

# School Health Advisory Council

## 2023-24 Board Report

### Members

- a. CISD
  - a. Nicki Dawson (Health) -Chair. Director Health Services
  - b. Alison Walker (Family) Co-Chair
  - c. Amanda Herron (Athletics)
  - d. Mike Pope (Special Programs)
  - e. Dr. Patty Tremmel (Administration)
  - f. Kelly Patterson (Peims)
  - g. Shannon Isom
- b. Parents
  - a. Emily Shipman
  - b. Megan Bellamy
  - c. Kandy Powers
  - d. Robert Harkey
  - e. Christopher Steen
  - f. Christen Rhodes (CES)
  - g. Kathy Myers (Community)
  - h. Shonda Harris (CMS) - Secretary
  - i. Chris Ritchie (CHS)
- c. Students
  - a. Trinity Jones
  - b. Ella Dawson
  - c. Jack Walker
  - d. Sally Walker

**\*Required 4 Meetings per school year. 2023-24 Meetings with [Sexual Education Curriculum discussed twice and meetings' notice, minutes, and recordings available on District Website \(HB1525\)](#) : During the April 9th SHAC meeting, it was voted that the Youth Equipped to Succeed Curriculum be recommended for approval by the School Board for the 2024-25school year.**

November 14    November 28    January 9    February 13    April 9

#### **Mission Statement:**

To promote healthy and safe lifestyle choices and create a climate of wellness for all CISD students, families, and staff.

#### **Vision Statement:**

To create a culture of wellness integrated throughout the CISD community so that students, families, and staff may achieve their highest potential.

#### **Values:**

- i. To show compassion towards and be sensitive to the needs of each child and family.
- ii. To empower families
- iii. To maintain appropriate partnerships
- iv. To communicate through innovative means and use multi-lingual strategies
- v. To embrace the values of our community

## Health and Safety

- [CISD First Responder and Emergency Training Google Folder](#) in shared drive;
- 3 Current CPR Instructors (myself, Alison Walker, and Amanda Herron)
- Stop the Bleed training for staff and students. HB 496 (Chief McDaniel)
- 19 Campus First Responders trained: CPR/First Aid, Mass Casualty

## Physical Activity

- 3rd-12th grade students are participating in FitnessGram again through their PE classes. Results will be sent home to parents in student's final report cards. Research has shown that students in at least 5 of 6 Healthy Fitness Zones have better attendance, grades, and behavior
- Hands-only CPR to CHS Seniors to fulfill CPR graduation requirements

## Health and Wellness

- [Teacher Health Information Google Folder](#) - Continued to expand resources and information for teachers including required health training, TEA Updates, and classroom resources.
- Social-Emotional / Mental Health Curriculum & Programs on all four campuses led by campus Counselors as directed by SB11 and HB18.
- Food 4 Kids - North Texas Food Bank food distribution serving CES, ACW.
- Counseling partnership with TAMUC Psychology Dept Community Counseling Center started group sessions with DAEP students every Thursday
- The CISD Wellness Policy was reviewed at the February 13th meeting
- Lions Club was able to give eye exams and glasses to 38 students

## Health and Sexual Education

- 2nd year of \*HB 1525 creating parent notification minimum requirements and 'OPT-IN' forms rather than the previous "opt-out" only forms.
- The Abstinence-based Youth Equipped to Succeed "Aim for Success" student program was presented to CMS students, funded by a grant.
- Youth Equipped to Succeed "Next Up" Puberty program for 5th-grade students, funded through a grant.
- Parent Programs were provided for both of the above programs. (6 parents attended the CMS parent program and 12 parents attended the ACW parent program)

## Anti-Bullying

- Youth Equipped to Succeed Anti-Bullying Programs were provided in the Fall to both CES and ACW through grants

## Substance Abuse

- Youth Equipped to Succeed presented "Power to Succeed" - a drug and alcohol awareness presentation to grades 6-12 including the Fentanyl poisoning epidemic, mental health & suicide prevention.
- Senate Bill 629-Unassigned Narcan is now available on every campus
- House Bill 3908 (Tucker's Law) added to the duties of a school health advisory council (SHAC) the requirement to recommend to the local board of trustees the appropriate grade levels and curriculum for instruction in the dangers of opioids, including addiction to and abuse of synthetic opioids such as fentanyl! - On 4/9/24 SHAC unanimously voted for "Youth Equipped to Succeed" be recommended for approval by the School Board for the 2024-25 school year.

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### **Family Services**

- Back to School Bash was canceled this year
- Home Visits: Average 10+ per month to assist with emergency assistance, school paperwork, communication assistance, and other needs as identified
- Increase in referrals to the food pantry, Carevide Behavioural Health Counseling Services, Connection transportation vouchers, State benefit enrollment assistance
- CISD Staff Book Study - Framework for Understanding Poverty
- Say Yes to the Dress February /24 - Prom April 13th Dresses distributed + accessories

### **Family and Community Engagement Building:**

#### **CAREVIDE SCHOOL-BASED HEALTH CLINIC & LAUNDRY AND SHOWER FACILITIES**

- Behavioural Health/counseling services available through Carevide via Zoom for established patients
- School-Based Health Clinic is open on Mondays and Thursdays year-round.

### **Staff Health and Wellness**

- Mobile Mammogram December 1, 2023 and April 18, 2024(Including bone density screening)
- Flu Vaccine clinic for staff and students on 9/28/23, 10/25/23, 2/8/24