the 5th and 6th grade Health Curriculum. Ms. Flexer outlined the updates to the new video. The committee then watched the video and approved the updated video.

4. Committee members would like more information/research on the following topics:
 - City of Southlake - Parks Jerod Potts
 - Stress of Academics
 - GT
 - CMS
 - Accelerated Math
 - Dual Credit
 - College Board
 - Mental Health and Wellness Resources

Next meeting: Thursday, March 26, 2020