10/25/23 SHAC Meeting Notes

Recording: Meeting Audio File.mp3
Start Time: 1:04pm

- Introductions of Chair, members, and visitors
- Agenda
- Purpose of SHAC:
    - Healthy students are better learners
    - State Law mandates
    - Review health education curriculum and make recommendations on social, physical, mental, and food/nutrition health
- Benefits of SHAC:
    - Supports whole child/student
    - Promotes a healthy community
- Membership of SHAC:
    - Application process with School Board members
    - Representatives chosen from each campus - parents, teachers, administrators.
    - Chosen according to experiences that aide the committee and curriculum
- Laws of SHAC:
    - Minimum of 4 meetings per year, we have 6 meetings scheduled for the 23-24 school year.
    - Must post notices of upcoming meetings at each campus
    - Must post notes and recordings of meetings on LTISD website
- Sexual Health Curriculum:
    - Lifeguard assured Jennifer Lyon that they will have staff this year
    - May look into new curriculum for next year
    - Question asked regarding a contract with Lifeguard - may review curriculum this year, waiting to hear back from Lifeguard about staffing
- Meeting Dates:
    - Can add more dates if needed
    - If member is absent more than twice, depending on circumstances, they may be removed from the committee
- Review 22-23 Work:

A) FANS Subcommittee
    - Annex back open, yay!
    - Working on Grab and Go Line
    - Food truck vendor was recommended = was this resolved? Still recommend? Student member Cole feels this would cause more issues with students/behavior
    - Serve more fresh cut fruit - do not currently have the equipment to serve more than what we already do. We currently serve fresh whole fruit
    - Provide meals for teachers that work lunch duty to have more adults in cafe to help with student behavior - still working on this

B) Physical Health & Activity Subcommittee

- Still need added PE staffing: most campuses have 1 PE teacher and 1 Aide (BCE has 2 aides), ratio of approx 70 students:2 adults
- Last year considered splitting students into indoor and outdoor groups

- Discussions:
  - Bring back CAVS 101? Discussed new laws that are now in place, hard to fit into LTHS student schedule's and ask teachers to give up content. Currently all requirements are being met with fidelity and as best as possible.
  - Jennifer Lyon explained what happens after recommendations go to the School Board = several different departments get involved to see if recommendations will work.
  - Jennifer Lyon asked if the group thought we should take recommendations and big ideas from last year and hone in on those for now.
  - Students remember sex ed but do not recall mental health classes
  - Seniors take CPR during the Fall semester at the rotations
  - CAVS 101, 201, 301 are not required unless needed by AI required by law

C) Mental Health:
  - 6 LTISD social workers this year
  - Counselors are now mandated (i.e. non-counselor duties cannot exceed 20% of the counselors work)
  - Current school counselor ratio 1:375, not mandated by the state. LTISD ratios are higher.
  - Kim Kellner explained that she does not pull her counselor for Admin duties unless absolutely necessary, her counselor is always in classrooms/with students.
  - Bullying - Lionheart Experience assemblies this week for secondary campuses.
  - Jennifer Lyon - Working with LTEF to fund a program for behavior problems and peer conflicts

- Questions and Discussions amongst the group:
  - Becca Harkleroad - health TEKS for elementary need updating on puberty videos
  - Student members' perspectives…
    - Concerned with crowded hallways at LTHS
    - Reallocate some requirements and offer classes that help students focus more on health and well being
    - Push more vaping info and more quitting resources
    - Jennifer Lyon discussed the discipline for vaping = automatic DAEP placement. 3rd offense = criminal law
    - Tasha Barker recommended Jennifer and social workers to work with DAEP students and have required sessions.
    - Suggested staffing a FT social worker for DAEP center and possibly LCDC counselors for all of LTISD
  - Discussed drug testing, LTISD policy, and how students get picked = most positive results are nicotine and marijuana, sometimes opioids. Drug testing company can add testing for Fentanyl but it is costly, adding $4 more per test per student.

    - Suzi Menfi suggesting working on addiction to social media
    - Marissa Bell suggests updating our food allergy plan, it is currently 2 years old.
- Process for this year with SHAC: prioritize the recommendations from last year and possibly create more subcommittees
    - Kim Kellner suggested start as a whole group discussion on each subcommittee then divide, create new norms
    - Lauren White and Erin Archer (Board members) state they can provide feedback, help list issues and what is needed to accomplish goals. They will try to make all SHAC meetings, found that attending today was very insightful.
    - Andy Michael states biggest impact on student safety is mental health

Adjourned at 2:22 pm