

Student Health Advisory Council (SHAC) meeting minutes – Oct 12, 2023

1. Introduction and welcome

Kathy Riojas called the SHAC meeting to order on Oct 12, 2023 at the ESDC Building B Texas room at 7:03pm 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, Sally Derrick, Victoria Whitley, Kelley Taylor, Semira Abdourezak, Caleb Rosier, Sandra Lieck, Linda Villemarette, Jonathan Wilk, Chris Moore, Catherine Carlin, Kim Graham, Betsy McKinney, Wendy Hall, Zoher Bharmal, and Sylvia Mazuera.

Other guests in attendance: Paulette Golden, and Nikita Stefanovic.

2. Review of SHAC Mission /Purpose

Kathy reviewed 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.

Kathy introduced the 2023-24 SHAC members appointed by the CFBISD School Board:

- Kathy Riojas – SHAC Chair
- April Hooper-Christenson - SHAC Co-Chair
- Sylvia Mazuera - Secretary
- Catherine Carlin - Parliamentarian
- Maria A Retiz
- Caleb Rosier
- Lacey Tomanek
- PTA Healthy Lifestyles Chair –Zoher Bharmal
- Gwen Perkins
- Victoria Whitley
- Cristal Retana
- Kelley Taylor
- Semira Abdourezak

CFB ISD Staff:

- Chris Moore
- Sally Derrick
- Sandra Lieck
- Kristen Hess/Wendy Hall
- Renee Putter /Jonathan Wilk
- Linda Villemarette
- Veronica Morales
- Elizabeth McKinney /Sylvia Mazuera
- Kim Graham

3. Approve minutes from meeting on Sep 14, 2023

The minutes from the Sep 14, 2023 regular meeting were approved by general consent.

4. Audience for Guests

No speakers for audience for guests.

5. Presentation on Texas HB114 on Vaping by Carrollton Police Department Nikita Stefanovic, SRO at Turner high school

Officer Stefanovic talked about how the school district handles e-cigarettes and marijuana vapes following the changes in the law that added clear language for school officials to follow. Some examples that are included in the new law are rules for sending students to DAEP, creation of a drug counseling program, and areas of 300 ft. around the schools that are included in the penalties.

They are seeing more THC vapes and unfortunately students can easily purchase these online through sites like Telegram. The packaging for these products is colorful and fun targeting young people. In the past year he has seen an increase in the amount of THC and nicotine that is found in the vapes. The nicotine found in vapes is much more potent than traditional leafy marijuana. The district offers an educational program for students caught with vapes or any of these illegal substances.

CFBISD has added vape detectors in middle and high school bathrooms. SROs and administrators receive notifications from the detectors, and they follow protocols to respond quickly and can also use cameras that are outside the bathrooms for their investigations.

There was a suggestion to use posters in restrooms letting students know about this new law as well as the consequences if they do not follow it. Other districts are doing this.

6. Dallas Health and Human Service presentation by Semira Abdourezak about HB 114 support

Dallas Health and Human Services Chronic Disease Prevention Division has programs that offer substance use and tobacco prevention and cessation. Some examples are: CATCH my breath is a prevention program that provides education and they train facilitators to train others, INDEPTH is a program that offers intervention sessions for school districts and Not on Tobacco (N-O-T) is a program from the American Lung Association.

7. Discussion of Wellness Plan Revision and update by Wendy Hall, Nutrition Coordinator

Wendy talked about the updated Wellness Plan that follows the TASB structure and has goals. She is asking SHAC to review it and give feedback. 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.

The SHAC took time to review the new Wellness Plan and provide feedback:

- Suggestion to promote the walking trails next to the schools
- Suggestion to setup programs at the schools where students can walk on the track before school starts. Some students are dropped off early and instead of sitting and waiting for the school to open, there could be a program for them to walk on the track.

- Wendy answered questions about the size of school lunches and how these are different in elementary, middle and high school.
8. **Continuation of SB9 Curriculum Review for 2023-24 school year**
Kathy updated SHAC on the task for the curriculum committee: most of the new lessons have been created by CFB staff and some others are from reputable sources. She suggested that the curriculum review committee members: April Hooper-Christenson, Kathy Riojas, Sylvia Mazuera, Jonathan Wilk, Victoria Whitley, and Betsy McKinney setup a date and time to meet to get started with the review. Once the review is complete they will report back to the SHAC.
 9. **Physical Activity and Fitness Planning Committee**
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 for nominations for the committee. The following people volunteered for the committee:
Cristal Retana
Victoria Whitley
Jonathan Wilk
Kelley Taylor
Zohar Bharmal
Kathy will send an email to setup a meeting.
 10. **New topics for SHAC meetings this year**
No new topics were suggested, so Kathy asked anyone that has a suggestion to email Sandra Lieck.
 11. **Adjourn**
Reminder about the Mental Health Matters Series and Stop the Bleed presentations with flyers available. The next SHAC meeting will be on Feb 8, 2024 at 7pm. There being no further business, the meeting was adjourned at 7:50pm

Sylvia Mazuera, SHAC Secretary