

Whitney ISD School Health Advisory Council Minutes

February 21, 2024

Attendees: John McCullough, Amy Leech, Kristin Emery, Kendra Hensley, Amber Seely, Sara Ripley, Amanda Kettler, Dawn Poyner, Wendy Kaska, Jan Holt, Judy Bailey, Raygenna Heath, Melanie Button

Meeting began at 4:00pm

Positive Feedback- "Tell me something good"

Updates:

- Successful 1st Annual Mental Health Fair for HS/MS was held on November 17th – We had several parents and students with positive feedback after the Mental Health Fair. The Middle School PTO helped out where needed and local business, Main Event, provided the tables and chairs. The HS student council ran a booth, as well as Region 12, and several other organizations, to shine the light on mental health. We also had Fentanyl awareness/prevention, smoking/vaping prevention, and suicide prevention booths.
- Next blood drive will be held on April 3rd and will be hosted by NHS. They will need at least 41 units of blood in order to reach their goal and be eligible for the scholarships.
- Great turn out for Grandparent's Day at the Elementary

Heart Health Month

- Jump rope for heart at the Elementary was very successful. They raised \$2500 for the kids' heart challenge!
- The kids' heart challenge at the Intermediate raised a little over \$1100.
- Jan Holt will instruct hands only CPR and AED use at the Intermediate campus.
- Hands only CPR will be instructed by Middle School Nurse, during the next Club Day at the Middle School campus.
- Hands only CPR will be instructed by the High School Nurse at the High School campus, in order to satisfy the requirement by state law before graduation.

Employee Health/Wellness

- Discussed the importance of encouraging employee health and wellness. By offering wellness challenges such as weight loss challenges, walking/exercise challenges, water challenges, and healthy potlucks, it can really help motivate employees to get more active and healthier in a fun way. Currently for employees, the Intermediate campus is participating in a "Biggest Loser" weight loss challenge, and the MS campus is

participating in a "Thin It To Win It" weight loss challenge. At the MS campus, there have been walking/exercise challenges as well, for staff.

Bullying Prevention- Updates

- Open discussion on bullying prevention updates. Social emotional learning character lessons are being presented, which are a great tool to help prevent bullying. The apple icon on the students' laptops continues to be used for easy access to the school counselors.

Teacher/ Staff Support

- Discussed ways to continue providing teacher/staff support. Morale boosters such as potluck meals, teacher/staff shout outs, positive affirmations continue to lift up teachers and staff. Positive feedback has been received from staff. All campuses are doing a great job with morale boosters.

Mental Health Interventions- Students

- Discussed the importance of positive reinforcement that is being used.
- At the Elementary, Wildcat of the Week is being used where students are recognized for their good behavior. High 5's, Choose Love character lessons, and Quaver class meetings are also being utilized.
- Pawsitive Cats club is being used at the Intermediate, which gives an incentive day at the end of each 6 weeks for good behavior, no unexcused absences, etc. Discussed ways to get parents on board with cutting down on the excessive tardies and unexcused absences.
- Positive referrals are being used at the Middle School campus. Club days are also being used at the Middle School campus, that allow the students to pick a different club they are interested in participating in.
- A letter was shared from Sally Hayes sharing how proud of the HS student council she was, and how the students continue to work hard to bring mental health awareness to the student body and community through many wonderful projects. This years' service project for the HS student council is called "Able to See the Need." They are also working hard with fundraising for the Wigs for Kids organization. The HS Student Council has been invited to a Lunch and Learn with the Chamber in April, where they will be presenting.
- TCHAT (Texas Child Health Access Through Telemedicine) is currently being used and has been very beneficial for the students of WISD.
- YAM (Youth Aware of Mental Health) program will begin March 18th at the HS campus for the freshman class. It is an interactive program that encourages mental health awareness and suicide prevention. This program also helps students develop the proper coping skills.
- Opened the floor for any campus-wide concerns.

Drug Prevention Safety and Abuse Prevention

- The VOICE program has been approved by the School Board and will be utilized soon at the HS campus. There will be a drug/substance awareness presentation including Fentanyl. We are waiting on the confirmation of dates for the VOICE presentation.
- Open discussion about the possibility of introducing "Camp Careful." Handouts passed out. The mission of Camp Careful is to help prevent child sexual abuse through child empowerment, family education, and community awareness. Dr. Soo Battle is a board-certified, licensed pediatrician, that works at the Advocacy Center for Crime Victims & Children in Waco. Dr. Soo has presented to numerous schools and churches throughout Texas in the efforts to provide education to students and families to help prevent abuse. Dr. Soo connects with the students in a humorous, age-appropriate way, which has made her a sought-after speaker in Central Texas. At the Elementary level, a concern was mentioned that parents might not be in favor of the topics discussed. It was clarified that parent permission forms would be sent home, and that parents would be given the option to attend. Raygenna Heath added that she had heard very positive things about Camp Careful, and that it was highly recommended for the students. Will report back to SHAC at our next meeting with updates.

Centervention- This wonderful program was brought up by Sara Ripley. It is a student-driven social emotional learning, that provides interventions to help students in grades K-8 improve their social, emotional, and behavioral skills. This program can also help students with autism and other developmental disabilities. Will report back to SHAC at our next meeting with updates.

Meeting adjourned at 4:47pm