

## **SHAC Meeting**

**November 5<sup>th</sup>, 2024**

**3:30pm- 4:30pm**

**Attendees: Mark Pilon, Laura Cabe, Meagan Cagle, Shelley Carraway, Jake Buchanan, Greta Metcalf, Michael Vetter**

**Virtual: Rebecca Graffsma, Danielle Rice, Megan Brown**

### **Meeting Minutes:**

#### **SHAC Overview**

Laura provided a brief history and overview of the SHAC noting that this council began about 10 years ago and has had a positive impact for Jackson County Public Schools. Some of the impacts included but are not limited to policy changes and implementation related to celebrations within the schools, creating tobacco free campuses, water bottle refill stations within schools, relaxation rooms, and the annual Snack Masters Competition just to name a few. Each school principal is asked to select one representative to serve on the council for the school year alongside a variety of other professionals, parents and students. There are generally around 20 active participants on the council. The council is a state requirement and must meet a minimum of 4 times per year.

#### **Elevate 828**

Elevate 828 is a county wide wellness program and is also used as a component of JCPS employee wellness program. This is a free 6-month program featuring pre and post screenings offered showing results related to height, weight, BMI, total cholesterol, total blood sugar, and a health risk self-assessment. Participants receive points for completion of physical activity and monthly challenges as well as other preventative screenings they may receive. Monthly challenges focus on mental health and nutrition. Participants are eligible for monetary gifts for completion of pre and post screenings as well as overall winners of the program.

#### **Community Health Assessment (CHA)**

Meagan Cagle provided information related to the Community Health Assessment, CHA. This is a 3-year cycle that the Jackson County Department of Public Health completes and is currently beginning year one of the cycle. Community health data was collected beginning in April and ended in June. This data will be shared tomorrow with the Healthy Carolinians Steering Committee, where the top 5 health priorities will be selected. These priorities will then be shared with the Healthy Carolinians Coalition and the top 2 or 3 priorities will be determined. The completed Community Health Assessment report will be available early next year.

#### **Adolescent Pregnancy Prevention Program (AP3)**

Thru partnership with JCPS and JCDPH reproductive health is taught to current freshmen at SMHS by a Health Educator. A new curriculum is being taught this semester called the 3 R's: Rights, Respect and Responsibilities. In years past a similar curriculum was taught with 7<sup>th</sup> grade students and there was

conversation about possibly teaching this curriculum with younger youth again; Meagan Cagle will share a copy of the 3 R's middle school curriculum with Jake Buchanan to review.

### **NC S.A.F.E**

This gun safety toolkit was shared with us by Meagan Crews as a resource to use to help educate students and families about the importance of gun safety. A sample parent handout and social media post was shared during the meeting and potential sources to obtain gun locks. The council felt this was appropriate information to be shared but we should have a plan on how and when this information will be shared out. Meagan Cagle will also check NCDHHS for other firearm safety education that could also be shared.

### **SHAC Action Plan**

A draft of the 2024- 2026 SHAC Action Plan was reviewed during the meeting. Laura provided updates to goals as they were reviewed, and discussion took place as needed.

Goal 3: Relaxation Rooms still needed at Blue Ridge School and Cullowhee Valley School. Other spaces at schools will need to be visited to see what updates are needed.

Goal 4: Vaping curriculum was discussed. SHAC had reviewed and submitted curriculums to be used within the classroom for about 2 years. Due to LETRS trainings for grade K- 6<sup>th</sup> and the level of commitment it required, they were not able to implement the vaping materials as well as other barriers such as the Parents Bill of Rights coming into play. We would like to address the risks and concerns related to vaping for all youth, starting as young as possible, as well as parents. Mark shared about the AVOID curriculum and suggested we reach out to the developer to see if they may have or be able to create a curriculum targeting younger children possibly as young as 3<sup>rd</sup> grade age. JCDPH staff and JCPS teachers attempted to provide the AVOID curriculum in the past, but it was discussed as this may be an opportunity for teachers to use this curriculum within the classroom throughout the year.

Tall Cop Says stop was a great addition last year for parent education. Thank you to Meagan Crews for helping with planning and funding this event. SHAC would like to potentially offer Drugs Uncovered by the POE Institute. This event would allow caregivers the opportunity to learn about common drugs as well as potential paraphernalia that could be found in their child's bedroom. This event will continue to be looked into and discussed with Meagan Crews.

A suggestion to add a goal related to providing parent education was made. Part of this goal could include having a presence at sporting events, curriculum nights, parent nights, etc. to provide education and materials such as medication lock boxes and gun locks at events.

Goal 6: Laura and Shaneka worked over the summer break to update information on the JCPS website regarding snacks. The tri- annual assessment will need to be completed in the next two years. This assessment reviews school wellness policies, how they're advertised, celebrations within the schools, etc. NC DPI recommends one of these two assessment tools to be used is the School Health Index (SHI) developed by the CDC and the WellSat3.0.

Suggestion to add another new goal related to the new Jackson County Middle School that will be built soon! This is a great opportunity for SHAC to provide input on important features to be considered such as walking trails, outdoor spaces/ playgrounds, healthy spaces inside, etc.

## **Agency Updates**

**Mountain Projects/ Mark Pilon:** Anti vaping campaign will be focusing on social norms this year and the anti-drinking campaign will also be shifting to focus on the social norms across the region as well. Mountain Projects is also currently hosting a blanket and coat drive at their building, 154-B Medical Park Loop Sylva NC 28779. They recently received a large donation of youth coats size 4/6- youth XL. Walk-ins are accepted for blankets/ coats. Other supplies for individuals impacted by Hurricane Helene are also available; call Mark if you have any questions 828- 586-2345 ext. 317.

**Hights/ Greta Metcalf:** Continuing to offer Inside Out a crisis intervention day program for youth who have received out of school suspension. This program provides the youth with the opportunity to engage in meaningful community- based activities. They also are working with the Teen Court implementing a diversion program. Please reach out to Greta if you'd like to have Hights at any outreach events; 828-339-0100

**SMHS/ Megan Brown:** SMHS staff have been applying for grants to update the equipment within the fitness lab. The current equipment is used and dated.

**Blue Ridge/ Danielle Rice:** Danielle is working on health fair information which will be taking place this spring.

## **Next Meeting:**

Snack Masters Subcommittee Meeting-

Tuesday January 7<sup>th</sup> 3:30- 4:30

JCPS Board of Education Building Board Room & Virtually