
Student Health Advisory Council (SHAC) - Notes

Location: Pearland ISD - Virgil Gant Education Support Center

Date: November 11, 2019

Time: 4:00 p.m.

Agenda details:

1. Welcome & Introductions

2. Pearland ISD Wellness Plan Assessment – *Dr. Lisa Nixon*

Dr. Nixon shared that the campus principals had just completed the Wellness Plan Campus Assessment. Overall, all campus were meeting the expectations set forth in the District Wellness Plan. Students have opportunities for physical activity throughout the school day as well as outside the school day. Many of these activities include opportunities for families to participate as well. The next step in the district Wellness Plan Assessment is for district departments to complete the Wellness Plan Assessment. Dr. Nixon will share the final results with the SHAC at the next meeting in February.

3. Committee Input on Parental Awareness Strategies

The SHAC is charged with recommending strategies and policies to increase parental awareness regarding risky behaviors and early warning signs of suicide risks and behavioral health concerns, including mental health disorders and substance use disorders, as well as available community programs and services to address these concerns. During our meeting, members had an opportunity to share their thoughts regarding the following:

- What ways/methods should we use to provide information to parents?
- What information do parents need/want to know about suicide risks and behavioral health concerns?
- What information do parents need/want to know about substance use disorders?



- What information do parents need/want to know about Community programs and services to address mental and behavioral health?
- What are your top concerns as a parent/community member?

Dr. Nixon will summarize all input from SHAC and provide to members during the February meeting so the group can come to consensus on recommendations for the district to address these concerns.

4. Next Meeting – Monday, February 10, 2020 at 4:00 p.m.