

# Whitney ISD School Health Advisory Council Minutes

September 20, 2023

**Attendees:** John McCullough, Amy Leech, Kristin Emery, Wendy Kaska, Jan Holt, Raygenna Heath, Crystal Haubert, Heather Walker, Crystal Langley, Amanda Kettler, Sara Ripley, Lindsey Threadgill

**Meeting began at 4:05pm**

**Introduction of new members:** Sara Ripley, Amanda Kettler, Crystal Haubert, Raygenna Heath

**Positive Feedback-** “Tell me something good”

**Updates:**

- Narcan is currently stocked on all campuses.
- Safety- Drills will occur throughout the year to help ensure safety readiness. Exterior door checks and safety audits will occur. Vape detectors in HS bathrooms. See something, hear something, say something is the link on district website where safety concerns can be reported. Students can also report safety concerns with that same link on their laptops at school.
- New health curriculum at HS introduced this year.
- The employee flu shot clinic will be held on October 3<sup>rd</sup> at the Administration building in the Board Room from 10am-12pm and at the Middle School Conference Room from 1:30-3:00pm.
- First blood drive at WHS garnered 32 donations! Next blood drive will be hosted by FFA on November 29, 2023. Two blood drives scheduled for the spring- January 24<sup>th</sup> (Student Council) and April 3<sup>rd</sup> (National Honor Society). Will help promote for future blood drives.  
\*The more donations received, the more scholarship money available. Seniors can also earn their red cord for donating/working, or having someone else donate in their name\*

**Open discussion for ways to improve teacher/staff morale and mental health. Some ideas brought up included the following:**

- Positive reinforcement such as notes of appreciation/shout outs, words of encouragement.
- Regular scheduled potluck lunches.
- Donated caterings, ice cream/coffee/food trucks for staff on in-service days.
  - ❖ Sara Ripley shared that Elementary brought in donated lunches for staff on in-service days that was very appreciated by staff, along with an ice-cream truck another day to help boost staff morale.

- Relaxation room for staff equipped with comfortable seating such as chairs with portable massage cushions, couches, stocked snacks/drinks, dimmed lighting, etc.
- Continue Teacher/Staff member of the week/month.
- Extra time for teachers to catch up on tasks during in-service/staff development days.
  - ❖ Mrs. Leech volunteered to help strategize/implement ideas for improving our teacher/staff morale.

**Open discussion for new interventions to improve the mental health of our students which included ideas such as:**

- Continue positive office referrals.
- Continue character lessons.
- Introduce mental health fairs on each campus this year- Dates to be determined. Wendy Kaska/Jan Holt shared that the mental health fair they incorporated into their field day last year at the Intermediate School was a success.
- HOPE Squad- Group of trustworthy peers who are trained by advisors to help prevent youth suicide through education, training, and peer intervention.
  - ❖ Jan Holt provided details about the HOPE Squad and volunteered to research more info and report to SHAC. Will give update at next SHAC meeting.
- Klara's counseling center- Whitney ISD is in the process of getting approval for a second Klara's counselor to help assist our students with significant emotional and behavioral challenges/difficulties.
- Capturing Kids Hearts was introduced last year and has been successful in connecting with our students. 15 new staff members will attend the training. October 30<sup>th</sup>- IS/MS will receive a refresher training for Capturing Kids Hearts.
- Suicide prevention month is September- HS student council is hosting We Walk With HOPE 5K walk/run on September 30<sup>th</sup> at Wildcat Stadium at 7pm. All donations will go towards mental health initiatives at WHS.
  - ❖ Lindsey Threadgill (Elementary/Intermediate counselor)- Provided information about Community Resource Coordination Groups (CRCG). These are county-based groups who are able to work with students with complex needs to help identify and coordinate services and supports. Will research more and report to SHAC. Will provide update at next SHAC meeting.

**Bullying Prevention:**

- Students are able to report bullying through a link on their laptops. Incidents can also be reported on the district website.
- It was mentioned to work on getting the apple icon on laptops for students to directly message counselor for all campuses- Currently in place at MS campus.
- October is National Bullying Prevention Month. October 18<sup>th</sup> is Unity Day- Stand Together Against Bullying. Unite for Kindness, Courage, and Inclusion. Wear the color orange.

- Interactive bullying prevention activities for students to participate in.
- Having a guest speaker is an option to help educate students on bullying prevention.
- If HOPE Squad is introduced, it will help target bullying prevention as well as suicide prevention through peer intervention.
- Coffee Bean Club- Students who intentionally spread kindness and positive thinking.
  - ❖ Jan Holt provided details about the Coffee Bean Club and plans to do further research and report to SHAC. Will provide update at next SHAC meeting.

#### **Wellness promotion for staff/students:**

- **Staff-** Walking club after school.
- Wellness challenges such as: weight loss challenge after holidays, step/mile challenge, water challenge- Incentives given out for those who meet goals.
- Activity calendar- Different physical exercises for every day of the month.
- Healthy pot luck lunches and healthy recipe sharing.
- Hero discount at Anytime Fitness Gym for teachers and staff.
- **Students-** Wellness Wednesday challenges
- Physical activity calendars for students- different physical exercises/activities to do with family.
- Discussed bringing walking Wednesdays back, but concerns were brought up related to increased behavior issues while at track and safety concerns.
- Hosting a Turkey Trot 5k walk/run in November and spring 5k walk/run was mentioned.

#### **Drug prevention Safety:**

- **New legislature, TX House Bill 3908-** Annually requires at least 10 hours of research-based instruction related to fentanyl abuse prevention and drug poisoning awareness education to be implemented in grades 6-12. This required instruction must include: Suicide prevention, fentanyl abuse and addiction prevention, awareness of local school and community resources-how to access these resources, and health education that includes information about substance use and abuse.

#### **Open discussion for ways to implement the requirements for TX HB 3908 which included ideas such as:**

- Guest speakers at MS and HS, mental health professional speakers, presentations, appropriate videos related to opioid abuse prevention, school library references, and interactive classroom activities related to fentanyl abuse prevention.
- October is designated fentanyl awareness month. Will put fentanyl prevention/awareness posters on MS and HS campuses. Still waiting on a designated fentanyl awareness week that will be appointed by the Governor.
- Will continue to research ways to implement this instruction to satisfy requirement and will provide update at next SHAC meeting.

**Meeting adjourned at 5:07pm**

