



2018-19 School Health Advisory Council Recommendation to Board

1. **The committee recommends setting the date for a yearly health/wellness fair for parents, students and employees. The proposed date is Sat., Feb. 29, 2020.**
 - a. The Woodlands Hills is possibly sponsoring for \$5,000;
 - b. Health Care providers to offer basic health screenings;
 - c. Vendor tables of local services related to health/wellness/physical fitness, etc.;
 - d. Home exercise instruction by WISD physical education teachers;
 - e. Food tasting and demonstrations by Culinary Arts students from CTE center;
 - f. Location - CTE Center parking lot and bottom floor.

2. **Increase district-wide offering of parent classes that address student mental health and online safety.**
 - a. How to recognize and treat depression and/or suicidal tendencies;
 - b. How to address bullying;
 - c. How to monitor and protect students from online threats and proper use of social media;
 - d. Utilize local agencies to offer these classes and provide resources; possibly organize a taped presentation in order to share with all WISD parents
 - i. *Conroe PD Cyber Crimes Unit*
 - ii. *SHSU Counseling Center*
 - iii. *Montgomery County Health Department / Tri County Mental Health*

3. **Recruit additional members to join the committee.**
 - a. Current members
 - b. District Leadership (community and business contacts)
 - c. School Leadership (parents)