

FISD School Health Advisory Council (SHAC)
Meeting Minutes for Thursday, November 9, 2017

The SHAC meeting was called to order on Thursday, November 9, 2017 at 4:55pm at the FISD Administration Building Training Rooms by Chairman Monica Jackson, Director of Elementary Student Services.

Attending: Lynell Addis, Noor Anjum, Christy Argo, Janet Beeler, James Caldwell, Stephanie Campbell, Theresa Denton, Leeba Farooqi, Mirna Murad-Ghandour, Carol Gilmore, Allison Ginn, Rosa Gonzalez, Maria Heldman, Jaanhavi Honnavali, Monica Jackson, Lisa Jenkins, Jessica Johnston, Cindy Kindsvater, Amy Kreins, Mariele Landrom, Madeleine Lelmini, Kandace Morgan, Lisa Putnam, Laura Rose, Jillian Smith, William Solari, Kathy Tolbert, Lisa Vernon, Neil White, Patti Wilson, Cara Yeates, Roy Keiningham, Elaine Keiningham, Timothy Keiningham, Judy Ramey

Ms. Jackson welcomed all of the members.

Ms. Ginn explained the Google Team Drive SHAC 2017-2018. SHAC Goals form was reviewed.

Overview of Breakout Sessions:

- Review Norms, Roles and Documentation
- Create a PLAN of ACTION using established committee goals

At 5:05 broke out into Sub Committees. Meeting notes for sub committees were recorded by the sub-committee secretaries.

At 5:45 the Sub Committees came back to share .

Sub Committee Reports:

- 1) Counseling and Psychological Services/Social and Emotional Climate
 - 5 Goals established
 - 2 will be easily attainable
 - 3 will take more work
 - Will be asking for help
 - 1st goal is focusing on Health and Mental Illness
 - Family and community involvement needed

- 2) Healthy Services/Employee Wellness
 - Flu Clinics
 - January will be a Boosters Clinic for staff. Flu vaccine will be available too.
 - Passport Health will show the #s.

- Looking at how to promote more
 - Resources include
 - HL Chair
 - Social Media
 - PTA in general
 - Include HS students
- Team up with American Heart Association for CPR promotion
 - Phys Ed committee
 - Health Fair demos?

3) Family Engagement/Community Involvement

- Focusing on how to decrease stress/anxiety
- Last year they did Happiness Challenge.
- February 2018 Topic will be Boundaries
 - Boundaries could be around:
 - Perfectionist issues
 - Overloading
 - Cell phone use
 - There will be different activities per day like Red Ribbon Week.
 - Working on how to get the message out to all
 - Talk and educate
 - Elementary schools
 - Restaurants

4) Health & Physical Education/Nutrition/Physical Environment/Governance

- Only discussed 1 goal this time
 - Community/District Wide Health/Wellness Fair
 - Small scale in April with PTA Vendor Fair
 - Fall Event in 2018
 - Ideally at Ford Star with Cowboys
 - Include Medical City, District Flu Clinic, CPR demo?

Spin the SHAC Wheel

4 winners were awarded door prizes

Our next meeting will be Thursday February 15, 2018 at FISS Administration at 4:45pm.

The meeting was adjourned at 6:02pm.

-Laura Rose, SHAC Co-Chair