

West Rusk CCISD

School Health Advisory Council (SHAC)

Meeting Information: December 10, 2024, @ 1:15 PM in the Technology building

Attendees:

Jessica Brown (Food Services Director)	Rafe Mata (Athletic Director)
Cynthia Duncan (HS StuCo, NHS, and events coordinator)	Christina Nope (Student member)
Gwen Gilliam (Student Services Director)	Kevin Roy (West Rusk ISD Chief of Police)
Lindsey Hamilton (HS Counselor)	Leisha Smith (CTE Director, and Federal Programs)
Cole Jackson (Student member)	Megan Wriggle (Director of School Nursing)
Wendy Jackson (MS Counselor)	James Neal (HS assistant principal)

Agenda:

- Welcome and Call to Order
 - The meeting was called to order at 1:18 P.M., members were welcomed, and the role of the SHAC was reviewed.
- Approval of previous minutes
 - The minutes from our December 2023 meeting were reviewed and approved.
- Program Report
 - Nutrition:
 - Jessica Brown began the nutrition program review and update because she was short-staffed in the cafeteria. She provided information about nutrition requirements from the state and the Texas Department of Agriculture.
 - She reviewed meal choices and surveys/input received from students, along with an explanation of caloric and regulatory requirements by grade levels for the committee.
 - Information and procedures regarding the “share” table were reviewed along with staff and cafeteria procedures.
 - JBrown informed the group about the district triennial assessment review in progress. She reviewed the wellness policy goals and practices within the LEA and spoke about progress and ideas for creating a healthier school environment.
- Student, Community, District Calendar Informational Events
 - Cynthia Duncan spoke to the community about “The Spot”, which is a group of hallway lockers that are filled with personal hygiene items, socks, undergarments, other clothes, and care needs that are free and open to any student who has a need anytime during the school day.
 - She also informed the group about the “Bee Better” themed initiative the Student Council started this year to encourage students and staff to do better, do their best, and be better in whatever way they can for each other, their school, their community, and their family units.
 - CDuncan reviewed participation in the Carter Blood drive, the canned food drive, and the Secret Santa initiative, which gives students the ability to complete a Google form with their wants and needs (for themselves or friends) during this holiday season.

- She encouraged the committee to keep in contact with her about information they would like to post on the calendar and Facebook page.
- Program Reports
 - Nurses report:
 - Megan Wriggle reviewed the district policy regarding SB 629, which requires each school district to adopt and implement a policy regarding the maintenance, administration, and disposal of opioid antagonists at each campus serving students in grades 6-12. She informed the committee that we included the whole district, and the board approved our policy in March of 2024. Finding a local county health authority was difficult; however, Dr. Arnall assisted the district in securing 48 doses of Narcan through a grant. Regarding HB 3908, staff is trained on administering and educating students about the dangers of opioids and addiction, fentanyl abuse prevention, and drug poisoning awareness.
 - Vision/hearing testing was completed in October, and scoliosis screening is almost complete.
 - The district, again, is 100% compliant with immunization requirements, noting an increase in the reporting of submitted conscientious exemption forms for all or some immunizations.
 - MWriddle noted an increase in anxiety and mental health visits. She reviewed how the nurses' office is helping coordinate with local doctors and community health organizations to assist students and parents with this need.
 - The district was able to purchase 2 full CPR kits and dummies. MWriddle and GFulgram completed training to be certified instructors to train staff and any students who need it in CPR on campus.
 - Campus Counselor report
 - Lindsey Hamilton, HS Counselor
 - Reported on the Sources of Strength mentoring program utilized by high school students, along with upcoming meetings. She also noted that there is an increase in self-harm ideation among students. Testing is currently being held for TSI and EOC retakes, while ASVAB and national testing were conducted earlier this school year for juniors and seniors.
 - Wendy Jackson, MS Counselor
 - Reported that Sources of Strength is in its third year on the JH campus. We have had three monthly meetings and completed the first campus share campaign on what it means to be grateful. Peer Leaders and Mrs. Jackson visited grade level classrooms, talking about the power of being grateful and challenged the students to one positive affirmation every day. The Slice of Grateful Pie display can be seen in the front hallway.
 - Guidance lessons for 6th and 7th grades have included the use of positive words, getting to know our classmates, and the kindness challenge. 8th grade participated in the gratefulness campaign and completed a lesson on healthy activities vs toxic ones.
 - During Red Ribbon Week, our campus lesson came from Natural High for the second year in a row. Advisory classes had access to all of the website, but Mrs. Jackson sent the lesson and video on the dangers and increase in fatalities from fentanyl.
 - In December, the 7th and 8th grades will have a guidance lesson on envy vs content.

- The Backpack Program sponsored by the East Texas Food Bank provides weekend food for 19 students for grades 6-12 (14 JH, 5 HS).
- Amanda Kirkendoll, Intermediate Counselor
 - West Rusk Intermediate gives out 18 backpacks from the East Texas Food Bank every week.
 - We have given several Benchmarks so far and just finished giving an Interim Assessment through Cambian testing for all students in 3rd-5th grades.
 - We've completed Internet Safety, Worry/anxiety study, and Fentanyl Awareness this Semester for all students.
 - We competed at Sabine Elementary with four other schools for a UIL Academic Meet, where we had many places and several first - third place teams!
- Sharon Keith, Elementary Counselor
 - This year, as always, our focus at the elementary school has been on Kindness. We have also talked about bullying and what to do if you are bullied or you see someone else being bullied. One of the favorite lessons for the kids was when I read "Coat of Many Colors," by Dolly Parton.
 - Another major topic we cover in every lesson is making good choices and learning about consequences when you don't make good choices.
 - I visit each classroom twice every month for 35 minutes.
 - In addition to that, I have 14 individual students I see for individual counseling. I meet with each of those students weekly for 20 minutes.
- Health and fitness report
 - Rafe Mata reported on boys and girls athletics with basketball beginning, and Spring sports beginning when we return from Christmas break. Additionally, golf has been added as a Spring sport option, and the track schedule will include two indoor meets.
 - Improving the baseball and softball fields is a priority from a safety standpoint. New racks have been added to the weight room, and additional support has been provided to improve the equipment available to students. Monitoring students' weight training and performance has been improved with the addition of a new software/app program for coaches and students to keep track of set completion and weight training goals. More TV monitors would be beneficial in the weight room for monitoring progress.
 - RMata reported that Coach Derrick, head athletic trainer and coordinator of the student training program, is doing an excellent job taking care of our student athletes. Additionally, he has physicals scheduled with Christus and plans to take students to the facility as a group to ensure our athletes all have the opportunity to be included in this service being provided at no cost.
 - RMata spoke about the nutrition plan for students who participate in summer workouts. They are provided with breakfast and lunch by the district, and the athletic department is working to get a cooler to have milk available for our students year-round.
 - RMata also listed as a district goal to increase our standing in the Lone Star cup, a compilation of points based on team performance in district and state championships including: Team Tennis, Cross Country, Marching Band, Military Marching Band, Volleyball, Robotics BEST, Football, Congress, Spirit, Swimming

& Diving, Mariachi, Film, Basketball, Robotics FIRST, Soccer, Academics, One-Act Play, Theatrical Design, Track & Field, Golf, Tennis, Softball, Baseball

- Safety update and report
 - Gwen Gilliam introduced and explained Annex H: Infections/ Communicable Disease. The annex addresses district planning for a communicable disease incident and establishes policies and procedures under which the district will operate in the event of such. Annex H was adopted by the SHAC committee.
 - Kevin Roy reported on the Emergency Operation Plan, along with information about the addition of RFID access to some exterior doors utilizing currently issued staff cards.
- Review/update of the district Wellness Plan
 - The committee reviewed, made no changes, and adopted the District Wellness Plan
- Meeting adjourned at 2:44 P.M.