

# PISD

## School Health Advisory Council

Agenda and Minutes

Hybrid - Zoom (virtual) and In-person

Date: Tuesday, May 30, 2023 @ 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 - 2/7/23	5 min
WAC	Old Business - 1. Spring Parent Information Night (PIN) - a. Last meeting it was decided to offer a Spring PIN	10 min

	<ul style="list-style-type: none"> <li>on the topic of Sleep and Academic Success</li> <li>b. However, the PIN offered by Elementary Counselors (6 campuses) only drew 2 parents</li> <li>c. After many emails among members, it was proposed to perhaps offer resources to parents that could be posted and/or emailed in the form of either video(s) or webpage information</li> <li>d. Discussion of moving forward in New Business section</li> </ul> <p>2. SHAC Self-Assessment -</p> <ul style="list-style-type: none"> <li>a. Group went through questions and results of the Self-Assessment.</li> <li>b. Several areas show room for growth; however, discussion also centered on the need to gather more SHAC participants in order to make meaningful strides in this area.</li> </ul> <p>3. Power Hour Survey Results</p> <ul style="list-style-type: none"> <li>a. Survey results from Clark and Southard were shared with the group.</li> <li>b. Limited number of mixed responses.</li> <li>c. Group discussed that the current model of Power Hour was very difficult to maintain and as the year has gone on, the number of participants continues to dwindle.</li> <li>d. Concern with opening up Mattei.</li> <li>e. Discussed other possible options that could be handled at a campus level - welcoming videos on screens, etc.</li> </ul> <p>4. PISD Counseling Curriculum Programs</p> <ul style="list-style-type: none"> <li>a. Curriculum programs did not need SHAC recommendation since no new vendors were selected.</li> <li>b. Expansion of approved programs to new grade levels.</li> <li>c. OLR for the 2023-24 school year has been created and will be in use shortly for Pre-K and Kinder roundup.</li> </ul>	
All	<p>New Business -</p> <ul style="list-style-type: none"> <li>1. Review of Vision / Mission Statement / Bylaws <ul style="list-style-type: none"> <li>a) Document sent out prior to meeting for SHAC review.</li> <li>b) Particular attention for the Membership &amp; Composition portion of the Bylaws <ul style="list-style-type: none"> <li>i) 1 year commitment - does that need to be adjusted?</li> <li>ii) Staggered term lengths for balance - right now this has not been done - does this</li> </ul> </li> </ul> </li> </ul>	32 min

need to start for the 2023-24 school year or do we move to a model to allow anyone to serve as long as they would like to do so?

- iii) Attendance Rules - would like to have a clause that states that nonparticipants would be removed at the end of the school year
- iv) Size of membership with a quorum of 5
- v) Chair / Co-Chair / Secretary roles - any revisions needed
- vi) Committees - we have not had any because of the current small number of the group
- vii) Change to bylaws shall be by a two-thirds majority vote of the members present

2. Meetings dates for the 2023-24 school year

- a) Required to have a minimum of 4 per state education code
- b) Suggestion from last meeting to provide a variety of times and formats - is this something that the SHAC would like to put into place?

3. Visual Power Hour Announcement

- a) Discussion from last meeting regarding possible options for moving the Power Hour forward
- b) Majority of SHAC members agreed that the current model is not properly functioning
- c) Suggestion was made to do some visual Power Hour announcements and/or have student groups provide this service and is also a way to advertise their group/club, etc.
  - i) Campuses oversee this now

4. Parent Sleep Info

- a) Moving forward - would information be better given through a video or webpage format so that it could be accessed at any time as needed?
- b) Struggle in getting attendance numbers for in-person events

5. Committee for Sleep Student / School Start Times

- a) Spoke with Mr. McNytre about topic
- b) Who would like to be on the Research Committee?
- c) How many on the Committee are needed?
- d) Committee would need to create a fact sheet which would then be given to James Lovelady, who will be overseeing Transportation as a first step.
- e) Nothing will be able to be put into place for the 2023-24 school year since planning for that year has already taken place.

	<p>6. Care Solace program - added to PISD for 2023-24</p> <ul style="list-style-type: none"> <li>a) Program connects students, staff and their families to care.</li> <li>b) No cost to students or staff or families of both</li> <li>c) Care regardless of insurance</li> <li>d) Multilingual support for over 200 languages</li> <li>e) Quickly and confidentially finds available mental health and substances use providers that are matched to that person's needs</li> </ul> <p>7. THRIVE Discussion with Texas Health Resources on June 12th</p> <ul style="list-style-type: none"> <li>a) Would like to investigate and see if this would be a program that the SHAC would be interested in recommending to the Board</li> </ul>	
WAC	<p>Announcements -</p> <ul style="list-style-type: none"> <li>• Next Meeting -Depending on SHAC decision for the 2023-24 school year</li> </ul>	2 min
WAC	<p>Adjournment</p> <ul style="list-style-type: none"> <li>• Time Started - 6:03 pm</li> <li>• Time Stopped - 7:04pm</li> </ul>	1 min

## Action / Future Items

Owner	Description	Date Due
All	Topics for next SHAC meeting	TBD
All		
All		

## Minutes

<p>Call to Order at: 6:03 pm Recording Started at: 6:03 pm</p>
<p>Roll Call /Introduction of any new attendees</p> <ul style="list-style-type: none"> <li>• Cindy Smith</li> <li>• Sharon Eaves</li> <li>• Kayla Walling</li> </ul>

- Tessa Jones
- Wendy Cain
- Sylvia Newhouse
- Angela Stevenson

Approval of Previous Minutes of 2/7/2023 meeting  
 Previous Meeting Minutes: Read by Wendy Cain  
 Motion made by: Sharon Eaves, Seconded by Kayla Walling

Old Business:

- 1) Elem PIN Night only drew 2 parents
  - a) Do we still want to hold in-person meetings or record and have resources available?
  - b) Sharon, happy to do recording, but concerned parents won't access it - would it be better to gear something towards students?
    - i) Suggest survey of parents, what are they concerned about and what/how they would access resources. Could we combine with other programs at schools/campuses / included in night that already has parent participation?
    - ii) Parents are asking for information / advice, so there is a need. How can we share information?
- 2) SHAC Self Assessment - room for growth
  - a) Do have leads on participants for next school year (23/24).
  - b) Will have Child Food Nutrition director that will bring info to table for SHAC
- 3) Power Hour Survey Results - limited, mixed responses
- 4) PISD Counseling Curriculum Programs - no new programs added

New Business -

- 1) Review of Vision / Mission Statement / Bylaws
  - a) Membership / composition
    - i) Supposed to have more parents than employee
    - ii) Supposed to reflect demographics of population
    - iii) Members will be assigned to a staggered term to rotate through members
    - iv) No more than 15 members & no less than 5 members
  - b) Attendance Rules? - we do need stability and numbers
    - i) Should we reach out to members who haven't been in attendance? (Sylvia)
    - ii) Need confirmation of attendance? (Sharon)
    - iii) Wendy will email current members to determine if they plan to participate for the 23/24 school.
    - iv) Establish new rule: Members must attend half of meetings established
    - v) Ask more members to be more active instead of passive
  - c) Officers - chair / co-chair / secretary
    - i) No new offices needed, until after we have a more consistent, active group
  - d)
- 2) Meeting Dates for 23/24 SY

- a) Minimum of 4 per year
  - b) Other variety of times?
    - i) Times during day may discourage parent participation
    - ii) Doodle poll?
    - iii) Send out survey of suggested times?
    - iv) Send out solidified 4 meeting times? Monthly meeting times?
      - (1) 3 meetings in fall and 1 in spring to help get momentum going
  - c) Invite students from secondary level when input is needed
  - d) Would it be helpful to have a targeted group for particular meetings? Elem one night / JH one night / HS another night and ideas/topics that need to be addressed at those age levels
- 3) Visual Power Hour Announcement
- a) Videos to be shown during announcements / Pride Times
  - b) Video creations by school groups, teams, etc.
  - c) Having other students welcome peers & advertising their groups
- 4) Parent Sleep Info
- 5) Committee for Sleep Student / School Start Times - TESSA JONES presentation (graduate from McKinney Boyd)
- a) HS start times should be later than 8am
  - b) Fewer than 1 in 4 students get recommended 9-10 hours of sleep
  - c) Discussion of effects
    - i) Cognitive issues
    - ii) Reduced learning capacity
    - iii) Trouble regulating moods
    - iv) Impaired metabolism
    - v) Substance abuse
    - vi) Depression & anxiety
    - vii) Increased physical illnesses
  - d) Why sleep deprivation?
    - i) Circadian shift changes bedtimes & wake up times
      - (1) Avg 7.08 hours of sleep per night
    - ii) Increased stress levels
  - e) Later school start times allows for students to naturally fall asleep & wake up later
  - f) Meltzer (2021) study of student absences & academic success rate (study done in Britain)
    - i) Delayed start times could help with student success
  - g) There are some negative and complications to starting after 8 - but there are plausible solutions
  - h) Wendy has talked to Mr. McIntyre about this topic
    - i) Create a fact sheet to provide to Mr. Lovelady to discuss start times
      - (1) Data of attendance, grades, truancy, etc.
      - (2) Logistics concerns
    - ii) Can look at surrounding schools - Prosper ISD, Allen ISD?
- 6) Care Solace Program - added to PISD for 23/24 - navigators of finding care for mental health / substance abuse
- a) Connects students , staff, & families to care
  - b) No cost to students / staff

- c) Care regardless of insurance
- d) Multilingual support
- 7) THRIVE discussion with Tx Hlth Resources on June 12th
  - a) Would this be a program we would like to recommend to Board
  - b) Offering more Mental Health Resources or other health supports to Princeton

Announcements - Next meeting - TBD

- Hybrid format

Adjournment at: 7:04 pm