

2021-2022 SHAC Meeting Minutes

November 9, 2021

1. Meet and Greet Introduction- meeting started 4:00

Members present:

CISD Staff:

- * DeAnna Brummett: HS Counselor (Ad Hoc)
- * Dayna Gwaltney: Elementary Nurse, Nurse Coordinator
- * Jennifer Gundry: Food Services Director
- * Tamie Arnold: Elementary Counselor
- * Henry Stiteler: MS Coach
- * Regina Stanley: HS Nurse (Ad Hoc)
- * Charlotte Kneupper: School Board member
- * Jerry Adams (Ad Hoc)

Community/Parents:

- * Vickie Stuart: parent, PT
- * Randi West: parent, Chair
- * Courtney Stensrud: parent, Co-Chair
- * Aubrie Walker: Coalition Coordinator, Kendall County
- * Misty Giles: parent

Also present: Angie Westerfield

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.

New laws include recording and posting the recording on the district website along with a copy of the minutes. Posting agendas prior to the meetings. May consider fewer

meetings than the required 4 per year since the district is a district of innovation as Johnson City did.

School Health Advisory Council

Policy FFA (LOCAL)

Wellness Plan

- The SHAC shall review and consider evidenced-based strategies and techniques and shall develop nutrition guidelines and wellness goals.
- The SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals including:
 - Strategies for soliciting improvement by and input from persons interested in the wellness plan and policy
 - Objective, benchmarks, and activities for implementing the wellness goals
 - Methods for measuring implementation of wellness goals
 - The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus
 - The manner of communicating to the public applicable information about the District's wellness policy and plan
- The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary
- Implementation – the District nurse shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures

3. Current programs

A. Elementary School Programs

- Safe side adult, stop the tricks- guiding lessons by CES counselor such as not answering the door when home alone and not talking to strangers
- Good choices-lessons on character traits
- 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 for setting goals for the littles, third grade Texas genuine, different form for 4th, and fifth grade budget building
- College Readiness- 1 each year in the spring to introduce different universities on college board
- Rachel's Challenge/Bullying prevention- guiding lessons by CES counselor
- Shoe Blessing in September
- Individual Counseling

- Group Counseling
- Thanksgiving Program- Lutheran/HCTC provide 10 meals
- Christmas Program- Comfort Baptist, Helen's Children Lutheran, HCTC meals
- KC Club (kindness & Compassion) bully prevention Ambassadors on campus report and meet Fridays
- April- Abuse Awareness month w/CES guided lessons
- Maturation program for 5th grade-last year caught the class up that missed due to covid
- Dental wellness presentation- will probably remain dental hygiene presentations and no longer screenings
- State mandated vision, hearing, and acanthosis nigricans screenings-performed and sending second referral out
- Balancing food and play program for 3rd grade- Winfrey puts on
- Walk-a-thon will be put on by PTA again this year
- DARE for 5th grade presented and graduation fixing to take place. Need to have program for 6th grade since did not get presented due to covid. Aubrie Walker with Kendall County Coalition said they have a free curriculum presented by Clair O'Brien that is 10 weeks long and covers social and emotional feelings, goal setting, identifying and managing emotions, peer pressure, and substance abuse.
- Bike Rodeo not sure if presenting this year
- Fire Department Safety Presentation presented
- 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 hasn't presented in a long time
- Drugfreeworld.org there were announcements each day for red ribbon week and short videos presented
- Scared Straight program- has yet to be presented, no known status update
- Shattered Dreams planned every 3 years and has been discussed for this year
- "When Sean Speaks" plan to present every 2-3 years and has been 3 years
- Video for binge drinking plan to show every 2-3 years and would like to present again this year. Video put on by family of a girl who passed away from binge drinking

- In October, students wear orange for bullying prevention week. Rachel's challenge was presented. Positive message board for students on wall.
- Dating violence- Women's Shelter came in last year for 4 weeks in a row and would like to have them come in again this year.
- Joshua project for bullying every couple years and was presented last year
- Looking into a counseling program for drugs presented by Dr. Holly Robles
- Aim For Success Program presented September 15th. Law changed from opting out to opting in which prevented participation and may need to discuss for future presentations.
- Comfort Way Awards are character awards presented once a month to outstanding students.

4. New programs

- Character education program- SHAC can help with character education that is a new policy that must include positive character education traits for courage, trustworthiness, integrity, respect and courtesy, responsibility, fairness, caring, good citizenship, school pride, and gratitude.
 - Drug Free Comfort- programs presented at school and in the community bringing awareness of drug trafficking on IH 10 and also the types of drugs. Touched on sex and human trafficking.
 - Middle School PE coach, Coach Stiteler mentioned a program called Value Up that is done by the teachers followed by a counselor and/or speaker that is about weekly lessons on suicide, dating violence and then by week 3 a team building activity for the entire school. It helps get gets to see the value in themselves, others, and the community. Mrs. Brummett will look into the program.
 - Parent asked if the school does recycling yet none being done that anyone is aware of and would have to check into the guidelines for recycling items and condition of.
5. Wellness initiative- a wellness committee has been developed and coming up with some new challenges that will be coming for prizes and drawings.
6. Flu Shot Update – provider unable to come in Oct/Nov; will plan to provide this again for next school year
7. Concern brought up regarding kids buying 4 plus bags of chips or cookies and eating them for lunch and not eating foods with nutritional value. Food services will look into the policies for nutritional eating encouragement and enforcement.
8. Dates of Future Meetings

December 14th

February 8th
April 12th

9. Conclusion- meeting concluded at 5:10. Aubrie will get more information on the program for the 6th grade class and will follow up with SRO Webb regarding status of DARE. Mrs. Brummett will get more information on Value Up program. SHAC will have an involvement in character education program ideas and district wellness plan review. Food services will look into the policies for healthy nutrition encouragement and enforcement.