

**Approved**  
**Keller ISD SHAC Meeting Minutes**  
**11-15-22**

Called to order 11:30am

**Introductions**

KISD SHAC Leadership – President reminded everyone to sign in with QR code

Visitors present:

Christina Galanis -- KISD Counseling

Ashli Abernathy – KISD Counseling

Michelle Gonzalez – Stay on Track

Margaret Couldron - Mansfield ISD Health Services Director

John Allison - Keller ISD Associate Superintendent of Education

SHAC members present:

Jessica Higgins

John Birt

Candace Harriman

Mark Brems

Jennifer Fox

Justin Fairless

Tonya Fuqua

Barbara Wilks

Joni Smith

Barbarita Nieri

Carrie Simmons

Sandy Lodato

Hilary Stapula

Adjoa Brown

Lesley Lambson

Diane Wormley

Tricia Atzger-John

Approval of Minutes – Jennifer Fox motioned to approve the minutes from the September 27, 2022 meeting as posted and Carrie Simmons seconded the motion.

**Report out from SHAC Focus Groups (Tricia)**

**Care of Students with Food Allergies at Risk of Anaphylaxis**

This plan is reviewed annually by Health Services, Food Services, a campus principal and at least one parent raising a KISD student with a severe food allergy. The plan is posted on the Health Services webpage and was reviewed October 25, 2022. We had 7 people in attendance. Two parents, a campus principal and a campus assistant principal representing the Indian Springs Middle School and Park Glen Elementary School campuses. One District Lead Nurse and one SHAC member and the Director of Health Services.

The parents present expressed concern that the campus staff, including classroom teachers, are not well informed of the plan and shared experiences their children have encountered with food items that their child is allergic to in the classroom setting. We discussed options to bring more awareness at the campus level which includes bi-annual reminders to staff at the beginning of

each semester at campus staff meetings. Additionally, the group recommended that classroom teachers be provided with the one-page document from the plan for their reference as they work through lesson plans. Health Services is working with Student Services to develop a plan for this recommendation. A message has already been shared with campus leadership in the Student Services monthly newsletter. We will also send further communication to the campus leadership teams and nurses in the upcoming weeks as they plan for the upcoming semester.

There were concerns with communication between staff and teachers and some examples were shared. Parents would like more awareness in schools, with biannual review with teachers of the plan, with outlines on plans to make the classroom as safe as possible for students with allergies. Food Services are involved to support and provide communication with leadership through newsletter

Non-food item allergy concerns will be brought up in a separate time.

### **SHAC Bylaws Update**

The original KISD SHAC Bylaws were drafted during the 2020/2021 school year and went into effect after board approval during the 2021/2022 school year. The Bylaws are posted on the School Health Advisory Council's section of the Health Services webpage. As with any new process, there are areas for improvement. We will be meeting briefly after this meeting to discuss possible additions and edits to the current document. A few examples that have been already shared are including a timeline for recruitment and how we will recruit, adding a Parliamentary role, and providing roles for the Co-Advisor position that the council approved at the end of last school year. If anyone has experience in writing bylaws, we kindly ask for your participation in this project. Already have examples of criteria for recruitment, roles, etc.

### **District Wellness Plan**

The District Wellness Policy and Plan may be found on the Health Services webpage. This plan is formally reviewed every 3 years per policy. Our plan was last reviewed and underwent significant reconstruction in the spring semester of 2020. Each district must establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast program under the jurisdiction of the district. The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards.

We conducted the first review by Zoom on October 25th at 4 p.m. where 4 members attended the meeting - two community members and two employees. (Mr. Birt and Ms. Nieri, Carrie Simmons and Tricia). In this brief meeting, we discussed the Other School-Based Activities portion of the plan. We discussed various activities that took place during each school year.

We will meet again this afternoon by Zoom to discuss the Physical Activity portion of the plan. This portion concentrates on facilities and equipment availability and other means of promoting physical activity within our district community.

The new District Dietitian begins December 5th.

The Nutrition section of our plan will now be reviewed in January sometime.

We will still meet on December 6th @ 4pm by Zoom to discuss the possibility of adding some mental health goals to our District Wellness Plan.

In January, we will begin working on updating our plan.

More information to follow as we progress through the process.

Back to School Event: August 2022 – 1,000 students present, vaccines were available

District shall include employee wellness

Casey's Kids -- March 25, 2023 Save the Date for this school year's event

Next section will be Nutrition and we will meet in Jan/Feb with new head of Child Nutrition for the District

### **Student Health Grant Opportunities**

Potential Student Health Grant—Mental Health Resources for students, staff and community

We received one idea for the School Health Grant. Thank you, Dr. Fuqua for bringing the idea to the table. Dr. Fuqua provided information about community resources related to mental health for students, staff and community members in general. Even though we did not meet the timeline to officially apply for this grant this time, we have some momentum for further community collaboration and engagement. Dr Fuqua recommended a resource that our counseling team has already been involved with - The Jordan Elizabeth Harris Foundation. It is through this foundation that the District has been able to create Hope Squads where students are trained in simply responding to peers who may be struggling with mental health and thoughts of suicide. Oftentimes, students will talk to other students before seeking help from an adult which makes this program very valuable. This foundation also provides QPR Training - Question, Persuade, Refer. This training is something that would benefit nurses, counselors, teachers and campus administrators. We will begin collaborating with District leadership to develop a plan for more staff training as well as a possible community event.

Earlier this month, the District Counseling Team hosted two community events - Suicide Awareness and Drug Awareness. The information that the Jordan Harris Foundation can provide will take the Suicide Awareness information a step further in helping people not only potentially recognizing that someone is having trouble but how to respond and get help.

Again, thank you Dr. Fuqua for bringing this idea to the table. We will keep in touch about progress.

Students will talk to peers and can pick up on signs that would be helpful to get support for a student

Community Event – Drug Awareness – (Michelle with Stay on Track will be invited to the February meeting to review information and to help us to be up to speed); members shared how well-attended the event was and how helpful this was and hopes this will be done again; gave great information and eye opening. Social media influence on this is scary.

### **Mental Health Activities Update**

Counseling Department: Introduction of Counseling Team within the district, shared pics with titles of staff

Requirements are to spend 80% of counselor's time on campus, KISD is spending 93% of their time on campuses and directly with students; Counselors with TX Model's Four Strands to develop appropriate guidelines and lessons – there is a Lessons Bank Resource available for 2022-23 for all dimensions of instruction/guidance curriculum

Opt in form – is mandatory for lessons on campuses

8<sup>th</sup> Grade Module – this is when students create a 4 yr plan for high school, counselors are extremely hands on to help students and advise

Opt in Keller Cares Suicide Prevention Lessons for 6<sup>th</sup> and 9<sup>th</sup> grades; Spring is planned for 8<sup>th</sup> and 11<sup>th</sup> grades

Student Risk Assessment (SRA) Data – graphs shown on suicide risk assessments completed, # of SRA's/grade level in KISD

TCHAT – Texas Child Health Access Through Telemedicine

Partnership with Cook Children's for students who need prevention and extra mental health support via telemedicine and have lots of access to a large group of support in the community to follow up after the 4-6 initial sessions through TCHAT.

Next meetings: Feb 28; April 25

Meeting ended at 12:34pm

Respectfully submitted.