

SHAC Meeting  
February 16, 2017  
4:45-6:15  
Health Services/Employee Wellness Committee  
Minutes

Members Present:

Stephanie Campbell  
Kathy Tolbert  
Kandace Morgan

Jessica Johnston  
Mirna Murad  
Kristi Shultz

Minutes of the last meeting were reviewed and approved from the November 10, 2016, meeting.

The Committee was informed that Pablo Monroy has taken a position at a church in Houston and will no longer be involved in Frisco ISD SHAC. Kristi Shultz volunteered to be our Digital Media Person.

Kathy Tolbert reported that the vaccine clinics conducted throughout Frisco ISD were very successful this year. North Texas Flu Shots gave 4,563 flu vaccines and 1,298 other vaccines for a total of 5,861 vaccines given to students, staff and families. We have set a goal to increase this number next year by using PSA's at school events and social media to promote the FIRD vaccine clinics.

Kristi Shultz reported on information she had received from high school nurses about employee wellness programs that were being conducted on their campuses. She said the nurses stated that they had little participation from staff, usually about 20 of over 100 staff participate and staff cited not wanting to share personal information or provide information online as the main reasons for not participating.

Cari Owens sent the information she had gathered regarding the middle school wellness challenges. Several schools had health challenges that involved overall health and wellness. Many schools had challenges that centered on walking or step challenges. Some had measured off hallways and paths around the school so staff would know how far they had walked.

Mirna Murad explained about a successful step challenge they were conducting at Norris where the staff worked in teams and gained team rewards. Some of the elementary schools have had step challenges among several schools where they compete against each other.

Kathy Tolbert reported that the schools that had the largest participation in the Go Red campaign, had the best incentives (more days to wear jeans and red shirt).

The Committee decided in order for challenges to be successful, that team centered challenges worked best, there needed to be incentives, and that simple challenges that improved healthy habits and awareness should be the focus.

The Committee will work to develop a list of wellness challenges that campuses can choose from which would include details on how to run the challenges, videos and incentives. We will tie these challenges to the monthly health awareness topics where appropriate.

The Health and Employee Wellness Committee will also work with the other committees who are looking at an award system for campuses to make sure the criteria include an Employee Wellness component.

Next meeting:

Thursday, April 20, 2017

4:45-6:15 pm

CTE Center

School Health Advisory Council Meeting  
Counseling & Psychological Services/Social & Emotional Committee  
February 16, 2017 4:45 – 6:15 PM

Present: James Caldwell, Patti Wilson, Debbie Weisenbeck, Amy Kreins, Alka Jwala, Vikas Amara, Josh Rubio, Axum Taylor

James Caldwell shared the results of the Staff Survey highlighting the areas where staff stress is high. One area with high results was the question related to stress caused by not having enough time to get everything done (46.41% marked a lot of stress on this question). Committee discussed how survey results will be used to address the stress and anxiety experienced by educators; The Happiness Challenge based from Shawn Achor's research is designed to provide FISD educators with healthy ways to cope with stress and anxiety. The Happiness Challenge, which will take place in April, will encourage campuses to address stress and anxiety during their March Staff Meeting. FISD is also taking The Happiness Challenge to the community by meeting with PTA groups, faith-based leaders, and health and wellness entities.

James Caldwell shared the results of the 8<sup>th</sup> and 11<sup>th</sup> grade Safe Schools Surveys. He reaffirmed that students learn best if social/emotional needs are met per Maslow's Hierarchy of Needs. Surveys reveal that students feel stressed due to grades; those reporting C's and F's reveal a higher possibility for depression and are less likely to be involved in extracurricular activities, less likely to say they have a positive relationship with an adult at school, more likely to say that students at school do not treat each other fairly, and more likely to say that they do not feel like they belong at school. Survey results reveal that students in extracurricular activities tend to make better grades, enjoy school more, have more friends, feel more capable, feel more respected, be more optimistic, have more positive views of the school, feel safer and less likely to use drugs than students who are not involved in extracurricular activities. However, students in 3 or more extracurricular activities begin to show signs that the pressure might be getting to them. Percentage of students who know how to report decreased significantly due to the elimination of the Frisco ISD app; advertising is needed for the [www.choosetocare.com](http://www.choosetocare.com) reporting method.

Josh Rubio, Liberty student ambassador, and Vikas Amara, Heritage student representative, shared a few ideas for addressing stress in the classroom. Mr. Caldwell suggested that the student ambassadors create a classroom meeting to address student and teacher stress. Other ideas shared by committee members were helping others focus on what a person can control versus what a person cannot control, asking staff to brainstorm healthy ways for individuals to cope with daily stressors, providing brain breaks in schools for staff and students to meditate, and getting The Happiness Challenge out among the community.

Committee members had questions about the Ambassador program; Mr. Caldwell explained the purpose of the program and the qualifications needed to become an ambassador. It was determined that we need to do a better job of advertising the Ambassador program on the individual campuses. Student representatives suggested that a video about the Ambassador program would be most effective. Josh Rubio shared a project at Liberty for helping others experience gratitude; a bulletin board

was created with sayings such as “You’re smile made my day” with instructions for individuals to take what you need and pass it on. Staff and students are encouraged to post notes for others to take with the idea that the board will recycle itself.

Vikas Amara reported the Counseling & Psychological Services/Social & Emotional Committee findings to the other SHAC committees.

Next meeting on April 20, 2017 at the CTE Center, C105 & C106 4:45 – 6:15 PM

## **Notes from the School Health Advisory Council meeting on February 16, 2017**

4:45 – Meeting was called to order.

4:50 – The committees went off to work separately.

5:45 – James Caldwell discussed “The Happiness Challenge” that the community will be doing in April.

5:50 – The Council came back together and each committee reported what they were working on. The other committees were given the opportunity to comment or ask questions of the reporting committee.

6:08 – Meeting was adjourned.

## Notes from February 16, 2017 Family Engagement and Community Involvement committee meeting

Members present:

Brenda Berry  
Karen Kaighan  
Myrna Rodriguez  
Tonya Rajabi  
William Solari

### **Public Service Announcements**

- The committee watched the two Public Service Announcements (PSAs) that have the Frisco I.S.D. banner at the beginning and the end.
- The committee previewed three PSAs from SAMHSA and decided to have the Frisco I.S.D. banner placed on all of them.
- The recommendation is to send only the “Mom’s Thoughts” and “Talk. They Hear You” spots to the Cinemark Frisco Square theatre.
- The committee wants the PSAs to be shown during weekly TV broadcasts time on campuses.
- The PSAs will begin to be shown prior to various district events.

### **Inserts for Programs at Fine Arts Events**

- The committee is trying to obtain a sample of the insert from J.J. Pearce high school.
- The design will be a half sheet, front and back printing.
- The information will be parent focused and attempt to take the stigma off of mental health issues.
- Topics will include: Health & Wellness, Nutrition, Substance Abuse Prevention, Parenting Tips, Stress Relieving Tips, and Behavioral Health as well as others
- The information will include websites where parents can find more information on the topic.
- The leaflets will also advertise upcoming district events pertaining to health and wellness.

### **Update on Social Media and Technology**

- Twitter, the district website, Facebook page, and print advertising was used to promote the latest parenting series “The Price of Privilege”
- The event had approximately 350 attendees, when previous ones had between 75-100 attendees
- The presentation can be viewed on the website and as of February 13<sup>th</sup> it had been viewed 275 times.
- Although there is no direct evidence that social media and marketing was the reason for the increased attendance at the event, the committee unanimously voted to continue using these mediums to advertise district events.

### **Ideas for next year**

- The committee discussed ways to transition from the current year to next year so that the momentum and ideas of this year’s committee will not be slowed down.

- The following ideas were discussed as potential projects for 2017-2018
  - Parent University Program – based upon PREP (Parent Resource Empowerment Program) University Family Workshop Series. This appears to be similar to the Student and Parent Empowerment Program and there might be some cross-marketing that could be done.
  - Having classroom meetings with Orchestra, Band, Athletics and other organization regarding healthy relationships, substance abuse prevention, and other topics given by district counselors.
  - Trying to promote more clubs on campuses that focus on Health and Wellness issues.
  - Utilizing the Student Ambassadors on campus to assist in meeting the students where they are and increase exposure and knowledge to issues relating to health and wellness.

William Solari reported the discussion to the Student Health Advisory Council.

Next meeting: April 20, 2017 at Career and Technology Education Center located at 9889 Wade Boulevard from 4:45 to 6:00.