

*Dr. Douglas Killian
Superintendent of Schools*

*Melinda Hood, R.N., BSN
Director, Health Services*

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Dr. Doug Killian, Superintendent
Board of Trustees, Cypress-Fairbanks ISD

In accordance with Title 2, Chapter 28, Section 28.004 of the Texas Education Code, the Cypress-Fairbanks ISD School Health Advisory Council (SHAC) assists the district in ensuring that local community values are reflected in health education instruction. Additionally, the SHAC plays an important role in helping parents and community stakeholders reinforce the knowledge and skills children need to be healthy for a lifetime. Four meetings were held during the 2023-2024 academic school year on September 19, 2023, October 31, 2023, February 28, 2024, and April 23, 2024.

The SHAC worked to address the goals, topics, and recommendations listed below.

SHAC goals:

- To address topics included in the coordinated school health model, including recess, human growth & development education, safe schools, mental health, and childhood nutrition.

SHAC topics of discussion:

- The Guidance and Counseling department provided Fentanyl Abuse Prevention and Drug Poisoning Awareness Curriculum presentations for secondary students as required by HB 3908. This included fentanyl threats, community awareness, and the effectiveness of naloxone as a countermeasure for those who have an opioid overdose/poisoning. The curriculum was then recommended to the Board for approval.
- The Bylaws Subcommittee was created to review SHAC bylaws and to update the bylaws to reflect new requirements mandated by Texas legislature.
- FFA Local policy states that the SHAC shall participate in the development of nutrition guidelines and wellness goals as required by law. The goals focused on nutrition, physical activity, and wellness. A subcommittee was formed to create goals, objectives, and strategies aimed at promoting the well-being of the CFISD community. The wellness plan goals and objectives are also measurable, allowing for the effective tracking of progress and outcomes primarily by Nutrition Services. The plan was adopted by the SHAC, and progress will be reported at future SHAC meetings.
- The Physical Education Subcommittee focused on reviewing the results of campus surveys, which provide valuable feedback to gauge the needs and preferences of our school community regarding health and wellness initiatives. The subcommittee is committed to exploring additional recreational opportunities to encourage fitness outside of P.E. classes and UIL activities.



- Individuals from the Safe and Supportive Schools Program Committee presented information about the initiative to focus on school safety and mental health.
- The Health Services Department and the Guidance and Counseling Department both provided reviews of the essential roles of their departments.

SHAC recommendations for your consideration:

- None

Sincerely,

Melinda Hood, R.N., B.S.N.

Director, CFISD Health Services