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# **School Health Advisory Committee (SHAC) Update 2022-2023**

Jennifer Lyon, Director of Health and SEL

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# SHAC Committee Members 2022-2023



Michael Hooks (Co-Chair)

Jaclyn Tully (Co-Chair)

Monica Hall-Porter

Angela Grossman

Shimrit Goren-Boltir

Jenny McCann

Corina Semph

David Powell

Gina Dressen

Alison Blake

Sherri Besecker

Christine Badillo

Sarah Tuthill

Susan LaCroix

Kristen Woodcock

Kelly Bertone

Jodie Dover

Sheila White

Jennifer Lyon

Andy Michael

Becca Harkleroad

Marissa Bell

Danielle Zibilski

Surita Scholla

Kim Kellner

Suzi Menfi

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# SHAC Meeting Dates



November 30, 2022

January 25, 2023

February 22, 2023

March 29, 2023

April 26, 2023

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# SHAC Business Accomplished



- Trained and welcomed 15 new members to the committee
  - Developed norms for meetings
  - Updated and adopted by-laws to govern SHAC meetings, work and membership
  - Elected two Parent Co-Chairs
  - Worked in subcommittees to develop recommendations for consideration by the LTISD Board of Trustees
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# Food & Nutrition Subcommittee Recommendations



1. Reopen Annex Cafeteria at LTHS by:
    - a. Contracting out a lunch line to an outside food vendor
    - b. Opening a dedicated “Grab n Go” lunch line with self serve options
  2. Consider partnering with an outside food truck vendor to serve food at an alternate location on campus.
    - a. Utilize a voucher payment system through the cafeteria
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# Food & Nutrition Subcommittee

## Recommendations continued



3. Prioritize equipment upgrades at LTHS to allow fresh cut fruits and vegetables to be served on all lunch lines as part of the reimbursable meal.
  4. Provide a meal for teachers to eat in the cafeteria with students to model health eating behaviors and establish a more robust adult presence at lunch.
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# Physical Health & Activity Subcommittee Recommendations



1. Add a Certified PE teacher for each elementary school.
    - a. Elementary PE teachers are tasked with physical, health and character education TEKS. Classes require lesson planning from staff and full attention from students. This is challenging to achieved with the current student to teacher ratio.
    - b. TEA guidelines require a ratio of 1:45 ( We are 1:55-100 with an aide)
    - c. Splitting classes for PE would allow for more quality student instruction, greater opportunities to embed citizenship lessons, less time spent waiting for equipment, fewer discipline referrals, and a safer environment for learning.
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# Physical Health & Activity Subcommittee

## Recommendations continued



2. Reintroduce the health class requirement at LTHS through the CAVS 101 course. This would be local credit required for graduation.
    - a. The basis of CAVS 101 sets students up for success in high school with time management, handling stress, goal setting and more.
    - b. TEA requires a number of lessons/TEKS that don't "fit" with other core classes, such as CPR, Dating Violence, Character Education, Sexual Health, Physical Wellness, Drug and Alcohol Prevention, Police Video, etc.
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# Mental Health Subcommittee Recommendations



1. Staff a full time social worker at each middle school campus to better meet the increased mental health needs of students. This would add two additional positions.
  2. Set the student to counselor ratio at 350:1 (based on recommendations from TEA, ASCA (American School Counseling Association), and TCA (Texas Counseling Association)).
    - a. Prioritize the high school and highest need priority campuses.
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# Mental Health Subcommittee

## Recommendations continued



3. Provide more information to parents about bullying and bullying investigations.
    - a. Create a more robust website and newsletter contents with links to the district tip line.
    - b. Provide more information for students and parents on bullying.
    - c. Increase kindness and tolerance awareness campaigns throughout the district.
  
  4. Increase funding and time for all staff to be trained in de-escalation techniques and ways to reduce student behavior problems and peer conflicts.
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# SHAC for 2023-2024



- Applications will be open starting the fall for the 2023-2024 school year. Three members' terms expired this year so we will be replacing those seats.
  - We are working towards monthly meetings next year beginning at the end of October and going through the end of April.
  - The work of the subcommittee's will continue as well as anything new from the legislative session and other community issues that arise.
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# Questions

