

SHAC Meeting Notes

November 6, 2023

Members Present: Emily Borne, Makayla Emmons-Smith, Colleen Goundrey, Christy Hoffman, Lesley Gershmel, Lezli Real, Kristy Skidmore, Sarah Strickland, Ashely Wynn

The meeting was called to order at 6:03 pm by Colleen Goundrey.

Members introduced themselves and term limits were discussed.

An overview of SHAC was presented by Colleen Goundrey.

There was a review of by-laws with a motion for approval from Colleen Goundrey, followed by a unanimous vote to approve said by-laws was completed.

SHAC positions were discussed and named:

- Chair: Makayla Emmons-Smith
- Co-Chair: Colleen Goundrey
- Secretary: Sarah Strickland

Topics of Discussion:

Family/Community

Colleen Goundrey, BHISD Coordinator of Health Services, discussed some of the annual family and community events.

Activities aimed towards getting family and community involved were discussed. Some annual events include Love Run held by Project Graduation (February), Mental Health Walk (April/May), Fall Fest (October), and Turkey Trot (November).

Health Services

Christy Hoffman, BHISD Nurse, discussed an overview of health services.

Day-to-day care of students is the main priority including attention to many health conditions including but not limited to diabetes, tube feeds, seizures, genetic disorders, and catheters. There are two nurses per campus, except at the middle schools where there is currently one nurse per campus. Nurses can see on average 70 students per day. The nursing staff does annual screenings on vision, hearing, AN, and scoliosis. Responsible for reviewing immunization documentation. Handwashing lessons are also covered on an annual basis with students at the elementary level.

Discussion of developmental health lessons provided. "Freedom to Succeed" is offered in sixth grade. "Aim for Success" is offered in seventh grade. These require parental permission to opt-in or opt-out.

Counseling/Guidance

Lesley Gershmel, BHISD Social Worker, discussed an overview of counseling and guidance.

There are two counselors per campus and two social workers who cover the district. There is a group of mental health professionals who are contracted workers who see students during elective periods five days a week.

State requirements of the Social Emotional Learning (SEL) curriculum were discussed. District programs include 'Seven Mindsets' which is followed pre-K through senior year. This curriculum discusses one mindset at a time, following the same mindset concurrently throughout the whole district.

The severity and strong prevalence of vaping were discussed including protocols, Vape Education courses, and current related Texas Law.

Nutrition Services

Sarah Strickland, BHISD Dietitian/Menu Planner, discussed an overview of Nutrition Services.

Early Childhood Center, Elementary North & South, and Intermediate North & South follow the School Breakfast Program (SBP) and National School Lunch Program (NSLP). Guidelines of these programs was discussed. Middle Schools North & South and the High School are not on federal programming.

At the start of the 2022-2023 school year, School Café was introduced to the district. Through this program, parents can better track what their students are purchasing and consuming at school. This program also allows daily menus to be posted, showing transparency of nutrients, ingredients, and allergens.

The School Nutrition Department posts a monthly newsletter to its webpage about health and wellness.

Physical Education

Kristy Skidmore, BHISD Physical Education Teacher, discussed an overview of physical education.

An overview of the physical education curriculum was given. There is a weekly jogging program, PE is focused on getting students moving and active. Skills are incorporated into games. Physical Education class has a weekly threshold of 140 minutes.

Recess is held for 30 minutes per day at the Early Childhood Center, Elementary North & South, and Intermediate North & South.

Healthy School Environment

Due to time restraints, Healthy School Environment will be covered in the next SHAC meeting.

Employee Health & Wellness

Colleen Goundrey, BHISD Coordinator of Health Services, discussed some of the employee health and wellness programs.

Health screenings, wellness shots (Flu, TDAP, B12, and more), mammograms, bloodwork, and ultrasound screenings are offered annually to district employees.

West Chambers Medical Center is partnered with BHISD, providing a private line for BHISD employees.

Some annual programs hosted include: 'Maintain No Gain' - a program encouraging no weight gain during the holiday season, a 30-day water challenge, and 'Fitness Fusion'.

Health Education

Due to time restraints, Health Education will be covered in the next SHAC meeting.

Upcoming Dates:

- January 29, 2024 – SHAC Meeting
- March 18, 2024 – SHAC Meeting
- May 6, 2024 – SHAC Meeting

There were no open discussions or questions.

The next SHAC meeting will be held on January 29th, 2024.

The meeting was adjured at 7:44 pm.

Meeting notes submitted by Sarah Strickland, MS, RD, LD