

Tomball ISD School Health Advisory Council Minutes

Tuesday, December 14, 2021

Ms. Karen Graves, Director of Administrative Services, opened the School Health Advisory Council (SHAC) meeting at 3:30 pm in the TISD Board Room at the Administration Building. She welcomed everyone attending and thanked them for serving on this council. Attendees introduced themselves and were as follows:

Cathy Pool, Director of Health Services
Whitney Johnson, Director of Child Nutrition
Kevin White, Asst. Director of Child Nutrition and parent
Vince Sebo, Director of Athletics
Kevin White, Asst. Director of Child Nutrition
Stacy Gautreaux, Community
Virginia Gasparini, Parent
Crystal Tidball, Community

Karen introduced the presenters in Zoom: Alex Hurst and Shumeka Johnson, Directors of End Tobacco Program with M D Anderson Cancer Center, and Ann Le, TISD Behavioral Specialist.

Alex Hurst presented information about MD Anderson's End Tobacco Program, which encourages prevention of use among youth and young adults, removal from areas of second hand smoke, and tobacco cessation programs. He elaborated on the evolving types of tobacco use, including e-cigarettes, and the growing number of youth and young adults who become users of tobacco products. Tobacco use is the largest cause of deaths from cancer-related causes. Alex continued with information about the M D Anderson End Tobacco campaign and ways of promoting resources available to the district for tobacco use prevention and cessation.

Shumeka Johnson presented information about the ASPIRE program, an interactive smoking prevention experience. Committee questions and answers followed with the presenters.

Whitney Johnson, Director of Child Nutrition, continued with an update of meal services being provided to district students. The free meals to all students has greatly increased by about 4,000 meals served daily, with a shortage of staff of 30. A third-party company has been hired to supplement the staffing. There are also issues with supply chain management of foods and supplies that affect menu options.

Vince Sebo, Athletic Director, shared information about athletic programs in the district. Tomball HS Football advanced further in post-season play than in the past 36 years. Other programs are very successful in recruiting athletes and our district. Coaches are positive and encourage athletes to give their best academically and athletically.

Cathy Pool, Director of Health Services, updated the committee on the uptick in covid cases in the district, primarily due to the Thanksgiving break, and the vaccine clinics offered by the district. She also gave an update on the Glitterbug hand washing grant, which will roll out in January at 5 - 6 campuses. Also, American Heart Association is partnering with the district for a GO Red day in February to promote heart health.

Cathy continued with the goal-setting portion of the committee's work, which is to promote employee wellness and planning for a wellness fair in spring of 2023. Cathy asked for volunteers to assist her wellness committee with vendors, goals we could actually meet, and ideas for promoting employee wellness.

Karen gave information about new health TEKS and the committee's review of our community's perceptions and values regarding those TEKS. Bob Thompson will be presenting specific information about this at the next SHAC meeting.

Karen also mentioned that the Tomball Education Foundation may be promoting a district 5k Fun Run during the wellness week in April 2022. There was discussion about this 5k run and others in the community. Jennifer Kratky mentioned that Decker Prairie's running club might be incentivized to run for free in the TEF's 5k and parents might be available to support the efforts.

Karen asked for a parent chairman volunteer. Jennifer Kratky volunteered to serve in this role. Subcommittees are physical fitness (recess-focused), wellness, and any other concerns parents may have.

Cathy Pool offered wishes for the holiday season and encouraged everyone to add colorful fruits and vegetables during this season. She also encouraged moderation during meal times to limit overeating and weight gain. Jennifer asked if there was a method for asking for district/campus feedback. Suggestions were the campus improvement teams and PTO meetings.

Karen reminded the committee that the SHAC meetings are posted on the district website. She again thanked everyone for attending and the meeting was adjourned at 4:30 pm.