

SHAC meeting – Monday 3/22/2021

Meeting start time – 5:04 pm

ATTENDANTS

Parents/Students:

Rosanna Farish, 2 children

Rebecca Moss, 2 children

Kelly Fail, 3 children – Educator

Aya Alnasrah – KHS Student

Pam Solomon, 1 young child – Tarrant County Employee

Maureen Edwards, 3 older children – Nurse Sub, PNP

Bo Corbit, 3 children – Teacher Sub

Melanie McDonald, 1 child – Teacher Sub

Dr. Isabel Williams, 1 child – President Education Foundation

Officers/Leadership:

Darian Johnson, 1 child – SHAC Vice Chair

Amanda Cofer, 1 child – SHAC Chair

Katy Hooper – District Nurse, SHAC Secretary

Teresa Vasquez – District Lead Nurse

Laurie Humiston – District Director of Nutrition

Mike Holguin – District Director of HSS

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MINUTES

Last meeting date 3/1/2021

SHAC – School Health Advisory Council

TX educ. Code, make sure school health programs reflect community values

Students who are not healthy cannot learn

School lunches – required nutrition and portions

Healthy, active child will be more successful in life

Effects of: 1. Tobacco, 2. Unhealthy eating, 3. Inactivity, 4. Alcohol/drug use, 5. Sexual practices

Chose officers – Chair, Vice Chair

Roles of leadership/officers

Next meeting dates: 3/22, 4/5, 5/3

Must have at least 4 meetings a year

Mandy review by-laws? – Mike Holguin read

Ensure we are up-to-date with statutory laws

Advisory body, provide guidance, recommendations to Board of Trustees

By-laws – responsibility of the Board – has to be approved

SHAC responsibility – to meet regularly

Mission – to prevent chronic health issues that start in childhood – programs to minimize

Consult with Superintendent

Present at Board Meetings

Anything they need to act on

By-laws will be accessible to public, open meetings, parent input, concerns

Members will be monitored – attendance

3 consecutive missed meetings = removal

If we cannot obtain consensus

Must be present to vote

Must have agenda, cover important points

Responsibilities of officers

Counselor to speak at one of the meetings to address mental health/suicide/assessments

Explore breaking into committees

Awareness of upcoming meetings – How do they publicize upcoming meetings, etc.?

SHAC has its own webpage, will email

Virtual meetings only for now

KISD website > Departments > Health Services > SHAC

Holguin – update on COVID:

TCHD partnership, district's mitigation efforts, PPE, outcome of efforts, low rate of infection, campus coordinators, shutdown KJHS to stop surge before holiday break, county numbers, still disinfecting and other efforts will continue, significant investment, keep up with KISD Dashboard

Questions?

Time frame – 5 pm start sometimes causes conflicts d/t scheduling, contact info for officers and members, sharing minutes with members, SHAC FB page for updates

Vote taken and approved - minutes accepted 5:16 pm

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Roles of committee officers and names reviewed, introductions of district leaders present

Wellness Plan

Accessible on KISD webpage, triannual assessment sent to each principal to eval how each campus is complying with the plan
In the past – get rid of non-food items sold, access to vending machines during meal times
Stop using food items as rewards for behavior/grades/accomplishments
Stop taking away recess as punishment
Don't train students that food is a reward
Exercise is required for every human body
Discuss/look for/need more constructive ways to reward
Changes to the Wellness Plan are made by the Board
SHAC makes accommodations
Intended to implement local policy
Required by law, stakeholders involved in review
Other items – smart snacks, 6 exempt days for non-nutritious foods, fundraisers cannot interfere with breakfast/lunch, 9 pages, goals set in 2017
Promotion of nutrition
Types of activities/progress recommended/monitored by the State
See page 4 of the Plan – nutrition promotion
Standards have been in place historically
We can formulate policy changes, signed off by Mr. Gee, then presented to the Board
Process for facilitating goes through child nutrition following State and Federal guidelines
Plan has already been in place, following goals
SHAC accountable for action steps to maintain goals
How does SHAC support actions steps to support what district is already doing
Activities – health fairs (virtual for now), food drives, Kids Heart Challenge, field days and other outdoor events, safe routes to school (walkers/bike riders, crosswalks), social/emotional learning and wellness
Not all inclusive, just some examples
SHAC not responsible for hitting the goals, our job is to support what is already in place
Invite counselors, nutrition experts, etc. as guest speakers, so SHAC can be informed and advocate for what district wants/needs to accomplish
SHAC leaders/officers – look at projects/activities to build consensus, identify additional resources

First item wanting to accomplish

Have Laurie Humiston present about how meals meet federal requirements
Virtual KISD students, all Kennedale residents under the age of 18 have access to weekly bundle meal pickup drive thru at KHS
Overcoming distribution challenges – contactless, larger parking lot area to hold larger numbers, containers to keep milk cold, early dismissal days, etc.
How to promote/advertise free bundle meal program – send out texts on M, T, W – PR dept., send out emails, informed city officials, update county website

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Identify – goals/objectives/active steps that will be met and completed this year

It is a federal/state requirement to have this in place

Review – make modifications if anything out-of-date

Propose changes – SHAC authority to revise, find ways to support implementation

Projects/programs

Recommended by the State – list has been emailed to everyone, including link to School Health KISD website and nutrition guidelines

SHAC has to document and report what district/committee is doing

FB page accessible to students and suggestions geared towards teens – educating about healthy food choices, easy and portable options, concerns about safe choices regarding sexual health, addressing STIs and growth/development TEKS in health classes

Having guest specialists speak to students - Aim for Success (469-983-2558), Safe Schools, Ned Shows, Security Resource Officer presentations

School counselors more familiar with programs addressing specific topics already in place

Women's Center has topics – sexting can affect college education, against the law to send inappropriate photos, criminal investigations, mental/emotional stress

Other issues – cyber bullying, harassment, who to reach out to if this is happening, safe place for LGBTQ

School nurses support all students – reminding them they can confide in counselor/school nurse

Delegating/recruiting smaller committees/groups within SHAC who are passionate in a subject can do independent research and present ideas to address

Members can gather and improvise apart from Nurse Vasquez – she will share contact info – but they can network/collaborate/brainstorm ideas

Other questions/concerns

Initial Zoom meeting link was not sent to all members correctly

Student present for meeting today – they are encouraged to attend, Superintendent listens to student input at KHS, they have to apply

Consider Google Doc as active working document for everyone to access

Member contact list will be sent out this week

Holguin closing remarks

Meeting finish time - 6:13 pm