

Houston ISD School Health Advisory Council (SHAC) Meeting Minutes			
Location:	Virtual Teams Meeting: TEAMS		
Date:	November 2, 2023		
Time:	5:30PM – 7:30 PM		
Attendance:	Parents	Community	District
	Rosangella Espinosa Beverly Marlin Michelle Sacks Mindy Wilson	Regina Abanathy Kim Lopez Treva Mott Dr. Kwame Opuni Bola Ositelu Dominique Patterson Anne Van Horn Kyrre Engle	Tyenise Blackmon Carla Carter Paula Ceaser Felicia Ceaser-White Nan Cramer Cara Grossman Francina Hollingsworth Amber Jay Angela Rubio Lisa Schneider Gregory Thompson
Guest(s):			
Meeting Call to Order	Time: 5:39pm	By Whom: Michelle Sacks	

Minutes:

Michelle Sacks opened the meeting and welcomed attendees. She informed the group the meeting was being recorded. Members were asked to introduce themselves. The minutes were viewed, and Beverly Marlin made a motion to approve them and Cara Grossman Seconded. Michelle reminded the group November is national Diabetes Awareness Month, and there was a flyer that was sent out via email.

Felicia has been working to update the SHAC Bylaws and asked members to review them and provide feedback before the next meeting. She pointed out the membership needs more parents; Michelle will be rolling off the Chair role since her son will be graduating this year and another parent must take her place. The Co- Chair must be a parent. If any parent wants to join the SHAC they should complete the application on the SHAC website or email Felicia.

A new SHAC meeting day was discussed and voted on to approve to move the SHAC Meeting dates from the First Thursday of each month to the 1st Tuesday of each month. Meetings will not be held in September and January. SHAC will meet if a meet as needed for special request.

A motion was made to change the agenda to allow the FACE Department to present first.

Families and Community Engagement (FACE) Update: Tynise Blackmon reported that FACE will partner on a books and cooks event with Chef Brittany and the Child Nutrition Department on November 15th; National Parent Involvement day which is huge in the family and community engagement world and the main role of that is just to really create opportunities to celebrate our families and also to be able to share with them ways that they can be more meaningfully engaged on campuses on November 16th. One session will be at 9:00 AM at our YDC Sunrise Center and the other one is going to be at 2:00 PM at the Milby Sunrise Center and the goal of that is really to for Chef Brittany to be able to do a healthy cooking demonstration and then FACE will be providing free books to all the families that attend.

SHAC Committee Sign-up: Michelle shared with the group that a link would be provided for members to sign-up to participate on a committee as a chair, co-chair, or a participant to support the work of the SHAC. Felicia Provided

some background information on the committees such as Nutrition Services and Physical Activity committees and that committee chairs and schedule times to meet outside of the SHAC General meetings.

Program Review: Felicia and Michelle reported the three organizations are proposed programs for implementation during the HISD SHAC program review held on Wednesday, October 18th from 9 am to noon. Eight SHAC members attended the program review.

CASA Confident Parenting Pilot Program presented programs that focus on parenting teens. The program offers 7 sessions for parenting teens and 12 sessions for basic parenting. The classes are only in English. CASA can also provide a parenting, coaching and referrals to wrap around services as needed. Programs can be implemented after school. Program does include a parent component for the parents of teens. Funded through private donations.

Texas Children's Bike/Pedestrian Programs- presented 2 programs Pedestrian and Bike safety.

Pedestrian Safety

- Teaching children safe pedestrian behaviors even in the absence of safe infrastructure (crosswalks, sidewalks, etc.) and specific to their environment
- School based education focused on bike safety and helmet education
- Interactive PE assemblies
- Introduction of reflectivity/ visibility (Be Safe Be Seen)
- Joint focus on Halloween Safety & Pedestrian Safety

• **Bicycle Safety**

- School based education focused on bike safety and helmet education
- Modeling correct helmet wearing
- Assembly or In-Class Style Presentations
- Bilingual educational materials for children and adults
- Educated 7,840 children in 2023/ Goal: 15,000
- Bilingual Education Materials

The bike pedestrian programs are funded through the Greater Houston Safe Kids and TX Dept. of transportation: Save a Life.

Baylor College of Medicine Teen Clinic

Big Decisions is an abstinence-plus sexuality education evidence-based curriculum that is suitable for grades 7 to 12. The Curriculum has 10 lessons that easy to use, medically accurate, compatible with Texas law, and it has been approved and used in more than 26 Texas school districts. It is designed to encourage young people to postpone sexual involvement and to provide the guidance young people need to reduce their risks when they do become sexually active.

Baylor Teen Clinic Youth Mental Health and FA Program

Provides presentations and discussions:

- What mental health can look like
- How we support students' mental health needs
- Self-care and coping skills
- Supportive strategies to reduce mental health challenges

Supporting Students: Using YMHFA

Baylor Teen Health Clinicians follow a 5-step process known as ALGEE:

1. Assess risk of suicide and/or harm of the student /others around them
2. Listen non-judgmentally and express understanding through empathy
3. Give reassurance and evidence-based information
4. Encourage appropriate professional support (e.g., therapy)
5. Encourage self-care, coping skills, and other supportive strategies

Each of the programs where information was provided to the SHAC member, but a vote was not taken for implementation.

School Safety Update: Houston Police Officer Treva Mott shared that she is getting request from schools to do Vaping presentations, the HPD Assistant Chief is also proposing to programs for young ladies focused on Teen Dating Violence.

Social Media Update: No updates were provided.

Nutrition Services Update: Nan Cramer was not in attendance but provided the following updates. The Houston Food Bank supported 5 school gardens with supplies and 40 school garden champions attended a professional development STEM session at Mykawa Farms on the 13th of October. Professional development session is scheduled for November 10th; Mykawa Farm event continues. CarMax Volunteer Day will be on the October 26th, in which 150 volunteers attended, which is pretty impressive: Field trips continue on Tuesdays, Wednesdays and Thursdays to Thanksgiving break.

Wellness Plan and Policy Update: Need committee members serve to update the Wellness plan.

Health and Medical Services (HMS): Chantee reported that HMS has been preparing to do two Immunizations Clinics (North and South) and then 2 more in the West are of the district. HISD Nurse's and wrap around services will be working to staff the events. Chantee noted that there is a limited amount of COVID and Flu vaccinations and it is for students up to age 17 who are not insured or underinsured or have Medicaid or Medicare. District -wide call – outs will be sent. Chantee also noted that transportation will be provided to attend each of the locations.

Social and Emotional Learning Update: No member was present to report.

Employee Wellness Update: Wellness Wednesdays provide information for staff at Hattie Mae White Administration Building and the first Friday of each month is a wellness walk.

Health and Physical Education (HPE) Update: Felicia reported that they HPE Department collaborated with the HISD Community Relations department, Impact 100 (Community Group) for the Period Positivity Program and HISD Nutrition Services Chef Brittany at Attucks MS. More than 45 girls received a presentation on the Menstrual Cycle by an OB/GYN Nurse Practitioner from Texas Children's and a healthy brownie snack created by Chef Brittany. Each girl also received care packages donated by Impact 100.

Felicia also shared that she is preparing for the November 10th PD training for Health and PE Teachers that will be held at Westside High School. Felicia also shared highlights from the Healthier Generation Leadership Summit that was on October 13th in Washington, DC. Lisa Schneider from Rusk Academy and Renita Searcy from Rucker Elementary attended to event. Felicia announced that the 2024 application will open in January 2024.

Felicia also shared that they will be attending the 100th Texas Association for Health Physical Education, Recreation and Dance Conference Nov. 19th – Dec. 2, 2023, in Fort Worth TX. Felicia, Francina, and Paula will be receiving awards. There will be three presentations provided by HISD HPE administrators and Lead Teacher Cadre.

Community/Parent Sharing: Paula Ceaser from Madison High School shared that they will be hosting a student health fair February. 2024.

Francina Hollingsworth made a motion to adjourn the meeting at 6:40 PM pm and Beverly Marlin seconded.

Action Items	
Topic (s)	Person Responsible

2023-2024 Meeting Dates - Revised

Day	Date	Type of Meeting	Time	Location
Thursday	October 5, 2023	General	5:30 p.m.- 7:30 p.m.	HMW-Room-3C10/12 Or TEAMS
Wednesday	October 18, 2023	Program Review	9am-12 pm	Teams
Thursday	November 2, 2023	General	5:30 p.m.- 7:30 p.m.	TEAMS
Tuesday	December 5, 2023	General	5:30 p.m.- 7:30 p.m.	TEAMS
Tuesday	February 6, 2024	General	5:30 p.m.- 7:30 p.m.	TEAMS
Tuesday	March 5, 2024	General	5:30 p.m.- 7:30 p.m.	TEAMS
Wednesday	March 27, 2024	Program Review	9am-12 pm.	TBA
Tuesday	April 2, 2024	General	5:30 p.m.- 7:30 p.m.	TEAMS
Tuesday	May 7, 2024	General	5:30 p.m.- 7:30 p.m.	TEAMS
Wednesday	June 12, 2024	Program Review	9am-12 pm	TBA