

# PISD

## School Health Advisory Council

Agenda and Minutes

Hybrid - Zoom (virtual) and In-person

Date: Tuesday, October 15, 2024 @ 6:00 - 7:00

Debra	Nash
Kayla	Walling
Amber	Evans
Hallie	Mendez
Briana	Jensen
Raquel	Pastrana Rodriguez
Maria	Stiney
Wendy	Cain
Sara	Trammell
Billiejo	Adams
Allison	Gonzalez

## Agenda

Presenter	Description	Time
WAC	Call to order / Begin recording meeting through Zoom	5 min
All	Roll Call / Introduction of any new attendees	5 min
KW	Approve previous meeting minutes - 9/10/2024	5 min
WAC	Old Business - 1. Goals for SHAC a. Topics that need to be covered b. Discussed request from Board for SHAC to make screen time recommendations c. Discussed researching an EAP Program for district staff	15 min
All	New Business -	27 min

	<ol style="list-style-type: none"> <li>1. Research for Screen Time Best Practices <ol style="list-style-type: none"> <li>a. What is the definition of a device?</li> <li>b. Media Use Guidelines for Teachers <ol style="list-style-type: none"> <li>i. Screen Time in School: Finding the Right Balance for your Classroom - Common Sense Media</li> <li>ii. SAMR Model (Substitution, Augmentation, Modification and Redefinition)</li> <li>iii. Pomodoro Technique for productivity and focus</li> </ol> </li> <li>c. Media Use Guidelines for Families <ol style="list-style-type: none"> <li>i. Family Tech Planner Tool from Common Sense Media</li> <li>ii. Media Use Guidelines article - Nemours KidsHealth</li> <li>iii. Media Plan in English and Spanish - American Academy of Pediatrics</li> </ol> </li> <li>d. Sample District-Wide Recommendations - example from Arlington, BA - Children's Screen Time Action Network</li> </ol> </li> <li>2. District Updates <ol style="list-style-type: none"> <li>a. Health Services</li> <li>b. Nutrition Services</li> <li>c. Counseling Services</li> </ol> </li> </ol>	
WAC	Announcements - <ul style="list-style-type: none"> <li>• Next Meeting - Tuesday, November 19, 2024</li> </ul>	2 min
WAC	Adjournment <ul style="list-style-type: none"> <li>• Time Started - 6:02 pm</li> <li>• Time Stopped - pm</li> </ul>	1 min

### Action / Future Items

Owner	Description	Date Due
All	Research for student screen time usage - both at school & home	TBD

# Minutes

Call to Order at: 6:02 pm  
Recording Started at: 6:01 pm

## Roll Call /Introduction of any new attendees

- Wendy Cain
- Raquel Pastrana Rodriguez
- Hallie Mendez
- Amber Evans
- Debra Nash
- Maria Stiney
- Kayla Walling

## Approval of Previous Minutes of 9/10 /2024 meeting

Previous Meeting Minutes: Read by Wendy Cain

Motion made by: Kayla Walling , Seconded by Raquel Pastrana Rodriguez

## Old Business:

- 1) Counseling Curriculum pieces were put into place
  - a) November - counselors will begin looking into new curriculum needed

## New Business -

- 1) Research for Screen Time Best Practices
  - a) Campus & Home/Family School board is wanting recommendations for families and best practices
  - b) Sample District-wide recommendations
  - c) Discussion of policies with "Yonder Pouches"
  - d) Research:
    - i) What is the definition of a device? - "Media Use Guidelines: Big Kids"
    - ii) Family Tech Planner
    - iii) "The Phone in the room"
    - iv) "Screen Time in School: Finding the Right Balance for Your Classroom" - teacher perspective
      - (1) Discussion of pomodoro Technique - setting timers
    - v) "Sample District-Wide Recommendations"
  - e) Suggestion of Central location of an unlock station
  - f) Possible social media resources for family - safeguards / how to navigate, etc.
- 2) District Updates
  - a) Health Services
    - i) We're in final stages of turning in immunizations to the states
    - ii) Seeing a lot of sickness / stomach virus
    - iii) Marching towards 5th grade camp :)
  - b) Nutrition Services
    - i) Thanksgiving lunches are quickly approaching
    - ii) Working on implementing new nutritional analysis software where

parents can see menus and nutritional info w/ allergen info - changes will be updated automatically and is campus specific

c) Counseling Services

- i) Working through new curriculum needs
- ii) HS Starting Dual Credit process
- iii) MS have had some programs already with great parent turnout
- iv) Elem - rocking along - 4th grade speaker at PHS (Keith Davis)  
anti-bullying and being the best you that you can be in September

Announcements - Next meeting - Tuesday, November 19, 2024

- Hybrid format

Adjournment at: 6:52 pm