



# School Health Advisory Council

RISD / SHAC MEETING  
April 1, 2021  
ZOOM – Meeting

## **Approval of Last Meeting Minutes (February 4, 2021)**

**Alissa Gustof – Child Nutrition report**

**Kim Clark – Health Services report**

**Summer Martin – Counseling Services report**

**Suzanne Tsatsoulas – Student Services report**  
**Live Wise Live Healthy**

**Karen Burnell – PTA report**

**Kellie Sellers - PE & Health report**

- Reported on all the areas we have been supporting
  - i. Physical
  - ii. Nutritional
  - iii. Social/ Emotional
  - iv. Educational

## **New Business: 2020 – 2021 GOAL Setting**

Vaping

- Meeting with student services on anti-vaping and awareness campaigns

SEL – Social and Emotional Health

- Meeting with counselors on their steps for SEL in the fall – how we can support in health and PE classes

**NEXT MEETING(s) - Next year – TBA**

**Comments / Parking lot for next meeting / Adjourn**

School Health Advisory Council Meeting

ZOOM

February 4, 2021

Meeting Minutes

- Hello & Welcome
- Minutes from December 3, 2020 were Approved / READ

Old Business

- Vaping and SEL

New Business

- Alyssa Gustof Child Nutrition report
  - Nutrition update (Sarena Glenn)
    - Month long theme, activities, and nutrition
    - Feb – Sweet potato month
    - March – Nat'l Nutrition month
      - Nat'l Breakfast week
      - Dr. Seuss Truffela Fruit salad
- Kim Clark – Health Services
  - COVID update
  - Rolling out vaccines possibly to employees through the Carevan
- Kellie Sellers – Health & PE report
  - Kids Heart Challenge for Elem
    - HUGE success with going virtual
    - Heart challenge for Secondary
  - SEL Committee
    - Expand lessons to high school
- Suzanne Tsatsoulas – Counseling & Student Services Report
  - Live Wise / Live Healthy – Monthly Events
    - Jan/Feb Healthy Relationship
    - Feb 17<sup>th</sup> 2<sup>nd</sup> Annual – Healthy Relationships Review for parents
  - Drug and Violence Committee – (new) looking at vaping and bullying first
- Karen Burnell – PTA Update
  - Tool Kits / Theme Weeks / Awareness for all months
  - Reinstate Family engagement & programs
    - Partner with more school events
  - Work with Child Nutrition to support their “Themed” months and activities
  - Look at PTAs Healthy Lifestyle Chairs and invite them to SHAC
- Current & New topics to look at
  - Vaping
  - SEL
  - Informing parents of SEL
  - YAM – Youth And Mental Health
  - Increase SHAC membership / BOARD to reach out and recruit
  - New Health TEKS