



GRAHAM INDEPENDENT SCHOOL DISTRICT

SHAC Agenda

Date: 3/30/2021

1. Welcome
2. Procedures for adding items to the SHAC agenda
3. Update on Health Services
 - a. [GISD COVID Information](#)
 - b. District response to Gov. Abbott mask mandate being lifted
 - c. GHS graduation
 - i. Stadium
 - ii. Open seating
 - iii. Pursuant to changes in health guidelines
4. Real World day
 - a. April 30th, 2021
 - b. CPR training for all juniors and seniors
5. Update on Support Services
 - a. Cafeteria programs-Jodi Arispe
 - i. Federal programs expiring
 - ii. **Summer food programs**
6. GISD stakeholder survey
 - a. Survey of primary physical and mental health concerns facing our GISD students
 - i. Questions
 1. Anxiety issues from staff and students(grade level specific)
 - a. Do you consider yourself to be an anxious person?
 - i. Definition of anxious
 - ii. Use nervous instead of anxious
 - b. What causes you to be anxious?
 2. Relationship building/Belonging/staff confident
 - a. Do you feel you have a healthy relationship with a member of our school staff?
 - b. What is that person's primary job in GISD?
 - c. Do you feel like you belong at your school?
 - i. Definition of belong
 - ii. Do you feel like you are included/a part of the school?
 - d. What activities make you feel like you belong?
 - i. What activities/clubs are you a member of?
 - e. Family Issues-mistreatment, food insecurity, abuse
 3. Stress/Anxiety

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- a. What causes you the most stress in your home?
 - b. What causes you the most stress in school?
4. Depression/Anxiety at school
 - a. Do you ever feel depressed because of things happening at school?
 - b. What causes you to feel that way?
5. Physical Fitness
 - a. Are you aware of the benefits of getting 30 minutes of moderate exercise every day?
 - b. How are you getting exercise every day?
6. Food Insecurity/Knowledge of resources available
 - a. Do you or your family struggle with food insecurity?
 - i. definition of
 - ii. Do you and your family struggle with having enough food?
 - iii. Have dinner every night?
 - b. Do you know about local programs designed to help students and their families with food insecurity?
 - i. backpack buddies, food pantry, friendship meal, daily bread.
7. Backpack buddies-Use, reluctance, improvement
 - a. Definition of program
 - b. Do you use the backpack buddies program?
 - c. If you were to need the backpack buddies program, would you be reluctant to access those resources?
 - d. If you use the program, how could we improve the backpack buddies program?
8. Mentor Program-Virginia's house/GISD
 - a. Could you, or a member of your family benefit from having a member of the community as a mentor?
 - i. examples of what a mentor is/does

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