

2021-2022 SHAC Meeting Agenda

November 9, 2021

1. Meet and Greet Introduction

CISD Staff:

- * DeAnna Brummett: HS Counselor (Ad Hoc)
- * Dayna Gwaltney: Elementary Nurse, Nurse Coordinator
- * Jennifer Gundry: Food Services Director
- * Tamie Arnold: Elementary Counselor
- * Megan Novosad: Elementary P.E. Teacher
- * MS Nurse (Ad Hoc)
- * Henry Stiteler: MS Coach
- * Regina Stanley: HS Nurse (Ad Hoc)
- * Charlotte Kneupper: School Board member
- * Raul Gonzales: Campus officer (Ad Hoc)
- * Tucker Webb: Campus officer
- * Jerry Adams (Ad Hoc)

Community/Parents:

- * Vickie Stuart: parent, PT
- * Emma Eichholz: parent
- * Randi West: parent, Chair
- * Courtney Stensrud: parent, Co-Chair
- * Aubrie Walker: Coalition Coordinator, Kendall County
- * Tiffany Rust: parent
- * Misty Giles: parent
- * Melinda Avery: community, Hill Country Pregnancy Care Center

2. Brief Overview and roles and responsibilities of the SHAC and the legislative changes

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.

3. Current programs

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 year
- College Readiness- 1 each year
- Rachel's Challenge/Bullying prevention- guiding lessons by CES counselor
- Shoe Blessing in February
- Individual Counseling
- Group Counseling
- Thanksgiving Program- Lutheran
- Christmas Program- Comfort Baptist, Helen's Children Lutheran, HCTC meals
- KC Club (kindness & Compassion)
- April- Abuse Awareness month w/CES guided lessons
- Maturation program for 5th grade
- Dental wellness presentation
- State mandated vision, hearing, and acanthosis nigricans screenings
- Balancing food and play program for 3rd grade- Winfrey puts on
- Walk-a-thon
- DARE for 5th grade
- Bike Rodeo
- Fire Department Safety Presentation
- Mentoring (16 participants this year)
- Watch Dogs (Dads of Great Students)

B. Middle School Programs

- Red Ribbon Week - drug prevention and awareness
- Sexting and Bullying program
- Child advocacy of Kerrville is doing gender awareness during PE
- Aim for Success Program presented September 15th

C. High School Programs

- Teens in the driver's seat
- Drugfreeworld.org
- Scared Straight program- still pending approval
- Shattered Dreams planned every 3 years
- "When Sean Speaks" plan to present every 2-3 years
- Video for binge drinking plan to show every 2-3 years
- In October, students wear orange for bullying prevention week.
- Dating violence- looking for presenter
- Joshua project for bullying every couple years
- Looking into a counseling program for drugs presented by Dr. Holly Robles
- Aim For Success Program presented September 15th

4. New programs

- Character education program
- Drug Free Comfort

5. Wellness initiative

6. Flu Shot Update – provider unable to come in Oct/Nov; will plan to provide this again for next school year

7. Dates of Future Meetings

December 14th
February 8th
April 12th

8. Conclusion