

# 2018-2019 SHAC Meeting Minutes

November 5, 2018

## 1. Meet and Greet Introduction

Meeting started at 3:47

Members present:

### **CISD Staff:**

- \* DeAnna Brummett: HS Counselor (Ad Hoc)
- \* Dayna Gwaltney: Elementary Nurse, Nurse Coordinator
- \* Tomas Hipolito: Food Services Director
- \* Tami Arnold: Elementary Counselor
- \* Jennifer Steadham: MS Nurse (Ad Hoc)
- \* Regina Stanley: HS Nurse (Ad Hoc)
- \* Charlotte Kneupper: School Board member
- \* Tucker Webb: Campus officer (Ad Hoc)
- \* Katherine Kuenstler (Ad Hoc)

### **Community/Parents:**

- \* Vickie Stuart: parent, PT
- \* Emma Eichholz: parent
- \* William Butler: parent, PA
- \* Brenda Govea: parent, nurse
- \* Kassidy Copell: parent

Also present:

- Liane Vasquez: Department of Health, Boerne

## 2. Brief Overview about SHAC and current programs

The School Health Advisory Council (SHAC) assists the district in ensuring that local community values are reflected in the health education program. The council addresses the continued implementation of a coordinated health program including health education, physical education, health services, nutrition services, counseling, healthy school environment, staff health promotion and family/community involvement.

Specific duties of SHAC include but are not limited to recommending appropriate health education curriculum designed to prevent cardiovascular disease, obesity, and diabetes; instruction to prevent tobacco use; and appropriate grade levels and curriculum for human sexuality and abstinence education.

### **A. Elementary School Programs**

- Bullying prevention- guiding lessons by CES counselor
- Safe side adult, stop the tricks- guiding lessons by CES counselor
- DARE for 5<sup>th</sup> grade
- Good choices
- Bike Rodeo
- Walk-a-thon
- Food backpack program for kids to have food on the weekends
- Maturation program for 5<sup>th</sup> grade
- Dental screenings by local volunteer dentists
- State mandated vision, hearing, and acanthosis nigricans screenings completed for 2018-2019 school year pending referral results.
- Balancing food and play program for 3rd grade
- Red Ribbon week- promoted 2 weeks ago
- Parenting skills meeting
- Careers for you
- College Readiness
- Paws for service pet therapy for like skills program

### **B. Middle School Programs**

- Red Ribbon Week - drug prevention and awareness- presentation for drug and alcohol done by SA council and will be holding 4 more presentations including goal setting, managing emotions, decision making, and peer pressure.
- "Break the Box" - bullying program and Child advocacy of Kerrville is doing gender awareness during PE- presenter cancelled and rescheduled a lot last year and do not anticipate program this year.
- "A Promise for Tomorrow" - awareness and prevention of youth suicide was done a couple years ago. Not currently scheduled for this year. Did not cover sexual harassment.
- Sexting and Bullying program- SA council will cover this year
- Aim for success program last year for sex ed. Open to suggestions for this year.

### **C. High School Programs**

- Teens in the driver's seat
- Drugfreeworld.org
- Scared Straight program- still pending approval
- Shattered Dreams planned every 3 years- will present this year

- “When Sean Speaks” plan to present every 2-3 years- will present next year
- Video for binge drinking plan to show every 2-3 years and planned for this year
- In October, students wear orange for bullying prevention week. Short videos were also shown during this week on harassment.
- Dating violence- Women’s shelter put on a couple classes last year and was successful and would like to have them present again.
- Joshua project for bullying every couple years- pending approval
- Looking into a counseling program for drugs presented by Dr. Holly Robles
- College career day
- TEA required program for officer interaction will include 2 day program first day video and second hands on with an officer.

### 3. Rachel's Challenge-Anti Bullying Program

A presentation will be presented on each campus regarding harassment in the month of November.

### 4. Goals Discussion and Nomination of Chair and Co-chair council

Parent member Vickie Stuart asked if “Stop the Bleed” training provided to teachers. Katherine Kuentler took notes to check into training.

Possible program need includes sexual harassment.

Discussed David’s Legacy Foundation and the reporting system app campus eye as a possible program.

No parent volunteers to head the SHAC council.

### 5. Dates of Future Meetings

December 10, 2018 at 3:45

### 6. Conclusion

Current programs reviewed and David’s Legacy and Stop the bleed programs mentioned to possibly introduce, and Rachel’s Challenge will be introduced this year along with TEA videos required on how to react with an officer. Group encouraged to review programs and bring suggestions for programs to next meeting.

Meeting concluded at 4:19