

**Muenster ISD**  
**Student Health Advisory Council Meeting**  
**February 12, 2024**

**Community Members present:**

Shelley Wylie  
DJ Yarbrough  
Kay Schroeder  
Holly Bayer  
Candise Kubis

**School Personnel Present:**

Brandi Richardson  
Kristi Schneider  
Debra Sicking  
Monte Sewell  
Cassie Newton

**Guest:**

Ronda Silmon, Texas State Department of Health

The meeting was called to order at 7:35 am.

**Review of December 11, 2023 meeting minutes**

- Kay Schroeder made a motion to approve the minutes
- DJ Yarbrough seconded the motion.
- The minutes from the December meeting were approved.

**Student Health Screenings**

Ms. Richardson stated that the majority of the health screenings are done, with the exception of a few that were absent the day of the screenings, which she will complete. The 7<sup>th</sup> graders need to complete hearing and visions tests, but all others are complete.

**Counselor Report**

- CASA presentations. CASA is presenting to 2<sup>nd</sup> and 4<sup>th</sup> grade students once a week, discussing personal safety and health relationships. Parents get an email recap about what was discussed.
- Ms. Newton also provides guidance in the classrooms once a month.

- Abigail's Arms. Presented sessions about human trafficking and healthy relationships to 10 grade and seniors. In April, they'll present the same topics to 8<sup>th</sup> grades, but modified for their age level.
- Mrs. Reynolds discussed health relationships to those in grades 7, 9 and 11.
- Kristie Schneider sent out an email to parents in advance of the sessions, and information is in the newsletter and emails.

### **Student Education Programs**

- Ms. Wylie recapped that SHAC discussed the Measured by Character program at the last meeting, and requested they return. Character/ suicide education was approved by the MISD Board last year, to be held this academic year. Administration has not been able to schedule the program.
- CPR / AED Training. Students in 9<sup>th</sup> grade will complete before the end of the year.
- Puberty education. Will take places before spring break. There are videos with a Q&A session. Parents must opt in.
- Stop the Bleed. This program is offered to our JH and HS students. The students complete the self-study, then meet with Ms. Richardson to check off skills (can do up to 8 at a time). Ms. Richardson said she would like to work with fire and police personnel in the future to train more at one time. Ms. Wylie mentioned she contacted the fire department to bring back Shattered Dreams to the students, both high schools.
- Kids Heart Challenge. The goal is to raise \$4500. The program is ongoing, and ends on February 16, 2024. The organization will likely donate PE equipment (balls, etc) to the school.
- 180 Degrees. Completed in January. The students seemed to enjoy. The program also discusses phone use and what is appropriate to send and what isn't, as well as what to do if the student receives inappropriate content.

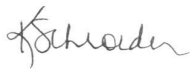
### **Open Forum / Discussion**

- The group discussed the possibility of hosting a parent session, with SHAC officers present, to discuss what the committee and school are doing.
- Ronda Silmon attended our meeting. She works with the Texas State Department of Health. At the beginning of school, there are students who may be delayed in starting school because their immunizations are not current. The Dept of Health will plan to hold a vaccination clinic in the spring at the school. Ronda said that it may be difficult for parents to schedule vaccinations, and insurance doesn't always cover the costs, so the option of them hosting a clinic, in advance of the new school year, is very helpful. The most common needs are 7<sup>th</sup> graders and seniors.

- The group discussed our school lunches and offering healthier lunches. Mr. Sewell stated that the cafeteria started serving chef salads after Christmas, and there are daily veggie options. The guidelines are very strict as far as what the school can and cannot serve.
- SHAC will meet for the last time this year on April 8. Looking toward the new school year, Ms. Richardson will poll the group to determine the best time to meet in the future.

There being no further business, DJ Yarbrough made a motion to adjourn, and Mrs. Richardson made a second. The SHAC adjourned at 8:08 am

Respectfully submitted,



Kay Schroeder  
SHAC Committee Member