

FISD School Health Advisory Council (SHAC)

Meeting Minutes for Thursday, September 20, 2018

The SHAC meeting was called to order on Thursday, September 20, 2018 at 4:51pm at the FISD Administration Building Training Rooms by Allison Ginn, World Languages Coordinator / K-12 PE and Health Coordinator.

Attending: Noor Anjum, Adam Annaccone, Jyothika Annareddy, Cyndi Arakas, Gretchen Bell, James Caldwell, Stephanie Campbell, Lara Cline, Angela Dunford, Leeba Forooqi, Shane Gilmore, Carole Gilmore, Allison Ginn, Rosa Emma Gonzalez, Andrea Griffith, Annette Hamel, Mary Hewlett, Jaanhavi Honnavalli, Lisa Jenkins, Amy Kreins, Kevin Mechenbier, Laura Lee McLeod, Elma Montenegro, David Moon, Mirna Murad, Sean Oschmann, Dawnmarie Schneider, Lila Shah, Deborah Shaytar, Katherine Smith, Melanie Smith, William Solari, Kathy Tolbert, Lisa Vernon, Debbie Weisenbeck, Mikka Wright and Karen Young

Mrs. Ginn welcomed all of the members and introduced herself, Cyndi Arakas - Healthy Lifestyles Chair for FISD Council of PTAs and Co-Chair of SHAC as well as Monica Johnson who was not able to be present.

SHAC Information and Orientation Given By Allison Ginn.

Introductions of Sub Committees:

- 1) Committee 1: Health & Physical Education/Nutrition/Physical Environment/Governance
 - a) Leaders: Allison Ginn and Lisa Jenkins
- 2) Committee 2: Family Engagement/Community Involvement
 - a) Leaders: William Solari and Stephanie Cook
- 3) Committee 3: Healthy Services/Employee Wellness
 - a) Leaders: Stephanie Campbell and Kathy Tolbert
- 4) Committee 4: Counseling and Psychological Services/Social and Emotional Climate
 - a) Leaders: James Caldwell and Melanie Smith

Allison Ginn introduced Lisa Vernon who gave an overview of Game Pink and showed a video. Support of the National Breast Cancer Foundation at the Dr. Pepper Center. FISD partnering with the Frisco Chamber of Commerce.

Lisa Vernon also spoke about the Parental Involvement Conference in December.

Allison Ginn spoke about the FISH Fair being organized in the Spring. Date TBD.

Allison Ginn also spoke about Structured Brain Breaks. Showed Video of Structured Brain Break at Pink Elementary.

Overview of Breakout Sessions:

- Team Drive (Google) for all electronic documentation
- Review Norms
- Define Roles
- Needs Assessment
- Strategic planning
- Plan of Action

At 5:12 broke out into Sub Committees. Meeting notes for sub committees were recorded by the sub-committee secretaries.

At 6:06 the Sub Committees came back to share goals for the 2018-2019 year.

Sub Committee Reports:

Committee 1: Health & Physical Education/Nutrition/Physical Environment/Governance

- Community/District Wide Health/Wellness Fair
 - Stand alone or in partnership with FISH Council of PTAs
- Structured Brain Breaks - Collect information to support the evaluation of Structured Brain Breaks District Wide

Committee 2: Family Engagement/Community Involvement

- Best means of communicating events (Websites, social media, etc)

Committee 3: Healthy Services/Employee Wellness

- Flu Shots Clinics - Marketing
- Employment Wellness - Ideas for Employment Wellness
 - Communication the Employment Benefits
- Wellness Newsletter

Committee 4: Counseling and Psychological Services/Social and Emotional Climate

- How to Bring Schools Together
- How to Support High Schoolers

Spin the SHAC Wheel

4 winners were awarded door prizes

Our next meeting will be Thursday November 8, 2018 at FISD Administration at 4:45pm.

The meeting was adjourned at 6:20pm.

-Cyndi Arakas, SHAC Co-Chair