

Student Health Advisory Council (SHAC) Sep 26, 2024 meeting minutes

1. Introduction and Welcome

Sandra Lieck called the SHAC meeting to order on Sep 26, 2024 at the CFBISD Nancy Watten Center at 6:36pm with quorum met and secretary in attendance.

The following SHAC members were present: April Hooper-Christenson, Kelley Taylor, Caleb Rosier, Zoher Bharmal, Gwen Perkins, Sandra Lieck, Veronica Morales, Linda Villemarette, Laura Brookover-Ybarra and Sylvia Mazuera.

Other guests in attendance: Pam Hendrix, Melanie Williams, and Lyn Torres.

2. Review of SHAC Mission /Purpose

Sandra reviewed the SHAC goals, the components of the coordinated school health program and the importance of parent participation. She reminded the audience that only SHAC members appointed by the CFBISD school board are authorized to make and discuss motions and vote. Other people in attendance are considered visitors and they can ask questions during the program and address the SHAC during audience for guests.

3. Audience for Guests

No requests for audience for guests were submitted.

4. Officer Elections for 2024-25 School Year

The following SHAC member were elected by general consent:

Chairperson: April Hooper-Christenson

Co-Chair: Cristal Retana (indicated interest in serving prior to the meeting)

Secretary: Sylvia Mazuera

5. Presentation on CFBISD Weather Guidelines for Outside Recess by Sandra Lieck, CFBISD Director Health Services

CFBISD is asking for review and guidance from SHAC on the weather guidelines.

Examples from neighboring districts were presented. Currently the nurses and administrative team at each campus have access to a weather app and they decide if students are allowed to go to outdoor recess based on the current guidelines.

The following committee was appointed to review the current CFBISD weather guidelines and make recommendations: April Hooper-Christenson, Linda Villemartte, Caleb Rosier, Gwen Perkins, Sylvia Mazuera, and Cristal Retana.

6. Presentation on Counseling Lessons on SB9 Topics by Melanie Williams, Coordinator of School Counseling and AVID and Lyn Torres, Director of Mental health and Behavior Services

Melanie and Lyn presented new curriculum written this summer that includes topics that fall under SB9: child abuse (elementary and secondary), family violence (elementary and secondary), dating violence (secondary) and sex trafficking (secondary). SB9 requires districts to have parent's written opt-in consent to provide this instruction.

They presented the following lessons for SHAC review:

Curriculum	Estimated Time to Review	Intended Use
CFBISD-Created Lessons for Career and Technical Education Course: Counseling and Mental Health	1 hour and 30 min for all (30 minutes per lesson)	By Creekview CTE teacher, as part of course content. The content with Senate Bill 9 topics and how they pertain to the role of a professional counselor.
CFBISD-Created Lessons for Career and Technical Education Course: Human Growth and Development Courses	1 hour and 30 minutes for all (30 minutes per lesson)	By Creekview CTE teacher, as part of course content. The content with Senate Bill 9 topics and how they pertain to lifespan development.
CFBISD-Created Pre-K Guidance Lesson	30 minutes	This an additional, guidance lesson created by a CFBISD school counselor. It includes a craft that can be taken home.
Mental Health America Guidance Lessons (Digital Citizenship)	40 minutes for guide and activities; 6 minutes for video.	MHA has provided this curriculum and training for all elementary counselors. These lessons could be used as additional or replacement guidance lessons.
Mental Health Parent Information Brochures for Website, on Human Trafficking and Sexting	1 hour (30 minutes per topic)	This content would be used as an educational tool for parents. These one-page documents could be provided by counselors or housed on the CFBISD website.

The following committee was appointed for the review: April Hooper-Christenson, Cristal Retana, Kelley Taylor, Zoher Bharmal, Sylvia Mazuera and we will reach out to Jonathan Wilk to see if he is interested in participating.

7. Topics for Future SHAC meetings

The following topics were proposed for the 24-25 SHAC meetings:

- Hidden in Plain Sight by CFBISD Safety and Security Department

- Prescription Drug Abuse: update on current trends, fentanyl and strategies for prevention
- How the safety and security department handle threats to schools made on campus or through social media, following recent national trend.
- Human Trafficking due to the geographic location we are in. It was suggested the Poeima Foundation as a possible presenter on this topic. Another suggestion was to combine it with another presentation to increase parent attendance, like Human Sexuality.

Zoher Bharmal shared a Healthy Lifestyle competition program by Texas PTA encouraging schools to have activities in different areas like Mental Health, Nutrition, Cybersecurity.

8. Adjourn

There being no further business, the meeting was adjourned at 7:11 pm.

Sylvia Mazuera, SHAC Secretary