

PISD

School Health Advisory Council

Agenda and Minutes

Hybrid - Zoom (virtual) and In-person

Date: Tuesday, December 13, 2022 @ 6:00 - 7:00

Sharon	Eaves
Kayla	Walling
Misty	Harris
Kelly	Alvis
Raquel	Pastrana
Angela	Stevenson
Erin	Tank
Ebony	Wilson
Carlos	Sifuentes
Debra	Nash
Lisa	Ware
Cindy	Smith
Sylvia	Newhouse
Denise	Moore
Amisha	Neal
Wendy	Cain

Agenda

Presenter	Description	Time
WAC	Call to order / Begin recording meeting through Zoom	5 min
All	Roll Call / Introduction of any new attendees	5 min
KW	Approve previous meeting minutes	5 min
WAC	Old Business - 1. SHAC Email Address - waiting to hear back about approval and who would be able to access (multiple	10 min

	<p>individuals, district employees only, etc.)</p> <p>2. SHAC Self-Assessment - also listed in new business for us to take a look at.</p>	
All	<p>New Business -</p> <ol style="list-style-type: none"> 1. SHAC Self-Assessment Survey - sent to members on 10/13/22. Would we like to go over questions now or does everyone need until the next meeting to complete? Would it be easier to go through the Assessment together as a group? 2. Possible changes to Counseling Curriculum that may need to be recommended by the SHAC. If this is the case, then we will need to add another meeting to the schedule as 2 meetings are required. <ol style="list-style-type: none"> a) Possible use of WHO (We Help Ourselves) for K-2 rather than just 3rd - 5th (Anti-Victimization program). This might then take the place of the Kids Count Players through the Collin County Child Advocacy Center. All Elementary Counselors have now been trained in this curriculum. b) Anti-Victimization for 6th - 8th - change in Powerpoint presentations that are geared toward individual grade levels rather than 1 presentation for all 3 grades. These are presented by the Dallas Children's Advocacy Center. c) Anti-Victimization for 9th Grade - because 1 program was used for 6th - 9th this year, it will be necessary for LHS to use a different program so that students have new material to cover. d) Hygiene and Puberty - 4th and 5th grades - possible change to curriculum provider rather than continue to use Puberty Workshop and Brush Up on Hygiene. Waiting to hear back from all Elementary Counselors regarding their thoughts on this. This is not a SHAC recommendation requirement, but it would be helpful to have a wide-range of thoughts. 3. Importance of sleep for healthy development in relation to school start times? 4. Staff Wellness - as we begin planning for the 23-24 school year, there has been discussion regarding how campuses can best support their staff. 	32 min
WAC	<p>Announcements -</p> <ul style="list-style-type: none"> ● Next Meeting ● Tuesday, February 7, 2022 ● For SHAC Counseling Curriculum recommendations we would need to add another date either prior to or after the 	2 min

	2/7/22 date. What would work for all?	
WAC	Adjournment <ul style="list-style-type: none"> • Time Started - 6:03pm • Time Stopped - 	1 min

Action / Future Items

Owner	Description	Date Due
All	Topics for next SHAC meeting	12/6/22
All		
All		

Minutes

<p>Call to Order at: 6:11 pm Recording Started at: 6:05 pm</p>
<p>Roll Call /Introduction of any new attendees</p> <ul style="list-style-type: none"> • Wendy Cain • Kayla Walling • Sharon Eaves • Angela Stevenson • Raquel Pastrana • Sylvia Newhouse <p>Delayed getting correct links to other members.</p>
<p>Approval of Previous Minutes of 10/11/22 meeting (held as hybrid) Previous Meeting Minutes review and approved Motion made by Kayla Walling and seconded by Sharon Eaves ; approved unanimously</p>
<p>Old Business:</p> <ol style="list-style-type: none"> 1) SHAC Email address - waiting to hear back; several questions to answer <ol style="list-style-type: none"> a) Who has access? One person? Several people? 2) SHAC Self-Assessment - emailed on 10/13/22
<p>New Business -</p> <ol style="list-style-type: none"> 1) SHAC Self-Assessment -

- a) Complete individually and send in?
 - b) Sharon Eaves - not doing what the state is really wanting us to do - not enough parent involvement - work outside of meetings, etc.
 - c) Kayla suggested everyone completing SHAC Self-Assessment by January 24th and sending to Wendy - send as google form (Kayla will create)
- 2) Changes to Counseling Curriculum?? - if changes take place, we will need to add another meeting to our schedule
- a) We Help Ourselves (WHO) (Anti-victimization) - K-2 added in place of Kids Count Players - all elem. Counselors have been trained in this curriculum.
 - i) The content is similar to Kids Count Players
 - b) Anti-victimization for 6th - 8th grade
 - i) PowerPoint Presentations are now geared towards individual grade levels instead of general 6-8 presentation
 - c) Anti-victimization for 9th grade
 - i) LHS will need to use a different program - looking for new program - possible that 9th grade will have individual grade level presentation
 - ii) Anti-Bullying presentation will need to change too
 - d) Hygiene and puberty - 4th & 5th grades - Puberty Workshop & Brush Up on Hygiene
 - i) Not a SHAC required topic, but would like to be transparent
 - ii) Angela will send email to all elem counselors to see their thoughts
 - iii) New program would be Youth Equipped to Succeed
 - iv) Sharon - would it be possible to move Puberty info to 4th grade, especially for girls
 - e) Additional meeting will be added - Tuesday, February 21, 2023 - 6:00pm
- 3) Importance of sleep for healthy development in relation to school start times -
- a) We could present findings to our board and make a suggestion of changing start times
 - b) Worth looking into
 - i) Research shows moving start times to 30 - 60 minutes later can drastically impact our students
 - ii) Start by looking at schools who have made this change to see improvements & how it has impacted students
 - (1) Start with Texas schools - Sharon will send out info if she finds it
 - (2) Wendy will check with MACES group
 - c) Look into providing information to parents and students on the importance of sleep - S. Eaves has volunteered to provide some parent presentations
- 4) Staff Wellness - planning for 23-24 sy - how can campuses best support staff?
- a) Possible programs - staff challenges w/more engagement for better health - collaborate w/nurses
 - b) Sharon Eaves - consistent maximums on expectations on what teachers are required to do after hours; Team programs - to help with camaraderie;

Announcements - Next meeting - Tuesday, February 7, 2022

- Hybrid format

Adjournment at: 6:57 pm

