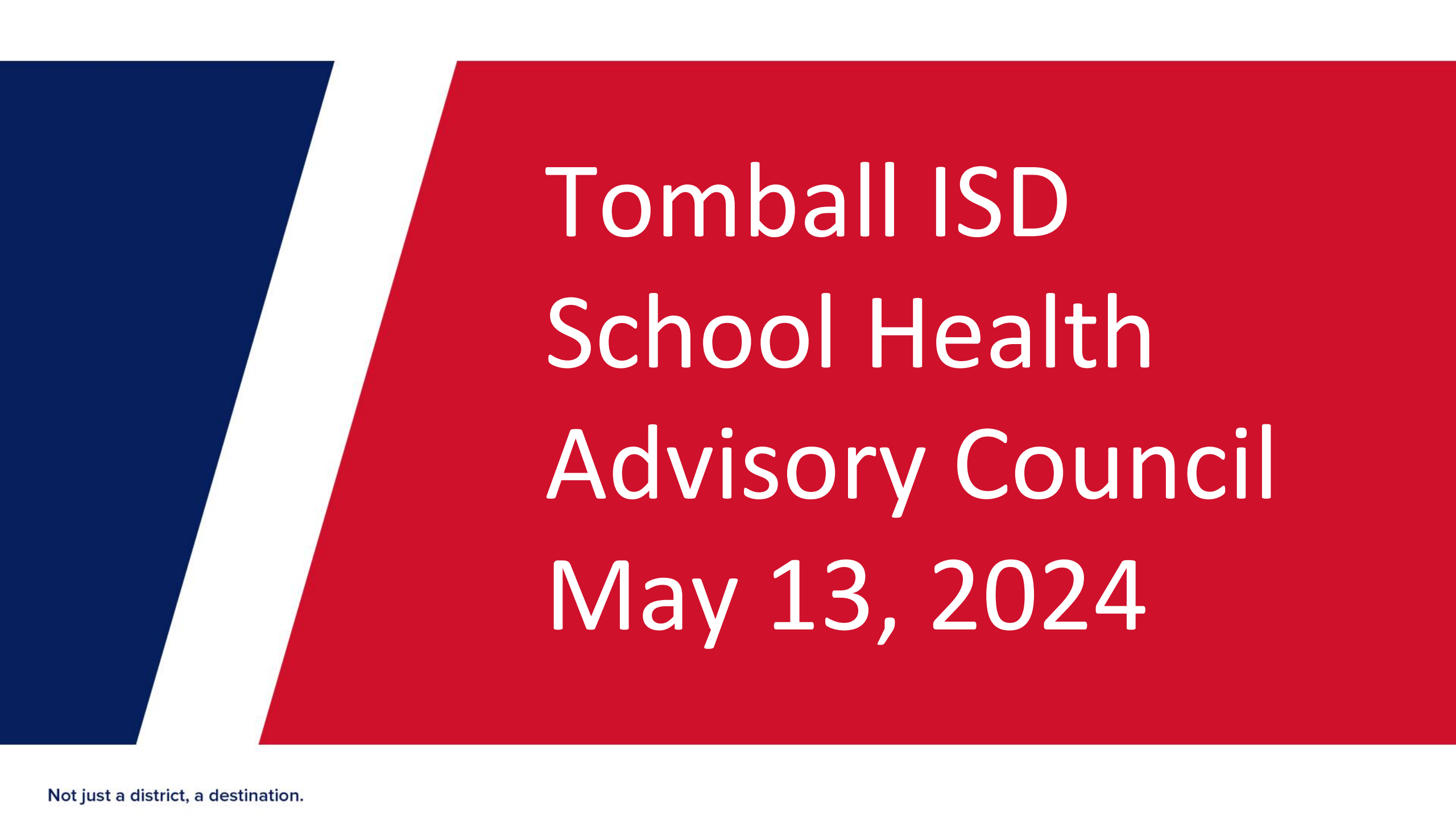




**TOMBALL**

INDEPENDENT SCHOOL DISTRICT



Tomball ISD  
School Health  
Advisory Council  
May 13, 2024

# Meeting Dates



October 10, 2023	3:30 P.M. – 4:30 P.M.
December 12, 2023	3:30 P.M. – 4:30 P.M.
February 13, 2024	3:30 P.M. – 4:30 P.M.
April 9, 2024	3:00 P.M. – 4:30 P.M.
April 25, 2024	2:00 P.M. – 4:30 P.M.



# SHAC Members 2023-2024



## Parents

Monique Bennett  
Lorel Burcaw  
Sydney Call  
Jennifer Conner  
Lorrie Goudeket  
David Grimme  
Beth Isernhagen  
Leslie Johnson  
Rebecca Masciola  
Jen Oyen  
Michelle Redd  
Mark Segaloff  
Allison Turner  
Janice Wagoner

## Staff

Karen Graves  
Whitney Johnson  
Cathy Pool  
Kevin Flanigan  
Bob Thompson  
Trisha Smith  
Steven Shiels



# BDF(LEGAL)



In addition to its other duties, the SHAC shall submit to the board, at least annually, a written report that includes:

1. Any SHAC recommendation concerning the district's health education curriculum and instruction or related matters that the SHAC has not previously submitted to the board;
2. Any suggested modification to a SHAC recommendation previously submitted to the board;
3. A detailed explanation of the SHAC's activities during the period between the date of the current report and the date of the last prior written report; and
4. Any recommendations made by the physical activity and fitness planning subcommittee
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

*Education Code 28.004(m)*



# SHAC Meetings 2023-2024



- Elected Officers:
  - Rebecca Masciola: Parent Co-Chair
  - Beth Isernhagen: Parent Co-Chair
  - Lorrie Goudeket: Secretary





# SHAC Meetings 2023-2024



In accordance with HB 3908 and EHAC(LEGAL) - requires annual instruction in the dangers of opioids, including addiction to and abuse of synthetic opioids such as fentanyl [grades 6-12]:

- Reviewed Fentanyl Awareness Initiatives and Curriculum
  - M-COPE
  - Natural High
  - Everfi
- SHAC found all three curricula contained material appropriate for grade levels recommended and relevant to legally required instruction.



# SHAC Meetings 2023-2024



In accordance with (TEC) §37.0832 (requires instruction in bullying prevention), FFEB[LEGAL] (requires best-practice student programs for suicide prevention) and TEC §29.906 (requires integration of positive character traits and personal skills into the skills taught in grades K-12):

- Reviewed Suicide/Bullying Prevention and Character Education Programs:
  - Hope Squad
  - Council on Recovery
  - QuaverReady
- SHAC found all three programs were age-appropriate and contained highly engaging lessons relevant to legally required instruction





# Sub-Committee Focus



- Mental Health:
  - Refresh the SHAC webpage to include more links to mental health resources in order to provide easy access for parents and students
  - Review resources for suicide prevention
- Physical Fitness:
  - Revise Wellness Policy to recommend:
    - Intermediate Campuses offer recess on a daily basis when feasible
    - Elementary Campuses offer 20-30 minutes total recess time throughout the day



# Wellness Plan Revisions



- Increase amount of recommended recess time when feasible
- Recommend recess time for all intermediate students
- Revised provision about “requiring” Health class to “encouraging” students to take a Health elective based on District policy change
- Added recommendation to post information about healthy sleep habits on the SHAC webpage



# Other Topics Discussed



- Increasing awareness of Parent University through link on SHAC webpage
- Cell Phone Policy – while not a topic parents chose for focus this year, discussed future opportunities to involve other committees to explore better ways to enforce policies in place or revise policies – perhaps a parent/teacher survey for next year
- Restricted Health Content Modules (Grades 9-12) – reviewed number of participants in non-required modules (1,358 students as of May 1, 2024)



Questions?

Comments?

