PISD

School Health Advisory Council

Agenda and Minutes
Hybrid - Zoom (virtual) and In-person
Date: Monday, September 9, 2025 @ 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 - 1/14/2025	5 min
WAC	Old Business - 1. SHAC Recommendations for 2025-2026 a. All SHAC recommendations of Screen Time Best Practices was shared with the Board during the June 2025 Board meeting b. Several Board Members had questions related to some of the recommendations in the area of the following: i. Best ways to provide students with	15 min

	multi-sensory experiences and screen time use that complement each other in areas of academic growth.	
All	New Business - 1. Goals for SHAC a. What goals does the group have for this school year? b. What topics would the group like to cover and when? 2. Begin research on the need for an Employee Assistance Program (EAP) for district staff. a. On 9/2/2025, Wendy Cain had the opportunity of visiting with PsychPlus - an online provider that could offer a certain number of sessions for either in-person or virtual therapy through their provider ComPsych b. Optional EAP services might include the following: i. Virtual therapy ii. 24/7 phone support iii. Work Life Services iv. Critical Incident Support v. Mindfulness, meditations, sleep and focus exercises vi. Interactive Workshops & Webinars on mental health, resilience, stress management, etc. 1. Reported Results a. 13% increased productivity within the first 30 days b. 85% symptom relief for depression within 6-10 weeks c. 80% improved anxiety symptoms with sustained support d. 32% stress reduction after 30 days of meditation-based therapy c. Follow up meeting to discuss proposal on 9/17/25 d. Other ideas on types of EAPs? 3. District Updates a. Health Services b. Nutrition Services c. Counseling Services	27 min
WAC	Announcements - ● Next Meeting - Tuesday, October 21, 2025	2 min

WAC	Adjournment ● Time Started - pm ● Time Stopped - pm	1 min

Action / Future Items

Owner	Description	Date Due
All	Research for student screen time usage	TBD

Minutes

Call to Order at: 6:04 pm Recording Started at: pm
Roll Call /Introduction of any new attendees ● Wendy Cain ● Debra Nash ● Amber Evans ● Kayla Walling ● Raquel Pastrana ● Maria Stiney ● Allison Gonzalez ● BillieJo Adams
Approval of Previous Minutes of 1/14/2025 meeting Previous Meeting Minutes: Read by Wendy Cain Motion made by: Kayla Walling , Seconded by Raquel Pastrana Unanimous approval
Old Business: 1) SHAC recommendations for Screen Use Best Practices - a) Shared with Board in June; b) Several questions asked - ways to provide multisensory experiences during screen time - what is needed? Training needed? Answered by WAC & curriculum c) Some surprised because they thought there would be a suggestion of moving away from technology - SHAC kept a middle of the road perspective on this topic

New Business -

1) SHAC goals for the 2025-26 school year
    a) Community activities (bootcamps, dance lessons, etc) being provided to staff once a month - special rates/discounts
    b) Self-defense / self-protection lessons / training for employees / families? (Debbie Nash will research and bring back info)
    c) Campus teams - check-ins with a buddy / coffee talks for staff / mental-health check-in for staff (Kayla Walling can bring more info back)
2) Employee Assistance Program (EAP) research for possible inclusion in 2026-2027 school year
    a) 9/2/25 WAC visited with PsychPlus who will create a proposal
        i) Online provider - can offer so many sessions in person or online
        ii) Virtual therapy
        iii) 24/7 phone support
        iv) Work life support
        v) Critical incident support
        vi) Mindfulness, meditations, sleep & focus exercises
        vii) Interactive workshops, webinars, etc.
        viii) Follow-Up meeting on 9/17
    b) EAP Will be at a cost to the district
    c) Could there be Nominal fees for employees to implement this?
    d) Hesitation - CareSolace was brought in for district wide use and we had very few take advantage of this

District Updates:

A) Health Services
    a) Jumped into November numbers EARLY because of the size of campuses;
    b) Balancing new consents and new way of approaching
        i) Fluid and moving pieces and layers
B) Nutrition Services
    a) New after school feeding program - currently at 9 campuses
        i) All secondary campuses & 4 elem that have B&G clubs
        ii) Qualifying program - tutoring
            (1) Can be extended to any student that are staying
            (2) Free to all students, 18 & under
            (3) Meal pattern is compliant for “supper” - all the food group components
            (4) Grab and go but have to eat it on campus
            (5) Could expand and can focus on heavy tutoring days
    b) F/R Applications: still have 701 students that will lose benefits if parents do not complete applications - anyone can apply for F/R at any time - those that lose status will have to pay the charges that accrue
C) Counseling Services
    a) Postsecondary planning at HS
    b) Elementary - a lot of big feelings - transitioning covid babies to Kindergarten

Announcements - Next meeting - Thursday, October 21, 2025

- Hybrid format

Adjournment at: 6:55 pm