

SHAC COMMITTEE

MEETING NOTES

April , 2024 / 3- 4:30 PM

WELCOME

- Karen Graves, Director of Administrative Services
- Welcomes everyone to our last scheduled meeting of the year. Although we would like to schedule an additional meeting regarding the modules, which we will discuss shortly.

DISTRICT UPDATES

- Cathy Pool, Director of Health Services: Fun Run coming up this Saturday April 13, they hope everyone can come. Also CPR community course will be June 4th all day. This is a great course for all ages, be on the lookout for more information.
- Kevin Flanigan, Athletics Director: There are lots of great things going on with sports teams- girls soccer just wrapped up with both teams doing really well; golf has some players to regionals; district track/ area coming up, baseball doing well; additionally grading reports turned in and student athletes grades are really well!

FENTANYL AWARENESS MODULES

- Fentanyl modules do not need a vote by SHAC but SHAC will review material and make sure it looks appropriate, give feedback
- Steven Schiel: our goal is to give every child access to help and information, and that the information is effective

- Becky Masciola: asked council for their thoughts and input on material that was emailed previously. One member said she really liked Everfi- it was easy to work through and felt all 8 lessons were important. One question was asked “ how do we keep kids interested when there is so much reading involved. Steven answered that it is flexible to implement discussions that are counselor/teacher led. A member said that some of the videos are tough to watch and wondered what some parents might think. Someone else asked if the material provided ways to get help and the answer is yes, lesson 7 gives step by step thorough instructions, how to get Narcan? Cathy Pool said every campus in district has Narcan provided by a grant- ex: 1 in AEDs,SROs have one. Accessible for staff, they have been trained how to use. They want to use this as PSA, take away the stigma and educate people. Many felt the material gives kids knowledge to be prepared, have some control and confidence in this issue.
- Council on Recovery programs: Steven Schiels mentioned tier 1 which is education to all (ex- fentanyl resources) but this program would be a tier 2 which is smaller group intervention/living well/conflict resolution. These are the Botvin and CBSG models. The district would identify students who would be eligible, get parent consent for their child to participate in the group, and then the program brings in their staff to facilitate on campus. This would be paid by a grant, so no cost which is great. Karen said parents would have to consent, and they would be able to review content.
- A member asked how has the new law on vaping affected the numbers? Has it made any positive difference in the district? Karen thinks the numbers are better, but will not know until the year end, where they can really see how they compare to last year. One member asked if the vape record follows the student records beyond high school, and in most cases- it does not. The mandatory placement law for e-cigarettes is still in place, not sure if there will be any changes. The district has not heard many parent complaints about this issue.
- Steven will send out 2 additional emails to the council: Hope Squad - it is a research based intervention program recognized by NAMI; a group of students selected by their peers that will be trained by the program, trustworthy friends, “go-to” people. He would like council

to look at curriculum; they have given us special access for 1 week to preview. The other program is elementary level called Quaver Ready which is a powerpoint- group resources, brain breaks, music, very easy to use by counselors and teachers.

- SHAC will hold an additional meeting to go over all these resources for a final time on Thursday April 25th from 2-3pm. If members can make it, there is no vote, but will be helpful to have a review from the council. If members cannot be at the meeting, they can email their feedback and suggestions as well. Becky also said she would be available to meet before then if anyone would like to go over material together.

WELLNESS PLAN REFRESH

- High school Health course recommendation is removed since it is no longer a requirement; Objective 1 add “20-30 minutes when feasible”; Objective 2 changed for secondary schools “outside or recess time when feasible” A member felt the word “recess” states a free choice of time instead of just stating outside time. Add sleep habits under the Healthy Living Tips section.
- Karen will update the plan with these proposed changes before the next meeting to approve the revisions.

SHAC WEBSITE REFRESH

- Shannon Gutierrez (counselor) has done a ton of work to update/condense/organize resources. Trying to have 1 page to link with counseling/mental health. Asked council to continue working on key words for web to link- we have about 14 so far.
- Items that have to be on the SHAC page: meeting agenda, meeting minutes, wellness plan, survey every 3 years, healthy living tips.
- One member asked if there is a spot to contact SHAC to ask questions or get more information, which they will consider. Also brought up ADHD link. One

mentioned that perhaps we can use the special education resources from Parent U, which have already been vetted by the district

- The website page is a work in progress, we want it to be more user-friendly and beef it up with helpful resources.

SHAC NEXT YEAR

- SHAC bylaws: officers serve 2 year term and council 3 year consecutive term. The board appoints each year. Karen asked the council members to give some thought as to whether they would like to serve again or take time off. She will send an email to get their interests.

CLOSING MEETING

- Next meeting is set for April 25, 2024, from 2-3PM
- Board presentation May 13- will include facilitator (Karen Graves) and the officers but anyone can attend, and the council is encouraged to do so.
- Karen thanked each member for serving, taking the work seriously, and dedicating their time and efforts to make this such a wonderful council to work with.
- Meeting closed at 4:13PM