

SHAC – Student Health Advisory Committee

Thursday, April 20 · 4:15 – 5:15 pm

Join Zoom Meeting

<https://fisdk12-net.zoom.us/j/97183253666?pwd=bHFhZEt5ZTcwK0xsOG90L0pSdHdYdz09>

Meeting ID: 971 8325 3666

Passcode: 023315

1. Sign in please via [google form](#)
 - a. Attendees – Tu-Qunyh Hoang, Katherine Gautreaux, Claire Cimina, Beth Pavelka, Michele Mount, Kimberly Teve, Terri Fretwell, Abigail Zarate, Joy Otadoh, Randi Pipes, Tamara Dixon, Stacy Guzzetta
2. Welcome - Imagine you are a professional baseball player. What is your walk up song?
 - a. Stacy introduced the meeting with a fun ice breaker.
3. UT School of Public Health [screen time recommendations and toolkit](#) and American Academy of Pediatrics [media](#) articles
 - a. Katherine Gautreaux (Westwood Nurse) provided these screen time articles/research. She shared her research began as a parent concerned about technology impacts on children/pre-teens/teens in general - social media, screen time, effect on myopia (near-sightedness). Her research serves as a reminder that technology/screen time is not a replacement for human interaction. Stacy shared the secondary counselors have seen SEL impacts due to social media access, specifically snapchat at the junior high.
4. Linewize monitoring tool in use
 - a. Stacy shared the Linewize monitoring tool info with the group. This is a technology item that sits on top of the content filter when the student is logged into their google account. The monitoring tool runs 24/7 and tracks/reviews the items they are searching. It reviews for self-harm searches, as well as inappropriate terms. District Administration will be alerted when these terms are searched to allow a discussion with the student.
5. [Senate Bill 9](#) Reflection and Plans for 23-24 - SHAC shall provide recommendations on curriculum related to preventing child abuse, family violence, sex trafficking and dating violence.
 - i. Stacy reviewed the FISD website and where the SB 9 info is located. A copy of the email and opt-in info is housed here as well.
 - a. Curriculum in place for the 2022-23 school year for 6-12 grade students. Required to receive instruction at least once while in grades 6-8 and once while in grades 9-12
 - i. Stacy showed the curriculum contents on the FISD website. This keeps parents completely informed.
 - b. Proposing [Unbound Houston](#) for Sex Trafficking Curriculum and [Office of Victims of Crime](#)
 - c. Proposing district developed curriculum for dating violence, child abuse and family violence ([Healthy Relationships](#)) which uses understanding consent.
 - d. [Email to Parents of 6-12 graders](#)

- e. Proposed roll out of the curriculum beginning in the 22-23 school year
 - i. [FJH](#)
 - ii. [FHS](#)
 - 1. *The committee did not have any recommendations or changes to the curriculum.*
- 6. [Wellness Plan](#) - annual review and discussion (Triennial Assessment)
 - a. *Stacy reviewed the Fisd Wellness Plan. She explained to the group that all Texas ISD's are required to have a wellness measurement plan in place. Multiple areas are covered in the plan. The plan is comprised of nutrition standards, physical activity goals, nutrition education goals, and other school based activities.*
 - b. *Nutrition Standards – Stacy shared the District rated itself as acceptable in 3 areas and exceptional in 1 area.*
 - c. *Physical Activity Goals - Stacy reviewed that the district is reviewing on how to get students up and moving outside of PE class. Randi Pipes (Bales Nurse) asked if the Outdoor Learning Center (OLC) would count as movement. Bales OLC will open in the Fall 2023. Cline Elementary replacement campus is designed with outdoor spaces. Westwood Elementary already has an OLC. Stacy told the group that these spaces create play based learning opportunities. Katherine Gautreaux (Westwood Nurse) told the committee about Westwood Elementary OLC. It has water features, a mini amphitheater, lots of “dirty” play opportunities. Katherine says that kids love the space. Stacy asked about plans for Windsong, but Tamara Dixon (Windsong Nurse) was unsure about Windsong OLC. Stacy will find more information for Windsong OLC and send to the committee.*
 - d. *Nutrition Education Goals – Stacy said this area is applicable to both students and staff. The District has assessed itself as acceptable in most areas, but is looking to bring the staff Health Fair back. It was postponed after COVID. The Fisd Benefits Coordinator sends newsletters out with health information. Fisd will continue to address this area specifically on nutrition. A committee member who works for the Houston Food Bank says they are implementing a School Athletes Program. This program goes to the school and teaches kids about nutrition and sports. This program includes cooking demonstrations. It is targeted for students, but they do “teach the teacher” because the Food Bank is limited on nutrition educators. The point of contact would be the nurse, counselor, or the CIS liaison at Westwood/Bales. Stacy shared with the group that Fisd will explore this new program as it will contribute to the overall plan.*
 - e. *Other School Based Activities – Stacy says this area focuses on other ways to support physical activities. These are typically family fun runs, family super hero days to participate in PE, and other organized efforts across the campuses to involve parents in physical activities.*
- 7. Information Report
 - a. School Nurses
 - i. *Katherine Gautreaux (Westwood Nurse) – She shared new to district enrollments often forget to upload their updated immunization records. Next week, FHS*

students will be assisting her by coming over and going into classrooms to teach younger students about heights and weights. The clinic is seeing a lot of pink eye, stomach bugs, strep. She said the State requires the Nurse to send students home with all cases of conjunctivitis. The student is allowed to return with a doctor's note for viral pink eye.

ii. *Randi Pipes (Bales Nurse) says they are seeing a lot of pink eye as well. Most doctors have been prescribing polysulfate in addition to another eye drop. Randi recommends a different prescription eye drop that is really an ear drop that can be used interchangeably with eyes and ears.*

iii. *Tamara Dixon (Windsong Nurse) has seen a few cases of pink eye as well. She says the high pollen count is likely a contributor. One-sided is often indicative of pink eye. Two-sided without eye drainage is often allergy symptom. Windsong is enrolling Kindergarten students for the first time. She too is having issues with immunization records. Online enrollment is going well. She prefers online versus in-person enrollment to be able to take time to review.*

1. *Randi added on to Tamara's statement about issues with immunization records. Randi says the nurses have access to ImmTrac and often looks up the official records. She asked how can she add the information can be added to Skyward and keep the parent informed. Stacy says she will follow up with Randi to development a plan.*

b. PE Programs

i. *Stacy reminded the committee the District has a policy stating recess is not taken away for behavior or used as a punishment.*

c. Food Service - Director, Joy Joyce Otadoh, will discuss menus, parent involvement, open discussion

i. *Joy shared the District is in the process of revamping our school menus and will bring new items to the menus next school year. Stacy confirmed that funds in MySchoolBucks accounts roll over to the next year.*

Name

Signature

Date