

**2022-2023**  
**School Health Advisory Council (SHAC)**  
**Meeting Agenda**

A meeting of the Midlothian ISD School School Health Advisory Council will be held February 9, 2023 beginning at 8:32 AM via Zoom. [LINK TO ZOOM RECORDING](#)The subjects to be discussed or considered or upon which any formal action may be taken are as listed below. Items do not have to be taken in the order shown on this meeting notice.

**1. CALL TO ORDER**

A. Announcement by the presiding officer that a quorum of members is present, that the meeting has been duly called, and that notice of the meeting has been posted in accordance with the Texas Open Meetings Act, Texas Government Code Chapter 551

**2. PUBLIC COMMENT**

Members of the public may address the SHAC during the public comment portion of the meeting in accordance with Board policy BED (LOCAL). Individuals wishing to speak shall email [krista.tipton@misd.gs](mailto:krista.tipton@misd.gs) by 4:00 pm the day prior to the scheduled SHAC meeting. Failing to meet this requirement will forfeit the requested public comment. According to the Texas Open Meetings Act, committee members will listen to the comments but will not conduct an interchange with the speaker. Speakers are limited to one minute each and if multiple individuals are speaking on the same item not listed on the agenda, a spokesperson must be appointed to speak.

**3. INFORMATION / DISCUSSION ITEMS**

- A. Fitnessgram
- B. REACH Council
- C. P&G 5th Grade Hygiene Supplies

**4. ACTION ITEMS – No action items needing a vote**

**5. ADJOURNMENT**

On this, the 6th day of February, 2023, this Notice posted an original copy was posted in the window of the School District Administration Building at 12:00 pm on said date.

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Krista Tipton, M. Ed

## The SHAC Meeting Minutes

2/09/23

1. Welcome– Krista Tipton called the meeting to order and welcomed everyone and introduced the speakers for the meeting.

2. FitnessGram- Coach Joey Foster reported on FitnessGram and overall physical health. MISD does this for K-12. He has concerns with doing this with athletes because they are already getting workouts. Dec 17th PawPalooza he will be presenting to coaches about the requirements for FitnessGrams. MISD does not do the caliper of body weight but will be doing weight. Coaches will be instructed to issue letters to parents before anything related to weight or measures. This is a process and goes on for part of the year. There is not just one day to do all the measurements. Coach Foster explained some of the options coaches give students to complete the measurements. This is a state requirement.

3. REACH Council- Cassie Street shared a slide deck about REACH and explained how REACH was started. She presented information about the youth prevention programs that are presented in our schools. Kids Connection Curriculum is presented in small groups with our elementary age students. This curriculum covers anger/stress management, friend making and keeping, etc. Life Skills training is presented to upper elementary students based on campus request for either 3rd, 4th, or 5th in the classroom for 8 sessions. This curriculum talks about stress, vaping, social media messaging, etc. The Too Good for Drugs curriculum is presented in the classroom for 10 sessions to all 6th graders- SEL skills, impact of substances, building protective factors, healthy relationships, etc. REACH also is available to counselors for Red Ribbon Week. They have other presentations available for us. REACH also serves our DAEP campus with life skills and small groups. DAEP is served year round. During the summer REACH hosts DayCamp, typically at one of our elementary campuses. Day Camp encourages positive interactions and alternates to risky behavior. DayCamp is initially sent out to KidsConnection students and then they open it up to the public after that time. Additional programming, not hosted by MISD, is the Youth Recovery Communities offered through REACH Council to help youth struggling with substance use/abuse. Referrals can come from anywhere within Ellis and Johnson County.

4. P&G 5th Grade Hygiene Supplies- Rachel Bryant, nurse at MPE, shared with SHAC the information regarding the puberty talk with 5th grade students. P&G have shared that the curriculum has changed and do not donate like they did in the past. We need some donations of deodorant, pads, and other sanitary supplies. Possibly Walmart grants? Ask PTOs if they could help provide for their campuses? Still working through how to provide these supplies to our students. Krista suggested a letter to go out to parents about the changes and maybe send some suggestions to parents.

5. No action items

6. Meeting adjourned at 9:00 am on February 9, 2023.

**Representatives in attendance:**

Krista Tipton -Co-Chair  
Sabra Golden - Co-Chair  
Rachel Bryant  
Colton Lawrence  
Karis Schumacher  
Abby Pate  
Cassie Street  
Beth Stokman  
Christine Thorpe  
Amanda Brady  
Heather B  
Mandy Berry  
Johnna Stinchcomb  
Lonna.edwards  
Joey Foster  
Nicholle McChesney  
N. Funchess  
Jessica Martin  
T Shivers  
Kristin Vernon  
Katie Tackett, ECAC  
Sarah Ingram  
Lindsey Landin  
KristenBender  
JD Shields  
Leslie Deen  
Greg Scott  
Bruce Prindle  
Zach Zittion  
Karlee Ramsey