

SHAC Meeting
April 20, 2017
4:45-6:15
Health Services/Employee Wellness Committee
Minutes

Members Present:

Stephanie Campbell
Kathy Tolbert

Jessica Johnston
Hannah Thomas

Kandace Morgan

Minutes of the February 16, 2017, meeting were discussed and no changes were suggested.

The list of Health and Wellness Challenges (attached) that will be shared with campuses was discussed and additions made. Jessica Johnston questioned how this list and the goal that all campuses complete at least one wellness challenge next year would be communicated to the campuses. How and when this will occur will be clarified with Mr. Chandler.

The Committee also discussed incentives that could be used to encourage Friday attendance since this is the day of the week with the highest staff absenteeism. The suggestions were as follows:

1. Have PTO/PTA only provide Teacher Appreciation luncheons or treats on Fridays.
2. Announce any attendance rewards that will be given at the end of the year, early in the school year.
3. Provide lunch or donated gift cards for staff members who do not miss any days during a specified period, every 6 or 9 weeks, or monthly.
4. Recognize staff for perfect attendance at faculty meetings or display their pictures in the workroom or another prominent place.
5. Give a jeans pass for perfect attendance each month.

The Health Services/Employee Wellness Committee would like to expand the health observances that are currently promoted on the campuses. The Committee felt like there should be a health topic or observance each month. The thought is that the campus Wellness Committee and School Nurse will collaborate on these promotions. The observances that will be promoted next year are as follows:

1. August --- National Immunization Awareness Month
2. September – Flu Vaccine Promotion
3. October – Breast Cancer Awareness, Flu Vaccine Promotion
4. November – Men’s Health (No Shave November), Flu Vaccine Promotion
5. January – Schedule a Physical Exam
6. February – Heart Month, National Wear Red Day (Check BP, give a jeans pass)
 - i. Set a goal to measure success, i.e. percent of staff who check BP per campus
7. March – National Nutrition Month, National Poison Prevention Week, National Colorectal Cancer Month, Spring Clean Your Medication Day
8. April – Child Abuse Prevention Month, World Health Day
9. May – Sun Safety, Melanoma Awareness Month, Skin Cancer Prevention/Detection Month, Heat Safety

The goals for next year will be to get donation sources set up with local businesses for incentives and passes to health and fitness centers; to work with the Council of PTA’s in promoting health and wellness on the campuses; and to get campus administrators on board with promoting health and wellness.

Student Health Advisory Committee
Counseling and Psychological Services/Social & Emotional Climate Sub-Committee
Thursday, April 20
4:45 PM @ CTE Center

Attendees: James Caldwell, Patti Wilson, Alma Campo, Lisa Putnam, Irene Little, Sunitha Cheruva, Janet Beeler, Amy Kreins, Debbie Weisenbeck, Josh Rubio, Axum Taylor

Committee reviewed items completed for the year:

Campuses in FISD were challenged to have students and staff participate in the Happiness Advantage Challenge by showing gratitude (writing down three things you are thankful for each day); journaling (writing about something positive that has happened in the past 24 hours); displaying acts of kindness (sending an email or text thanking or praising someone in your social support network); exercising (10 minutes per day); and mediating (5 minutes per day to give your mind a break). Many campuses provided incentives for staff participation such as jeans days, gift cards, and food items. Channel 5 aired a story on the FISD Happiness Challenge, FISD Communications Department promoted the Challenge, and one of the Frisco papers included an article about the Challenge. The Challenge was promoted as a school district and community event. Independence High School, Scoggins Middle School, and Pink Elementary utilized a pre-and post-test to evaluate levels of happiness; schools that had the most success provided time to participate during the day, for example writing assignments during ILA or English classes. Also, the schools where principal involvement was high also had a higher participation.

Josh Rubio stated that he and a peer are sending grateful notes to other students who will be attending his college choice, and many have shared how impactful the notes have been. His testimony is proof that gratefulness can create change in attitudes and improve positive thinking.

Committee members discussed ideas for next year:

Making the Happiness Challenge an annual event, but moving it to the fall semester with follow up activities continued throughout the year. The Happiness Challenge is about changing a culture; and with affecting mindfulness positivity, anxiety and stress among staff and students can be reduced.

Suggestions for community involvement next year included asking Frisco Style to write an article about the event, using social media to share positive messages, utilizing business sponsors to assist schools, and implementing a reward system for those who participate (ice cream days, motivational speakers).

James Caldwell shared the purpose of the Whole Child Committee on each campus and explained that prevention is provided through classroom meetings. Students shared that learning is more impactful when hearing from peers rather than bringing in motivational speakers.

Each sub-committee shared a synopsis of accomplishments and future goals.

The timeline for applying to participate on next year's SHAC Committee was shared with members; it is hopeful that many of the current members will return to provide consistency.

Notes from the School Health Advisory Council meeting on April 20, 2017

4:45 – Meeting was called to order.

4:50 – The committees went off to work separately on their own agenda items.

5:45 – James Caldwell discussed some highlights of the “The Happiness Challenge” that the school district took participated in.

5:50 – Each committee discussed what they are currently working on and a recap of their accomplishments for the year.

6:10 – William Solari thanked each member for their time and effort over the past year. He also discussed the process for being on the council next year.

6:14 – Meeting was adjourned.

Notes from April 20, 2017 Family Engagement and Community Involvement committee meeting

Members present:

Brenda Berry
Ashley Martin
Myrna Rodriguez
Tonya Rajabi
William Solari
Mark Vowell

Public Service Announcements

- The PSAs will begin to run at the Frisco Square Cinemark Theater on April 28th through May 21st.
- The PSAs will be shown prior to district events.

Inserts for Programs at Fine Arts Events

- William Solari and Vanessa Sanford are going to work this summer to create the inserts for the Fine Arts Events.
- The design will be a half sheet, front and back color printing.
- The committee came up with the following topics to be discussed on the inserts:
 - Cyber safety
 - Wellness/Nutrition/Self-care
 - Anxiety/Stress reduction
 - Balancing schedules
 - Social/Communication skills
 - Coping skills for adults and children
 - Environmental issues
- Each section will have current information on a topic as well as resources the reader can look up for more information.
- The information will be for both parents and students.

Ideas for next year

- The committee believes that the following topics are what should be the focus for the 2017-2018 school year:
 - Communication on an individual basis to the parents needs to be improved. Parents said that the flow of information from their student's campus is inconsistent and it is the format that they pay most attention to.
 - If there could be an email once a month that discusses upcoming events from central office that home campus principals send out, this may be effective.
- Gather a list of places where families can volunteer here in Frisco to help the community.
- Take the Bright Buddies reading program and expand it to other schools in the district. Increase the number of reading volunteers to include NHS sponsors, student ambassadors and other student leadership organizations.

- Continue to decrease the stigma of mental illness in the community by educating parents with statistics and facts from here in Frisco. Work with counselors and therapists to tell parents what the common trends are in the mental health of F.I.S.D. students and provide different strategies to assist with these issues.

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