

# SHAC

SCHOOL HEALTH ADVISORY COUNCIL



# School Health Advisory Council

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**2024-2025 Meetings**



# SHAC Meeting #1: October 1, 2024

## Discussion Items:

- Call to Order
- Introductions
- SHAC Purpose & Goals
- MISD Parent/Community Resources
- Student Words Affecting Student Health
- Coordinated School Health
- Fentanyl Awareness – Tucker's Law
- At a Glance Program Schedule

## Action Items:

- Elect Parent Co-Chair

## Final Items:

- Future Topics & Meeting Dates
- Adjourn





# Introductions: 2024-2025 SHAC Members



SHAC Members 2024-2025			
Campus	Parent Name	MISD District Department	MISD District Name
Baxter	Jessica Chambon	Counseling	Sabra Golden
Coleman	Danielle White	Food Service	Patti Hill
Coleman	Casey Pfeiffer	Food Service	Mandie Tucker
DMS	Emma Adair	Health Services	Wendy Hein
DMS	Ruth Hill	Student Services	Krista Tipton
FSMS	Robert Torres		
HHS	Amanda Jenson	Community	Community Member Name
HHS	Jaime Sinclair Martin	Clergy	Tim Perkins
Irvin	Shaketha Lambert	Ellis County CAC	Leslie Dean
Longbranch	Kristina Ellis	Ellis County CAC	Katie Tackett
Longbranch	Ashley Nelms	Healthcare	Whitney Krupala
McClatchey	Kelley Rios	Healthcare	Brooks Williams
McClatchey	Joelle Jenkins	Law Enforcement	Phillip Evitt
MHS	Lisa Huski	REACH Council	Cassie Street
MHS	Cheryl Wherry	Senior Citizen	Susie Rouw
Miller	J.D Shields		
Miller	Belinda Czerwieski	Campus	Campus Staff Name
Mt. Peak	Megan McLees	Baxter	Jessica Martin
Mt. Peak	Jolene Bargsley	Coleman	Jason Mitholen
Vitovsky	Maytee Robles Escamilla	DMS	Alexis Valentine
Vitovsky	Raena Bolton	FSMS	Maria Nicolas
WGMS	Kristin Vernon	HHS	Lori Cook
WGMS	Blaine Rogers	Longbranch	Beth Stokman
FSMS	Ashlyn Misenhiemer (Student)	McClatchey	Johnna Stinchcomb
		MHS	Rachel Bryant
		Miller	Kara Allred
		Mt. Peak	Olivia McDonald
		Vitovsky	Lonna Edwards
		WGMS	Mandy Berry



# SHAC Purpose & Goals

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Every school district is required by State law to have a school health advisory council (SHAC) of which the majority of members must be parents who are not employed by the school district. The SHAC is annually appointed by the local education agency Board of Trustees.

Texas Education Code  
Title 2, Chapter 28, Section 28.004





# SHAC Purpose & Goals

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The SHAC is a group of individuals representing segments of the community and school district which provides advice to the district on coordinated school health (CSH) programming and its impact on student health and learning.





# Parent/Community Resources

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[Drug and Alcohol Prevention](#)

[Child Nutrition](#)

[Child Abuse Prevention](#)

[Trauma Informed Practices](#)

[Bullying & Cyberbullying Resources](#)

[Mental Health](#)

[Suicide Prevention](#)

[Character Education](#)

[Human Sexuality](#)

[Reach Council](#)





# Student Words Affecting Student Health



- We will be focusing on our choice of words, and how students are speaking/typing to one another,
- Lessons will be created to help our students gain an understanding around the seriousness of what they say and how they respond/react to one another.
- What have we already done to help with this concern?
  1. STOPit & Gaggle Immediate Team Response
    - a. District Admin, District Counselors
    - b. Campus Admin, Campus Counselors
    - c. SROs and MPD
  2. Ripple Kindness Anti-bullying Campaign
    - a. Each campus has already presented a lesson on bullying and empathy. We will continue to address this topic. Our end goal is to help students navigate choice in words and understand the long term impacts on what they say.



# What is Coordinated School Health?

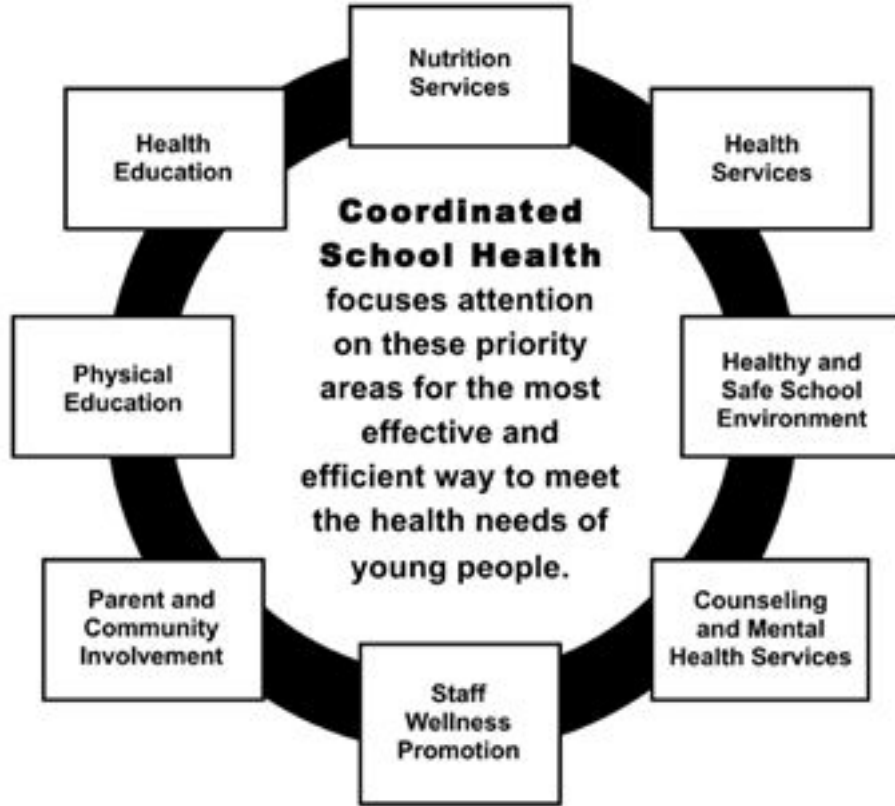
Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.







# What is Coordinated School Health?



**TEXAS**  
Department of  
State Health Services





# Fentanyl Awareness- Tucker's Law

88(R) HB 3908

*The measure — named Tucker's Law after Tucker Roe, a 19-year-old from Leander who died after taking a fentanyl-laced pill — went into effect in June and also requires Gov. Greg Abbott to designate a Fentanyl Poisoning Awareness Week in public schools.*



## FENTANYL POISONING AWARENESS WEEK

To educate students about the dangers posed by the drug fentanyl and the risks of fentanyl poisoning, including overdose, the governor shall designate a week to be known as Fentanyl Poisoning Awareness Week in public schools.

Fentanyl Poisoning Awareness Week may include age-appropriate instruction, including instruction on the prevention of the abuse of and addiction to fentanyl, as determined by each school district.

Each school district shall annually provide research-based instruction related to fentanyl abuse prevention and drug poisoning awareness to students in grades 6 through 12.

The instruction required by this section must include:

- o Suicide prevention;
- o Prevention of the abuse of and addiction to fentanyl;
- o Awareness of local school and community resources and any processes involved in accessing those resources;and
- o Health education that includes information about substance use and abuse, including youth substance use and abuse.
- o

**MISD meets this requirement by using informational videos and resources provided by our trusted partner, REACH Council, during Red Ribbon Week in October.**

# At a Glance Program Schedule

## SHAC Programs at a Glance



### Why have different programs?

SHAC meets to discuss, vote, and initiate a variety of health-related programs that help to meet various standards set by the state and to meet the educational, physical, and emotional health of the students.



# 01

## Y.E.S.

### Youth Equipped to Succeed

- K-2:** Super Friends w/Super Powers (Bullying)
- 3-6:** Connected (Bullying)
- 7:** Aim for Success (Human Sexuality) **OPT IN**
- 8:** Focus on Success (Technology, Sexting, Healthy Relationships)
- 9:** Navigate (Mental Health)
- 10:** Power to Succeed (Drugs & Alcohol)
- 11:** Freedom to Succeed (Human Sexuality) **OPT IN**
- 12:** Focus on Success (Technology, Sexting, Healthy Relationships)



# 02

## REACH

### Drug & Alcohol Prevention

- Kids Connection (K-5 small identified groups, opt in)
- Life Skills Training(3-5th @JRI, opt in, 8 lessons w/20 students)
- Too Good For Drugs(6-9th, 10 weeks, opt out, 30 students, part of 6th grade TEKS for drug & alcohol)
- Will provide Fentanyl awareness information for Red Ribbon Week in **October** in secondary schools



# 03

## CATCH

### Coordinated Approach to Childhood Health

- Coordinated Health required of all Texas schools grades K-8
- CATCH is K-5 curriculum, The Great Body Shop is grades 6-8
- The goals of CSH closely align with the Whole School, Whole Community, Whole Child (WSCC) Model.
- Each program is designed to prevent obesity, cardiovascular disease, and type 2 diabetes in elementary school, middle school, and junior high school students.
- 4 meetings a year**, with parents, teachers, nurses, admin, and coaches to create and implement coordinated health goals.



# 04

## Monique Burr

### Bullying & Abuse Prevention

- Planning for 2 opt in **Spring** sessions
- Last year grades: 7th, 9th, & 10th
- Possible changes to grades: 7th, 10th, & 12th



# 05

## FitnessGram

### Physical Fitness Assessment

- Required by TEA grades 3-12
- Completed yearly in spring
- Greenlight is software for data reporting
- Health-Related Physical Fitness assessment: Aerobic Capacity (PACER, mile run/walk), Body Composition (BMI), Muscular Strength, Muscular Endurance, Flexibility (curl-up, trunk lift, push-up, sit and reach)
- Skills assessment: Speed, Agility, Coordination, Balance, Power, Reaction Time





# Elect Parent Co-Chair

As required by Policy BDF (Legal), the SHAC must nominate a parent to serve as co-chair of the committee.

- **Nominations:**
  - **Casey Pfeiffer**
  
- **Action:**
  - Motion
  - Second
  - Vote





# Future Meeting Topics & Community Input

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School Nutrition

FitnessGram

Hope Squad

Program Updates





# Meeting Dates

- October 1, 2024**
- December 3, 2024**
- February 4, 2025**
- April 1, 2025**





