

PISD

School Health Advisory Council

Agenda and Minutes

Hybrid - Zoom (virtual) and In-person

Date: Tuesday, November 19, 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 - 10/15/2024	5 min
WAC	Old Business - 1. Research for Screen Time Best Practices a. What is the definition of a device? b. Media Use Guidelines for Teachers i. Screen Time in School: Finding the Right Balance for your Classroom - Common Sense Media ii. SAMR Model (Substitution, Augmentation, Modification and Redefinition)	15 min

	<ul style="list-style-type: none"> iii. Pomodoro Technique for productivity and focus c. Media Use Guidelines for Families <ul style="list-style-type: none"> i. Family Tech Planner Tool from Common Sense Media ii. Media Use Guidelines article - Nemours KidsHealth iii. Media Plan in English and Spanish - American Academy of Pediatrics d. Sample District-Wide Recommendations - example from Arlington, BA - Children's Screen Time Action Network <p>2. District Updates</p> <ul style="list-style-type: none"> a. Health Services b. Nutrition Services c. Counseling Services 	
All	<p>New Business -</p> <ul style="list-style-type: none"> 1. Continuation of screen time usage research for board recommendations. 2. Method for reporting SHAC recommendations to the Board. 3. District Updates <ul style="list-style-type: none"> a. Health Services b. Nutrition Services c. Counseling Services 	27 min
WAC	<p>Announcements -</p> <ul style="list-style-type: none"> • Next Meeting - Tuesday, January 14, 2025 	2 min
WAC	<p>Adjournment</p> <ul style="list-style-type: none"> • Time Started - pm • Time Stopped - pm 	1 min

Action / Future Items

Owner	Description	Date Due
All	Determination of method of reporting recommendations to board	TBD

Minutes

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

Roll Call /Introduction of any new attendees

- No new attendees

Approval of Previous Minutes of 10/15 /2024 meeting
Previous Meeting Minutes: Read by Wendy Cain
Motion made by: Kayla Walling , Seconded by: Raquel Pastrana Rodriguez

Old Business:

- 1) Research for Screen Time Best Practices
 - a) Media Use Guidelines for Teachers / classroom use
 - b) Media Use Guidelines for Home

New Business -

- 1) Research for Screen Time Best Practices -
 - a) Should we provide tips for families / classroom use / both?
 - b) Address both because of direction of society - students do need tactile / hands-on activities as well -physical health, mental health - resources for home - encourage activity and
 - c) Packet provided
 - i) Big kids, middle sized kids, and small kids - best practices
 - ii) Family tech planner
 - iii) Classroom screen time more meaningful
 - iv) District-wide recommendations - use this for ours
 - d) Recommendations for both parents and schools
- 2) District Updates
 - a) Health Services
 - i) EAP - do we want to look into this? - discussion of resources provided for families (esp. Counseling resources) etc. - how do other districts do this or how do we compare to districts our size?
 - ii) Immunization state report completed and turned in
 - iii) 5th grade camp is completed!!!
 - b) Nutrition Services
 - i) Thanksgiving meals week - progress is good
 - ii) Piloting salad bar at PHS after Christmas break, salad, yogurt parfait, or sandwiches
 - c) Counseling Services

- i) YMHFA will be provided to faculty & staff following HB3 guidelines; would like to offer out to parents and other community partners
- ii) Starting to talk about the curriculum for 25-26 SY. - however, not many changes will be made this year. We are fine lining this process.
- iii) A lot of need from all levels

Announcements - Next meeting - Tuesday, January 14, 2025

- Hybrid format

Adjournment at: 6:33 pm