

2023 – 2024

School Health Advisory Council Minutes

November 9, 2023

1. Welcome – Gina Peddy welcomed the SHAC members to 2nd annual meeting. Previous meeting minutes were read by Kristen King and meeting commenced at 8:05 am.
2. Attendees: Marla Donohue, Linda Elkins, Jon Fike, Jeremy Jennings, Kristen King, Eric Lannen, Shannan Mills, Brian Nickel, Gina Peddy, Tammy Pulse, Tamy Smalskas, Brandy Stuart, Andrew Yeager
3. Screen Time Presentation by Stacey Gillis and Randy Stuart:
 - A. Stacey Gillis reviewed Goal 3 of the Strategic Plan Technology Obj. 3.3, 3.3.1
Addressed HB 3489- The district is awaiting direction from TEA/Guidelines were discussed
Next Steps: Receive Guidelines, Review (Adapt or Adopt), Presentation to School Board, and if accepted will be posted to the district website.
Possible pilot program for implementation.
 - B. Randy Stuart covered current research about screen time. Information was shared from the American Academy of Child and Adolescent Psychiatry.
Discussed Quality vs. Quantity when considering how much time students should be accessing technology.
Shared info regarding Qustodio software program and the benefit to monitoring student technology use at home.
Parent resources are available on the CISD website under the technology department.
4. Dana Dodge provided a nutrition update.
 - Coffee Bar has been well received. A switch has been made to Taste of Texas Coffee. Protein shakes and breakfast sandwiches are available to students. Some discussion about acquiring help to extend coffee bar hours especially during lunch.
Shared a slide show with pictures of healthy options offered to students across the district.
5. The meeting was adjourned at 8:50 am.