

## SHAC – 2<sup>nd</sup> quarter meeting minutes \_ December 5, 2022

### Participants:

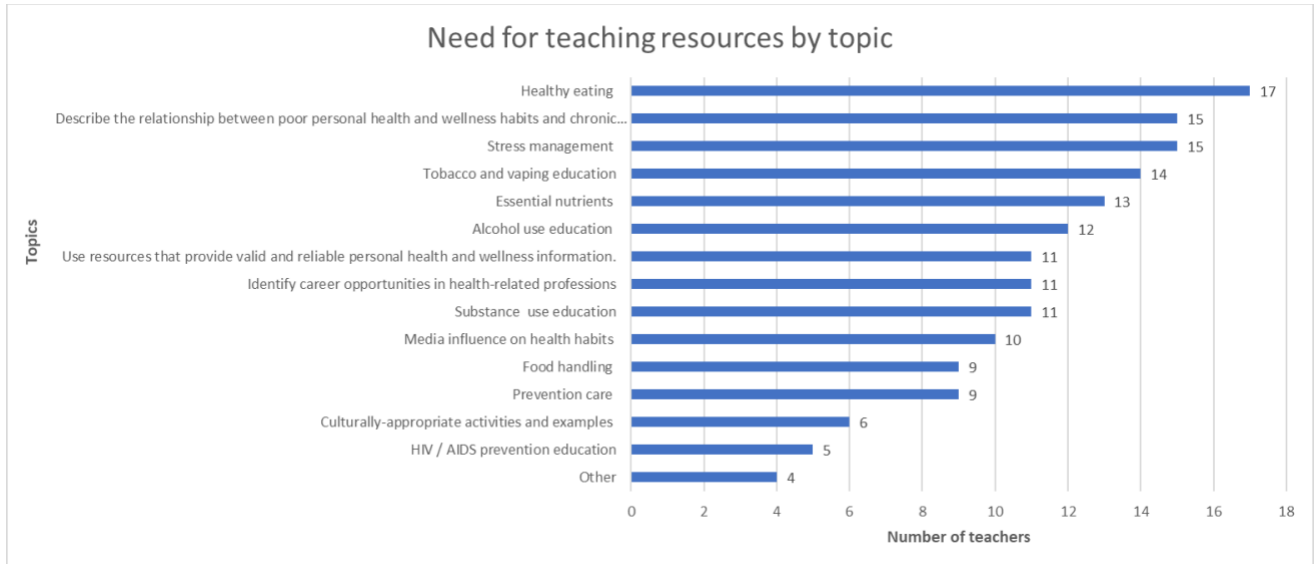
Anila Deliu, Shannon Tilsworth, Ryan Shafer, Shaimah Sentamu, Julie Clemens, Ken Clemens, Dr. Dustin Miller, Dr. Alexander Schoofs, Ryan Shafer, Dr. Janelle Porter, Diane Pickert, Jesse Tyler, Vincent Yang, Maren Stoflet.

- Introductions
- New parent joined the SHAC, Maren Stoflet. Jesse and Shaimah attended online via teams.
- Anila asked the participants to review the mission statement and see if what she has written so far reflects their beliefs and desires for what they think the SHAC's purpose should be. She invited them to send her their comments/suggestions.
  
- An overview on the assessment groups work and results was shared with the members. Health Services is progressing on the goal to have a school health consulting medical provider. Shannon shared that an MOU was shared with the Liberty Hospital staff. This was determined to be the immediate goal for this group.
  
- School Counseling, Psychological and Social Services team will work on assessing the ways students are being supported in schools during transition times. Anila suggested short surveys to students, targeting groups during different transition times and forms. Maren suggested we also gather parents' perceptions and needs related to those transition times.
  
- Health Education team will work on getting together resources for health teachers. Results from a teachers' needs assessment survey highlighted the high need for teaching materials related to healthy eating and essential nutrients, tobacco education, stress management, describing the relationship between health habits and chronic diseases. Teachers had also identified the need for guest/expert speakers in these topics.
  - Dr. Porter suggested we develop a list of guest speaker and make it available for teacher to schedule these sessions as needed.
  - Anila shared that she has spoken to Andrea Wilhoit, our Food and Nutrition Services dietitian, about getting together teaching resources related to health eating education.
  - Anila asked Ryan with the Health Department and Diane with Tri County MHS for potential speakers from their organizations.
  - Diane shared that she has new and updated resources related to vaping and will have marijuana resources too.
  - Anila mentioned that vaping numbers are trending down this year, but the goal is to have zero cases. Dr. Schoofs wondered how good the data is given that it is self-reported.
  - Dr. Porter stated that students fill out the Missouri Student Survey every two year, but these year's sample was not very good and that we should try to have better data for the 2024 surveys to really measure the impact.
  - The need assessment result for professional development topics included: Active learning strategies, how to provide opportunities for students practicing the skills, and the need for finding and selecting effective and reliable health and safety teaching materials were the popular ones.

The Health Education team to work on identifying and including resources.  
 The next meeting will be in March, 2023.

## Identified Health Needs \_ 2022-2023 school Year

The data below is based on a short survey distributed to teachers the first week of December.



### Health Teachers feedback on Mental Health needs for teaching resources:

Q. If you are teaching a module related to Mental and Emotional Health, what subtopics do you need support with?

- Self-esteem and managing strong emotions.
- Depression facing high school students
- A person in the community to speak about mental health.

- Problem solving. Good choices, Making Mistakes.
- Community and school district resources for students
- Active Learning Activities
- SEL lessons always can use more resources. I go back and reteach SEL lessons quite often throughout the year.
- Regulating emotions/techniques on how to regulate emotions
- Preventative care for mental and emotional health. Also, post care after a traumatizing event.
- Emotions and dealing with them