

# SHAC – Student Health Advisory Committee

October 13, 2022

*Google Meet joining info*

*Video call link: <https://meet.google.com/bwu-hkmc-bhw>*

*Or dial: (US) +1 669-999-0172 PIN: 835 174 274#*

1. Sign in please via [google form](#)
  - a. *Attendees: Michele Mount, TaShanna Kidd, Stacy Guzzetta, Kimberly Teve, Beth Pavelka, Claire Cimina, Tamara Dixon, Lesley Briggs, Sandy Mertel, Mellissa Sheppard, Aracely Cain, Katherine Gautreaux, Tu-Quynh (Edwards) Hoang*
2. Welcome and Introductions
  - a. *Stacy Guzzetta introduced herself as the District representative leading the SHAC. She also shared the committee population which includes 3 parents (invited) from each campus, campus nurses, campus staff members which may include PE/health teachers, business office, and child nutrition.*
3. Purpose
  - a. Every independent school district is required by law to have a School Health Advisory Council (Title 2, chapter 28, Section 28.004)
  - b. A group of individuals representing segments of the community to assist a district in ensuring that local community values are reflected in the district's health education instruction.
    - i. *Stacy stated that nominations for names to serve on the committee come from the campus principals and then are presented to the Board of Trustees for approval.*
4. New Laws passed during 2021 Session
  - a. [Senate Bill 9](#) - SHAC shall provide recommendations on curriculum related to preventing child abuse, family violence, sex trafficking and dating violence.
    - i. *Stacy shared that all parents/guardians of secondary students should have received information over the Summer from the District providing information about SB9 curriculum which includes an opt-in request.*
  - b. [House Bill 1525](#) - public agenda, public comment, post minutes and audio/video recording of meeting
    - i. *The SHAC website was shown so committee members are aware of the location of committee info including agendas, recordings, etc.*
5. Duties
  - a. Elect a chair or co-chairs (non-employee)
    - i. *Stacy requested a volunteer who is not a staff member to serve as co-chair. Co-Chair will collaborate with Stacy to review meeting agendas and receive agenda items from the committee for upcoming meetings. Lesley Briggs volunteered.*
6. Information Reports

- a. School Nurses
  - i. *Sandy Mertel (FHS Nurse) shared that all campuses have reviewed all new health information received by new and returning students, are current on hearing/vision screenings, COVID remains minimal on the campuses.*
  - ii. *Tamara Dixon (Windsong Nurse) added that a few cases a flu have popped up.*
  - iii. *Katherine Gautreaux (Westwood Nurse) says a small stomach bug has gone around as well.*
- b. PE Programs
  - i. *Stacy stated that all elementary students have recess everyday which counts towards physical education minutes.*
  - ii. *Shiloh Carter asked how the PE buddies program at FJH is going. Stacy shared that the program is new for this year and would receive more information at tomorrow's PTO meeting. The program itself pairs general education students with special education students to form a partnership to complete their PE credit for the year. The class is a PE class, not athletics class, but students can still participate in team sports.*
  - iii. *Kimberly Teve is excited about the PE buddies program for her younger child though she is still elementary age. Stacy will send more information to the committee as she obtains it.*
- c. Food Service - Director, David Moynihan will discuss menus, parent involvement, open discussion
  - i. *Stacy requested information or questions from the committee regarding menus, offerings, concerns/questions, or any other items regarding food service. No meeting attendees addressed any concerns. Stacy stated the meal menus are housed on the Food Service website which includes macros and other nutritional information. She also reminded the committee this agenda item is on every meeting.*

#### 7. #ParentPower

- a. Previous sessions this year: Supporting high achieving students, UTMB sleep
  - i. *Stacy shared that a parent (also a practitioner in the area) presented to other parents on how to provide support to high achieving students, TCHAT program, as well as a UTMB Sleep presentation which stresses the importance of sleep for children/adolescence.*
- b. Ideas?
  - i. *Stacy requested any ideas for future #ParentPower sessions. No meeting attendees provided ideas. Stacy requested the committee send her ideas via email.*

#### 8. Next Meetings

- a. December 8, 2022
- b. February 16, 2023
- c. April 20, 2023

*Final comments by committee members:*

- a. *Kimberly Teve shared with the group that this is her family's third year in Fisd. They are enjoying the District and collaboration with the Westwood administration for support. She will be sharing dwarfism awareness (green ribbon) later this month with the goal of inclusivity.*
- b. *A member typed in "Does the district offered mental health?" Stacy shared the school counselors have resources they can provide as well as the TCHAT UTMB partnership. TCHAT provides psychiatrist and psychologist virtual tele conference appointments. They can provide diagnosis and prescribe medication. They can also get the student into the system for counseling if cognitive therapy is needed. TCHAT provides immediate help; the goal is to find a long-term practitioner for the student.*
- c. *Lesley requested information be shared about the Bay Area Alliance. Stacy shared the Bay Area Alliance is grant funded and located in Fisd as well as Clear Creek ISD. Their goal is to make the community a healthier place. They provide resources and presentations including vaping, finding items in student bedrooms, etc. They try to educate parents. Lesley shared she has found this group beneficial.*
- d. *Shiloh shared that if your student already has a mental health diagnosis, the child can receive mental health services directly from Fisd through a 504 plan or special education IEP. The District has counseling and other accommodations that have to be requested. Stacy shared that the school counselors are not LPC. The District also has LSSP support as well.*

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Name

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Signature

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Date