

FISD School Health Advisory Council (SHAC)
Thursday, September 19, 2019

AGENDA

Welcome from FISD

Attendees:

Angie Williams, Amie Carlisle, Angela Dunford, Anthony Attanasio, Deborah Shaytar, Dima Turkmani, Jairus Elsbury, James Caldwell, Jennifer Stringfellow, Karen Young, Katherine Smith, Laura Lee McLeod, Lisa Jenkins, Melissa Ellis, Meredith Honea, Pam Orr, Pamela Blair, Rhonda Curtright, Shara Cooper, Stephanie Campbell, Stephanie Keeler, Taylor Haney, Zach Jones

SHAC Information and Orientation

Introduction of Sub Committees

- Committee 1: Health & Physical Education/Nutrition/Physical Environment
Leaders: Lisa Jenkins and Laura Lee McLeod
- Committee 2: Family Engagement/Community Involvement
Leaders: Angie Williams and Ann Nickel
- Committee 3: Health Services/Employee Wellness
Leaders: Stephanie Campbell and Kathy Tolbert
- Committee 4: Counseling & Psychological Services/ Social & Emotional Climate
Leaders: James Caldwell and Melanie Smith

Hot Topics

-Wellness Fair- April 11 or April 18 which of these dates would we like to choose? These dates were chosen because they do not conflict with nor fall near testing. The committee chose April 18th, as April 11th is the same weekend as Easter.

-Wellness guidelines will be updated by the Health and Physical Education committee this school year. Updates will be provided to the SHAC committee as the subcommittee works toward completing the guidelines document.

-Dr. Shannon Keleher- Frisco Parks and Rec Director. This is an opportunity to become involved with this city/department initiative. Interest should be directed directly to Dr. Keleher through the contact info provided. Training session will be offered for interested community members who would like to be a "play facilitator". Contact information was provided on the last slide of the presentation. Melissa to send the powerpoint out to the SHAC committee.

Norms/Roles

-Each committee developed their norms and designated roles.

SHAC Sub Committee Work

SHAC Wrap-up Session

- Committee 1: Health & Physical Education/Nutrition/Physical Environment
 - Wellness guide- short, easy to read, aligned with state law. Needs to be aligned with but not redundant with what is in our student handbook.

- Committee 2: Family Engagement/Community Involvement
 - Parental awareness of suicide awareness, warning signs, and resources that are easily accessible to families.

- Committee 3: Health Services/Employee Wellness
 - Discussing ways to get staff to find healthy ways to eat and exercise outside of school. Look at making potluck meal days more healthy. What can we do to get the knowledge to teachers- movement challenges to send to the schools for ideas for staff.

- Committee 4: Counseling & Psychological Services/ Social & Emotional Climate
 - Continue current anti-vaping plan started last year for MS and HS.
 - SB 11- Digital Citizenship- we are already doing some things, but what does this new law requires us to do district wide.
 - Student Ambassadors Class- board recommendation? Independence and Heritage already have these classes.
 - Fight the new drug- along with the science of well being- wouldn't it be wonderful to have a class like this that addresses the science behind unhealthy choices and how they physiologically change the brain.

Spin the SHAC Wheel

Thank you and Adjourn

Future Meetings:

Thursday, November 7, 2019 at Fisd Administration

Thursday, February 20, 2020 at CTE Center

Thursday, April 23, 2020 at CTE Center