

# PISD

## School Health Advisory Council

Agenda and Minutes

Hybrid - Zoom (virtual) and In-person

Date: Thursday, October 26, 2023 @ 6:00 - 7:00

|           |                    |
|-----------|--------------------|
| Billie Jo | Adams              |
| Stacey    | Seiter             |
| Jeffrey   | Button             |
| Debra     | Nash               |
| Kayla     | Walling            |
| Amber     | Evans              |
| Sylvia    | Newhouse           |
| Cindy     | Smith              |
| Briana    | Jensen             |
| Raquel    | Pastrana Rodriguez |
| Maria     | Stiney             |
| Wendy     | Cain               |
| Allison   | Gonzalez           |
| Sara      | Trammell           |
| Hallie    | Mendez             |
|           |                    |

## Agenda

| Presenter | Description  | Time   |
|-----------|--|--------|
| WAC       | Call to order / Begin recording meeting through Zoom   | 5 min  |
| All       | Roll Call / Introduction of any new attendees  | 5 min  |
| KW        | Approve previous meeting minutes - 9/11/2023   | 5 min  |
| WAC       | Old Business -<br>1. PISD Wellness Plan<br>a. Amber Evans, PISD Director of Child Nutrition, | 15 min |

|     |   |        |
|-----|---|--------|
|     | <p>informed the SHAC that this year we need to update the district's Wellness Plan</p> <ul style="list-style-type: none"> <li>b. The district will need to complete the required triennial assessment and SHAC will need to review and update both the Wellness Plan</li> <li>c. Timeline for this process was discussed</li> <li>d. Next steps needed was also discussed</li> </ul> <p>2. Goals for SHAC</p> <ul style="list-style-type: none"> <li>a. Brief discussion of the goals the group has for this school year - increasing parent engagement at all levels within the district was a concern for everyone</li> </ul> <p>3. SHAC Guidance on the Dangers of Opioids</p> <ul style="list-style-type: none"> <li>a. HB 3908 - must recommend appropriate grade levels and curriculum for instruction regarding the dangers of opioids, including addiction to and abuse of synthetic opioids such as fentanyl.</li> <li>b. Governor will designate a Fentanyl Poisoning Awareness Week during which age-appropriate instruction on the prevention of abuse, addiction to fentanyl can be provided.</li> </ul> <p>4. District Updates</p> <ul style="list-style-type: none"> <li>a. Health Services - Nurses report that they are gearing up for vision/hearing screenings as required by the state</li> <li>b. Nutrition Services - A. Evans reported that the new online platform for payments and details about the grace period for free/reduced lunch until families can reapply for this school year</li> <li>c. Counseling Services - four new counselors added to PISD counseling corps for this school year / review of new district program - Care Solace</li> </ul> |        |
| All | <p>New Business -</p> <ul style="list-style-type: none"> <li>1. PISD Wellness Policy <ul style="list-style-type: none"> <li>a. W. Cain has reviewed Board Policy regarding Student Wellness</li> <li>b. No action on the part of the SHAC is needed for the policy</li> </ul> </li> <li>2. PISD Wellness Plan <ul style="list-style-type: none"> <li>a. W. Cain has begun the process of revising the district's Wellness Plan to be in line with the district's Wellness Policy</li> <li>b. Areas in yellow are items that need to be discussed and decided by the SHAC - the group needs to decide on objectives for each goal - is more than one needed?</li> <li>c. W. Cain has added suggestions (in an effort to</li> </ul> </li> </ul>   | 27 min |

|     |  |       |
|-----|--|-------|
|     | <p>give something for the SHAC to review) for Action Steps / Stakeholders / Needed Resources</p> <p>d. SHAC will need to develop measures of success for whatever objectives are decided upon</p> <p>3. District Updates</p> <ul style="list-style-type: none"> <li>a. Health Services</li> <li>b. Nutrition Services</li> <li>c. Counseling Services</li> </ul> |       |
| WAC | <p>Announcements -</p> <ul style="list-style-type: none"> <li>• Next Meeting - Tuesday, November 14, 2023 @ 6:00 in Hybrid Mode</li> </ul>   | 2 min |
| WAC | <p>Adjournment</p> <ul style="list-style-type: none"> <li>• Time Started - 6:03 pm</li> <li>• Time Stopped - 7:16 pm</li> </ul>  | 1 min |

### Action / Future Items

| Owner | Description                  | Date Due |
|-------|------------------------------|----------|
| All   | Topics for next SHAC meeting | TBD      |
| All   |                              |          |
| All   |                              |          |

### Minutes

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|--|
| <p>Call to Order at: 6:03 pm</p> <p>Recording Started at: 6:01 pm</p>  |
| <p>Roll Call /Introduction of any new attendees</p> <ul style="list-style-type: none"> <li>• Allison Gonzalez, Counselor @ Godwin</li> <li>• Billie Joe Adams, 1st grade at Lacy</li> <li>•</li> </ul> |
| <p>Approval of Previous Minutes of 9/11/2023 meeting</p> <p>Previous Meeting Minutes: Read by Wendy Cain</p> <p>Motion made by: Kayla Walling , Seconded by: Maria Stiney</p>                          |

Old Business:

- 1) PISD Wellness Plan next steps for review and triennial assessment
  - a) Next steps - revise Wellness Plan
- 2) Goals for SHAC
  - a) Parent engagement
- 3) SHAC Guidance on the Dangers of Opioids
  - a) SHAC will need to recommend appropriate instruction for grade levels and curriculum
  - b) Looking for resources,
  - c) W. Cain has some ideas
- 4) District Updates
  - a) Health Services
  - b) Nutrition Services
  - c) Counseling Services

New Business -

- 1) PISD Wellness Policy - no action needed on part of SHAC for this piece. No change
- 2) PISD Wellness Plan - need to revise
  - a) Triennial Assessment
  - b) Wellness Plan will be in place for 24-25 SY; must present to the School Board and receive approval there.
  - c) Health Services - immunizations will begin being reported tomorrow (10/27)
  - d) Nutrition Services - focus is planning for next year - taste tests for pizza, chicken tenders for new companies; will focus on main entrees each year
  - e) Counseling Services - a few counselors attended LSSCA conference; bringing back ideas to others; we will begin discussing curriculum for 24-25 school year and begin making changes
- 3) SHAC term limits - not a lot of responses; most people said they preferred to stay active until they decided to no longer participate.
- 4) District Wellness Plan - looking at plan
  - a) Will post on the SHAC Website
  - b) Guidelines & Goals
    - i) Child Nutrition will monitor this;
    - ii) Liaison on each campus that can help monitor/approve Campus designated Liaison
    - iii) Awareness of smart snack guidelines
    - iv) Dos/Don'ts guidelines to send out to parents
  - c) Goals for Nutrition Promotion
    - (1) *Objective 1* The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
      - (a) What is the measure of success? Messages posted and variety of signs posted around the school on walls, in lounge, on marquis, on social media.
        - (i) Nutritional ideas on lunch menus; factoids by water fountains, etc.
    - (2) *Objective 1* Consistently post in an easily accessed location on the district's website the breakfast and lunch menus with nutritional

information.

- (a) Measures of success - number of visits to website
- (3) *Objective 1* Each campus will provide nutrition education through physical education and health education areas of curriculum. *Will rewrite this objective (WAC)*
  - (a) Measures of success -
  - (b) How can we implement lessons or 5 minutes information given / healthy tip of the month / announcements (on Friday/Monday) with healthy tips of the week / Healthy Trivia
- (4) *Objective 1* To establish integration of nutrition education into other areas of curriculum at each campus - *Combine with* Goal 1; Objective 1
  - (a) Measures of success -
- d) Goals for Physical Activity
  - (5) *Objective 1* Physical activity during the school day .... Will not be withheld as punishment for any reason. Etc.
    - (a) Measure of success - this can be sent out on Tri-an Assessment questionnaire to principals
  - (6) *Objective 2* Teachers will look for opportunities to incorporate movement into their instruction.
    - (a) Measures of success - tri-an assessment question for principals
  - (7) *Objective 2* Campuses will partner with community organizations and programs to facilitate after-school physical activity. - partnering with parks & rec of Princeton / Lion's Club / advertising through emails to parents
    - (a) Measures of success - participation numbers
  - (8) *Objective 1 & 2 - WAC will come up with measures of success for Obj. 2*
  - (9) *Objective 1 - Parents & Guardians will be given an opportunity .. etc.*
  - (10) *Objective 1 - making rec facilities easily accessible*
    - (a) Measures of success - number of adverts sent to parents; especially around breaks;

*Stopping at bottom of pg 11 and will continue at the November meeting.*

Announcements - Next meeting - Tuesday, November 14, 2023

- Hybrid format

Adjournment at: 7:16 pm