

SHAC – Student Health Advisory Committee

December 8, 2022

Google Meet joining info

Video call link: <https://meet.google.com/rie-tiye-row>

Or dial: (US) +1 601-688-3562 PIN: 476 363 375#

1. Sign in please via [google form](#)
 - a. *Attendees – Kimberly Teve, Katherine Gautreaux, Michle Mount, Claire Cimina, Tu-Quynh Hoang, Melissa Sheppard, Sandy Mertel, Tamara Dixon, Terri Fretwell, Joy Otadoh, Randi Pipes, Stacy Guzzetta*
2. Welcome - [Gratitude Activity](#) - being [specific](#)
 - a. *Stacy shared that she works alongside the FISD Counselors. Your brain won't allow you to be upset, mad, anxious at the same time if you're being grateful. She provided the group with an activity to be specific in your gratitude. This helps provide your mind with thankfulness and being calm.*
3. Reminder that a non-employee chair was nominated at our last meeting - Lesley Briggs
 - a. *Stacy reminded the committee to reach out to Lesley Briggs as the non-employee chair on the committee to provide info for meeting agenda items. Stacy is always available as well.*
4. Information Reports
 - a. School Nurses
 - i. *Randi Pipes (Bales Nurse/FISD Lead Nurse) has seen the corner turn for flu, a little bit of strep, a lot of stomach bugs. Region 4 nurse meeting says they are seeing flu as well. Review of mitigation protocols for all illnesses.*
 - ii. *Katherine Gautreaux (Westwood Nurse) dip in flu since before Thanksgiving. Seeing a lot of stomach bugs. Mitigating germs is hard with the little ones. Remind little ones on the importance of hand washing.*
 - iii. *Sandy Mertel (FHS Nurse) not much reporting of illnesses with the older students.*
 - b. PE Programs
 - i. *Stacy reminded the committee health is supported through our nurses and PE coaches. We have health courses at the high school level.*
 - c. Food Service - Director, Joy Otadoh, will discuss menus, parent involvement, open discussion
 - i. *Joy Otadoh was introduced to the group as the new Aramark Food Service Director. The District and Aramark continually meet to review menu options for students, constantly looking for improvements and additional/diverse options. The District is updating the menu options for the junior high and high school and evaluating portion sizes for increases. The District and Aramark will meet with*

- campus principals to review food service options. Nutrition and macros information for the menu is located in NutriKids online.*
- ii. *Sandy Mertel (FHS Nurse) stated they have quite a bit of students with accommodations for gluten intolerance.*
5. *House Bill 1525 Update - If human sexuality instruction is provided to students, the local school board shall call on the SHAC committee to provide recommendations on curriculum.*
 - a. *Through research and discussion with the FISD Teaching and Learning team, it has been determined that FISD does not provide instruction on human sexuality. Human Growth and Development instruction is provided in 5th grade and in high school Health classes.*
 - i. *Stacy shared with the committee that FISD provides reproductive and puberty instruction. FISD does not provide instruction on human sexuality.*
 - b. *5th Grade - "Always Changing and Growing Up" by Procter & Gamble ([Boys / Girls](#))*
 - i. *Stacy said the 5th grade videos/discussions are provided by the nurse, PE coach, or assistant principal depending on the gender. Parents are well informed ahead of the video/discussion which a note and time provided to parents.*
 - c. *High School Health*
 - i. *Principles of Health Science - After the first of the year they will begin the [Human Growth and Development](#) section. There is a section about [STD's](#). <https://www.zavamed.com/uk/sexual-exposure-calculator.html>*
 1. *Stacy shared this is a year-long course the high school provides. Information about the course is linked in the agenda.*
 - ii. *Health - covering the week we return from Thanksgiving break. The class will cover STD's and HIV. Abstinence will be presented as the only 100% prevention method and then other methods of protection will be shared as well as the modes of transmission. Discussion about bacterial versus viral and ways to cure the bacteria side of the std. Symptoms if any that are present.*
 1. *Stacy shared this is a semester-long course the high school provides. Information about the Health course is listed in the agenda.*
 6. *SEL Tier 1 gathering and posting content on our [SEL Website](#)*
 - i. *Stacy reviewed her connection with the school counselors and should the FISD SEL website. SEL covers character education, social skills. SEL is not connected to critical race theory, is not political, is not one size, and does not take the place of academics. SEL is part of our classrooms in an effort to educate the whole child. Tier I lessons will be posted on the website once fully developed.*
 - b. *Elementary - Kindness Curriculum delivered in classroom meetings*
 - i. *Stacy shared information regarding kindness is sent home in Friday folders and shared in the principals monthly newsletters.*
 - ii. *Michelle Meaux (Cline teacher) spoke to the morning meetings they hold in the classroom each day. These are fun, scenario based concepts for the students. The campus has a SEL committee that meets to review curriculum and discusses how to make it better for students.*
 - c. *FJHS - Mustang Connections (Tuesdays and Thursdays are designated as SEL times)*

- i. *Stacy provided that an SEL lesson is delivered twice a week with each students' Mustang Connections teacher.*
- ii. *Missy Sheppard shared that she has a Mustang Connections class. Tuesday and Thursday are sacred for SEL lessons for all students.*
- d. FHS - delivered in strategic subject area classes
 - i. *Stacy stated FHS does not have one particular SEL class/time. Many teachers incorporate SEL items in their classrooms. The school counselors hold whole group lessons throughout the year on specific SEL topics.*

7. #ParentPower

- a. Upcoming session provided by Gulf Coast Center: Talk Saves Lives (how to talk to your kids about hard things)
 - i. *This session will be a virtual session, potentially centered around the lunch hour. It will be recorded for those who miss it.*
- b. Other Ideas -- dangers of vaping, opioids, fentanyl; AIM for Success parent night the day before student presentation. Record and post on the website for future viewing.
 - i. *Stacy requested input from the committee of additional parent sessions. Tamra Dixon (Windsong Nurse) said she has junior and high school students. Opioids, fentanyl drugs, and vaping are scary to her as a parent. These drugs are risky. Kids don't necessarily understand the dangers of these drugs. Stacy will look for additional resources to produce a session on this topic.*
 - ii. *Stacy asked for input on virtual vs in-person sessions. Sandy Mertel (FHS Nurse) requested to find some sessions where the speaker comes in person to present to parents ahead of time then present to students. AIM was the vendor mentioned. The high school has been focused more on SEL and suicide prevention. The request to bring back more focus on the mistakes with drugs and substance use. Shiloh Carter mentioned that recording and posting makes the item more searchable. Parents will be able to find the information via Google search.*

8. Next Meetings

- a. February 16, 2023
- b. April 20, 2023

Name

Signature

Date