

## 2020-2021 SHAC Meeting 1 Minutes

November 17, 2020

### 1. Meet and Greet Introduction

Meeting started 2:02

Those present:

#### **CISD Staff:**

- \* DeAnna Brummett: HS Counselor (Ad Hoc)
- \* Dayna Gwaltney: Elementary Nurse, Nurse Coordinator
- \* Tomas Hipolito: Food Services Director
- \* Tamie Arnold: Elementary Counselor
- \* Jennifer Steadham: MS Nurse (Ad Hoc)
- \* Regina Stanley: HS Nurse (Ad Hoc)
- \* Josh Criddle: Campus officer (Ad Hoc)
- \* Jerry Adams (Ad Hoc)

#### **Community/Parents:**

- \*Randi West: parent (chair)
- \*Courtney Stensrud: parent (co-chair)
- \*Vickie Stuart: parent
- \*Aubrie Walker: Coalition Coordinator, Kendall County

Add On:

Sarah Womble: HS VP

### **2. Brief Overview about SHAC and how it is run at other districts and current programs**

The School Health Advisory Council (SHAC) assists the district in ensuring that local community values are reflected in the health education program. The council addresses the continued implementation of a coordinated health program including health education, physical education, health services, nutrition services, counseling, healthy school environment, staff health promotion and family/community involvement.

Specific duties of SHAC include but are not limited to recommending appropriate health education curriculum designed to prevent cardiovascular disease, obesity, and diabetes; instruction to prevent tobacco use; and appropriate grade levels and curriculum for human sexuality and abstinence education.

#### **A. Elementary School Programs**

- Safe side adult, stop the tricks- guiding lessons by CES counselor
- Good choices
- Food backpack program for kids to have food on the weekends
- Red Ribbon week- October drug free
- Parenting skills meeting
- Careers for you- 1 each semester, discussed CES counselor program and how it incorporates bringing local businesses in to discuss their job rolls. May discuss doing virtually this year.
- College Readiness- 1 each semester
- Paws for service pet therapy for life skills program- unable to present this year
- Rachel's Challenge/Bullying prevention- guiding lessons by CES counselor
- Shoe Blessing in February
- Pennies for Patients – underway now
- Individual Counseling
- Group Counseling- not this year
- Tai Chi- not this year
- Thanksgiving Program- Lutheran
- Christmas Program- Comfort Baptist, Helen's Children Lutheran, HTCT meals
- KC Club (kindness & Compassion)- not this year
- April- Abuse Awareness month w/CES guided lessons
- Maturation program for 5<sup>th</sup> grade (unable to present last year), may have to do virtual this year and catch up 6th grade when presenting to 5th grade
- Dental screenings by local volunteer dentists (unable to present last year and probably won't this year), may just have virtual dental hygiene programs
- State mandated vision, hearing, and acanthosis nigricans screenings- almost complete except a group that are virtual and did not show and some that were sent home to quarantine. Vision referrals pending send out waiting for reports for pre K and kinder. Sight savers assisted with photo screening since Lions club unable this year.
- Balancing food and play program for 3rd grade- Winfrey puts on
- Walk-a-thon- unable to put on this year
- DARE for 5<sup>th</sup> grade- plan to present in the spring and if unable will present 5th and 6th grade next year
- Bike Rodeo- unable to present last year and unsure for this year

#### **B. Middle School Programs**

- Red Ribbon Week - drug prevention and awareness
- "Break the Box" - bullying program

- "A Promise for Tomorrow" - awareness and prevention of youth suicide
- Sexting and Bullying program
- P.E. 'Health Word of the Day' to discuss mental and physical health
- P.E. Motivational Monday, to have motivational videos/ online speakers to speak with students.
- Aim for Success Program (every other year, had last year)

### **C. High School Programs**

- Teens in the driver's seat- will present in the spring
- Drugfreeworld.org ?
- Scared Straight program- still pending approval
- Shattered Dreams planned every 3 years- last presented spring 2019
- "When Sean Speaks" plan to present every 2-3 years (may go virtual)
- Video for binge drinking plan to show every 2-3 years
- State funded free meal program for all students (breakfast and lunch)
- In October, students wear orange for bullying prevention week.
- Dating violence- women's shelter presenting
- Joshua project for bullying every couple years
- Looking into a counseling program for drugs presented by Dr. Holly Robles
- Aim For Success Program (every other year, had last year)
- Promise for tomorrow- Suicide prevention to present in January
- Mental health/stress program for staff/students presented by MHDD

3. Staff Wellness/Organized Activities: Discussed current Steps challenge about complete and plan to do another step challenge along with biggest loser again after Christmas holidays.

4. Goals Discussion and Nomination of Chair and Co-chair council:

- Nominated Randi West for Chair, and Courtney Stensrud for Co-chair.

Goals discussed were

- anti bully-program
- having Tomas Hipolito, the Food Services Director, look into funding for growing a vegetable garden on school grounds
- having the students work on school pride by helping with school campus clean up
- Build school moral with school wide painting of rocks and having rock garden (second grade currently doing rock painting), painting a mural each student can help with and see if can get the assistance of the art teachers.
- discussed how district is handling COVID-19 situation

- discussed possibly adding “know safe websites, and known unsafe websites for children” to CES Newsletter and having educational program for parents regarding social media. New app kids are using is Frog what’s up friend
- Aubrey Walker discussed possibly going virtual with ‘When Sean Speaks’ program
- School wide attendance goals and if met offering prize/treat, will check with PTA to see if they are willing to assist with awards
- Student input on school programs and inviting students to assist with idea discussion with admin and SHAC
- State funded free meal program for all students on all campuses (breakfast and lunch) lasting until June 3, 2021

5. Dates of Future Meetings: December 15, 2020, via Zoom at 3:45pm.

6. Conclusion: Group encouraged to review programs and bring suggestions for programs to next meeting. Would like to invite NHS and NHJS students to contribute and add any suggestions for future meetings. Did meeting via Zoom this time during school hours, and plan to do next meeting via Zoom after school hours to see which best works for the majorities needs.

Meeting concluded at 3:10pm.