

Student Health Advisory Council meeting minutes – Sep 14, 2023

1. Introduction and welcome of attendees

Kathy riojas called the SHAC meeting to order on Sep 14, 2023 at the ESDC Building B Texas room at 7:09pm with quorum met and secretary in attendance. Kathy welcomed everyone, and reminded attendees to sign-in.

The following SHAC members were in attendance: Kathy Riojas, April Hooper-Christenson, Sally Derrick, Maria Aida Reitz, Victoria Whitley, Kelley Taylor, Semira Abdourezak, Caleb Rosier, Sandra Lieck, Veronica Morales, Linda Villemarette, Kim Graham, Betsy McKinney, Wendy Hall, Kristen Hess, and Sylvia Mazuera. Other guests in attendance: Nalhely M. Martinez (interpreter), Francisco J. Hernandez, Acquella Austray, Sheila Alcocer, Royer Gonzalez, Melanie Williams, Chris Moore and Lyn Torres.

2. Review of SHAC Mission /Purpose

Kathy talked about why we need a SHAC, the goals, the components of the coordinated school health program and the importance of parent participation. She also reminded the audience that only SHAC members appointed by the CFBISD school board are authorized to make and discuss motions and vote. Other people in attendance are considered visitors and they can ask questions during the program and address the SHAC during audience for guests.

3. Audience for Guests

No speakers for audience for guests.

4. Wellness Policy Revision by Wendy Hall, Nutrition Coordinator

The goal this year is to evaluate and revise the current Wellness Plan. The CFB school board approves the Local Wellness policy every year and it is published on the CFBISD Health Services webpage. The Local Wellness Policy provides the framework for the Wellness Plan.

The SHAC Wellness Plan should generate a strategy about how the Local Wellness Policy will be implemented and how to address the goals and objectives.

There are three goals:

- Nutrition: Can be divided into promotion and education. It should promote healthy messages for students, share nutritional information with families and the public and meet federal guidelines for foods outside of school hours. Deliver nutrition education to foster healthy eating behaviors, integrate nutrition in the curriculum and make it a district-wide priority.
- Physical Activity: Provide fitness activities for all students and district employees, and encourage students, parents, staff and community members to use the district's recreational facilities. Promote student and staff wellness at campus activities.
- Community Involvement: Solicit community involvement and input for nutrition and physical activity goals.

Assessment of the Wellness Plan is required every three years by describing the progress made towards the goals and looking at the extent to which schools are following the plan.

At the next SHAC meeting in October we will develop goals and gather input from SHAC members.

5. Nest curriculum presentation by Lyn Torres, Director of Mental Health and Behavior Services and curriculum for review by Melanie Williams, Coordinator of School Counseling and AVID

Lyn shared that, North Texas moved to the number 1 spot in the country for human trafficking. We want to build students' character starting early so children grow up recognizing that we need to be kind to each other and have healthy relationships. Nest Curriculum was already approved by SHAC for the Health course. Recently we received a grant with the NEST Foundation to develop a curriculum for students at no cost to us and to provide victim assistance response for abused children, as the experience of going to court it is traumatic. The main four pillars of the curriculum are: Classroom community and safe space, kindness and taking care of self/other, managing strong emotions, and boundaries and consent. This curriculum will be reviewed by SHAC and presented to the school board for approval and we hope it will be coming to CFB very soon.

Last year when SHAC approved the opt-in curriculum for child abuse, trafficking, dating violence and family violence they requested different curriculum by grade level, so students would not sit through the same presentation several years in a row. In response to this request, curriculum was written this summer by CFBISD Counselors and Melanie has 24 new items for review by SHAC. CFB written curriculum can be posted online for parents to preview.

6. **Narcan Administration and Training on Campuses by Sandra Lieck, director of health services**

7. **Student CPR training by Caleb Rosier, Firefighter /Paramedic Carrollton Fire Department**

8. **Committees**

According to the SHAC bylaws, the Physical Activity and Fitness Planning Committee shall be comprised of at least three members. The committee chair shall be appointed by the Chair in consultation with the Executive Committee. Kathy asked the audience to consider joining this committee and let her know if interested. The committee will be appointed at the next meeting.

With the new curriculum to be reviewed Kathy asked if there would be any objection to appoint the same members from last year to the curriculum review committee: April Hooper-Christenson, Kathy Riojas, Sylvia Mazuera, Jonathan Wilk, Victoria Whitley, and Betsy McKinney. With no objections the committee was appointed.

9. **New topics for SHAC meetings this year**

The following topics were suggested:

- HB3 funding for school safety and security
- HB114 additions or revision to how school districts have to respond if students are found vaping
- Support available to families reapplying to Medicaid including CHIP and SNAP, after the public health emergency expired in March families are losing coverage.

If you have other ideas please email Sandra Lieck.

10. **Adjourn**

Reminder about the Marijuana and Other Drugs, A Community Conversation presentation on Sep 21 at 6:30pm. Next SHAC meeting will be on Oct 12 at 7pm. There being no further business, the meeting was adjourned at 7:49pm