

February 1, 2024

SISD SHAC Meeting

Reid Kirk – Chairman

Casie Rivas – Co-Chairman

Christy Baca – Secretary

Reid Kirk, Curtis Hightower, Christy Baca, Robert Rushing, Bella Wilkerson, London Weckler, Truman Smucker, Casie Rivas, KC Cain, Nathan Cain, Rita Beckley, Julie Ordonez, Sarah Pierce, Heath Wester, Gail Petty

Reid called meeting to order 12:18 PM

Minutes reviewed from previous meeting.

Nathan made a motion to approve 11/30/2023 minutes.

Sarah seconded motion to approve 11/30/2023 minutes.

11/30/2023 minutes approved.

Reid reminded the committee that we are in the process of updating the SISD Wellness Plan. Since our last meeting we had the opportunity to look at our current district Wellness Plan as well as other district wellness plans to see what modifications we need to make to our district's Wellness Plan.

Reid shared some things that were discussed with the district Wellness Plan committee in January 2024.

The committee looked at McKinney and Allen ISD's Wellness Plans. They reviewed a variety of topics within the wellness plans.

McKinney's template is most like what we are looking to use as a template for our district's Wellness Plan in the updating process.

We need resources on vaping, social media, and mental health issues for parents. The committee reports that they would like to have SISD offer parent classes to educate parents on things like:

- Vaping, social media use and mental health

Today as a SHAC team we will meet in groups to hear about these topics from the leaders of each topic. We want our goals to be simple, clear, and obtainable goals that can be achieved in our timeline.

- Identify the four topics
- Set goals
- Share ideas from each group topic

The following members of SISD SHAC are on the Wellness Plan Committee and serving to lead in these topic areas:

Rita – Nutrition

London - Mental Health

Reid - Physical Health

Nathan - Substance Abuse

We have time to look at the elements of the Wellness Plan between now and the April meeting. In that time period we can work towards shaping content to be finished to submit as a recommendation to the SISD Board.

District Wellness Plan topic discussion was had and brought to closure.

Christy made a motion to adjourn.

Nathan seconded the motion to adjourn.

Meeting adjourned 1:02 PM

Reid announced that April 4, 2024 will be our next meeting to continue discussion of the district's Wellness plan