

Houston ISD School Health Advisory Council (SHAC) Meeting Agenda			
Location:	<a href="#">Virtual Meeting Teams Meeting</a>		
Date:	October 1, 2024		
Time:	5:30PM – 7:30 PM		
Attendance:	Parents	Community	District
	Rosangella Espinosa	Kim Lopez John Reyes Michelle Sacks Anne Van Horn	Mary Barraza Tyenise Blackmon Paula Ceaser Felicia Ceaser-White Nan Cramer Cara Grossman Leigha Jahansooz Angela Jones Sharvete Mallard Nathan Raska Lisa Schneider Karen Young
Guest(s):			
Meeting Call to Order	Time: 5:35 pm	By Whom: Felicia Ceaser-White	

**Meeting Minutes:** The meeting was called to order and Felicia Ceaser-White provided the logistics of the meeting. Attendees introduced themselves by providing their name and affiliation. Minutes of the May 2024 minutes were presented, and Kim Lopez made a motion to approve the minutes as written. Michelle Sacks and Rosangella Espinosa simultaneously seconded the motion.

**Monthly Observances:** Karen Young with Wraparound Services informed the committee that Red Ribbon Week will be October 28 to November 1<sup>st</sup> this year. Red Ribbon Week highlights the importance of living a drug-free life. All campuses will take part in activities throughout the week and students will take a drug-free pledge. She also reported that October is National Bullying Prevention Month. On October 9, students are asked to observe the day by wearing blue or blue ribbons to promise to be kind to peers.

John Reyes reported that October is also Domestic Violence Awareness Month. There will be a mayoral proclamation and a candlelight vigil to remember the victims. John will be visiting many schools in the coming weeks to present programs on healthy relationships and abusive relationship prevention.

Felicia reminded the group that October is also Breast Cancer Awareness Month, and the Benefits Department was doing breast cancer screenings.

**Wellness Policy:** Nan Cramer presented the results of the wellness policy assessment for 2024. She discussed the history of the wellness policies in schools which began as law in 2004. Any school district that takes part in the National School Lunch or Breakfast programs must have a local wellness policy that includes nutrition education, physical activity, and education as well as other school-based activities. The policy must be developed by a committee of parents, community and school district staff and approved by the school board. In 2017, law required policies to be updated and assessed every three years. In HISD, the SHAC developed the policy and decided to assess the policy/plan each year. In June of 2023, a survey was sent to all schools and 26 schools completed it. This past June, 53 school completed the survey. School administrators were asked a series of questions related to the policy and the results show opportunities to educate schools on the policy and to provide information or resources to help them adhere to the policy. The results will be posted on the SHAC webpage. The areas where there were the most “I don’t know” or “not met” answers had to do with the USDA Smart Snack guidelines for all foods sold in schools and in the

laws around physical and health education.

**SHAC 101 – Roles and Responsibilities:** Felicia did a presentation on what the SHAC is and the goals, responsibilities and bylaws. She spoke of the need to get more parents involved. The SHAC was established in 1993 prior to the state mandate for public school systems to have a SHAC. Some of the responsibilities of a the SHAC are to assure students receive the required hours of health education, develop health education prevention policies, procedures, strategies and curriculum, safe and healthy school environment and employee wellness. Also, the SHAC determines grade levels and methods of instruction for human sexuality instruction, and integrating curriculum components of the coordinated school health, strategies for collaboration on joint use agreement between school and community organizations, recommend instructional resources for family violence and sex trafficking. Felicia reviewed the bylaws of the SHAC which state the committee must be a majority of members in order to have a quorum. All meetings are open to the public. Board of Trustee members may appoint parents from their districts for a two-year terms and meetings are to be courteous and respectful. She discussed the subcommittees and called for volunteers to serve on the committees as members and/or chairs. Nan is updating a flier that can be distributed at parent events to recruit parents and increase the membership. Felicia will send out a QR code linking to the membership application and one with the bylaws. Nan asked members who are taking part in events where parents are present, to share the flier.

**School Safety Update:** Officer Simmons is not present to provide the update.

**Nutrition Services Update:** Nan reported that there will be an open house a Mykawa Farm to which all present at the meeting are invited. It will be on October 23<sup>rd</sup> from 1 to 3 pm. The address is 6401 Alameda Genoa Rd. Nan introduced Nathan Raska and Leigha Jahansooz. Both are dietitians and will be taking over the Nutrition Services representation on the SHAC as Nan is retiring in December. Nathan asked that any school events or nutrition education requests be sent to him. Leigha reported two new menu items for October, a turkey pot pie at lunch and a three-cheese enchilada item on the supper menu. Nan reported that October is Farm to School Month and nutrition services will be hosting a Farm Fair at South Early College School Health Ambassadors on Saturday, October 19<sup>th</sup> from 8 to 2 pm. Nutrition services is also supporting school gardens with professional development, support for DYAD garden consultants.

**Health and Medical Update:** Chrisine Barraza reported that the Hazel Health telehealth program is going district wide. 2000 students have already made telehealth visits in school and 89% returned to classes afterward. Parental consent is required for students to participate, and the nurses have access to over-the-counter medications that the healthcare provider can prescribe for the students which allows them to feel better and return to class. Christine also discussed the unassigned medications that will be available in schools which included epinephrine for allergic anaphylaxis, Narcan for opioid overdoses and a medication for respiratory distress. Many schools are providing their communities with vaccine clinics – Texas Children’s Mobile units and Harris Health mobile units.

**Counseling and Guidance Update:** Karen Young discuss a partnership with Hazel Health to provide mental health visits. She also reported that October 9<sup>th</sup> is National Bullying Prevention Day and asked if everyone could wear navy blue on that day.

**Family and Community Engagement Update:** Tyenise Blackmon reported that there are several events coming up. Thursday, October 3 is a PTA PTO vendor fair at South Early College. October 23<sup>rd</sup> and 24<sup>th</sup> are “meet and greets” with PTO and PTAs. These events would be a good opportunity to recruit parents for the SHAC. She requested more information on the free fundraising days.

**Employee Benefits Update:** Felicia provided the update on behalf of the Employee Benefits Department. Central office is providing several events: mobile mammogram visits and flu shots. They are also coordinating some health and fitness opportunities for the Transportation Departments such as fitness Fridays, nutrition classes, Tai Chi, line dancing, etc.

Health and Physical Education Update: Felicia reported that she recently sent the application to the superintendent that allows middle and high school students to use approved off-campus physical activity programs to substitute for physical education at school. Once the board of managers approves, it will be submitted to TEA. She also reported that the district has a vaping curriculum developed by CATCH called Catch My Breath that will meet the requirements of Tucker's Law which is an opioid and tobacco prevention law. The program will be implemented in middle and high schools. High school teachers will receive a training on Thursday. The CDC Division of Adolescent School Health Surveillance and HIV Prevention Grant was extended to a six-year grant. Another Youth Risk Behavior Survey will be done in February 2025 with high school and middle school students. A field trip is planned with Piney Point ES at Galveston Island State Park. Health and PE will also be applying for another Texas Parks and Wildlife Grant that will begin April 1 through September.

Felicia reiterated the need for parents on the SHAC. If needed, a program review is scheduled for October 30. The November SHAC meeting will be delayed until the second Tuesday of the month due to election day on the 5<sup>th</sup>.

Cara Grossman made a motion to adjourn the meeting and seconded by Lisa Schneider. The meeting adjourned at 6:48 pm.

2023-2024 Meeting Dates				
Day	Date	Type of Meeting	Time	Location
Tuesday	***November 12	General	5:30 p.m.- 7:30 p.m.	<a href="#">TEAMS</a>