

# Richardson ISD School Health Advisory Council

## January 17, 2023 Minutes

### I. Call to Order

Karen Burnell, Parent co-chair, called the regular meeting of the Richardson ISD School Health Advisory Council (SHAC) to order at 11:34 AM on January 17, 2023. This meeting was held at the Richardson PDC - Auditorium.

K Sellers went over norms and we had an introduction of all members present.

#### Attendance and Introductions

- K Sellers – District Co-Chair SHAC
  - C Fuller – PE teacher
- K Burnell – Parent Co-Chair SHAC
- A Gustof – Child Nutrition
- A Jones – Nursing
- S Martin – Richardson ISD Counseling Services
  - L Blatzheim Elem counseling services
  - N Howell – Sec counseling services & parent
    - M Karnowski - HS counselor
- A Baker – Parent
- E Blackman – Community
- S Boyuls - Parent
- J Cozzolino – Parent
- K Gray - Parent
- E Grishman – Parent
- J Keeler – Parent
- J Marshall - Parent
- J Martini - Parent
- C Passley - Parent
- A Phipps - Parent
- K Phipps - Parent
- B Taylor – Parent
- S Tyroch – Parent

### II. Old Business

- K Burnell asked that members present to look over the minutes that were provided with the Agenda before the meeting began. If you did not have time to look on our website for the last meeting minutes we have provided you with a “hard copy” for you to review. M Tracy motioned that the minutes be approved and C Passley seconded that motion. The minutes were approved with all “I’s” and no “No’s”. K Sellers reprinted today’s agenda to have attached to the minutes as well.

### III. New Business

- Senate Bill 9 & HB 1525 Health 1 curriculum were reviewed and K Sellers went over what SHAC has been previewing the last 2 years. We approved Choosing the Best for Health 1 “OPT IN” Curriculum
- Part of new business K Sellers shares parent comments for 5th and 6th grade

Human Growth and Development videos. We have limited choices that meet the new Texas TEKS so the Health curriculum team decided to stay with Proctor and Gamble at this time. Other curriculums still use DVDs and are old, costly, and this would cause parents to have to come to their home campus and preview the videos. This is also an OPT IN lesson and will always offer parent preview before the student will view. With these videos no parent login is needed they are open for anyone to view.

- K Sellers THANKED every SHAC member for their time and commitment to not only being a part of SHAC but to helping with these special laws that have been taking a lot of their time and effort to research and do what is best for ALL RISD students.
- K Sellers went over each and every parent comment with the SHAC committee.
- The parent survey returned 34 responses 27 likes / 4 neutrals or neither / 3 Dislikes
- K Sellers also reviewed comments from the “parent preview committee”. Sellers reminded SHAC that this committee is made of parents that could not make SHAC meetings but wanted to be involved with the process. All 4 parents liked the 5th & 6th grade videos.
- K Sellers also had 4 emails that said they could not open the survey and wanted to respond that they “liked” the videos. Which brought our total to 42 responses with 35 likes / 4 neutrals / 3 Dislikes
- We had discussion regarding how and when these videos will be shown. The answer is that this will be done on each Campus, through their administration team, as a Campus Based decision.
- We had discussion if we could edit the video – and due to copy right laws that cannot happen.
- Since these videos are online – there is no need for a “formal” date for parents to come and preview before the students’ lessons – this will be done all online.
- Parents will be informed PRIOR to their students viewing the lessons and will be required to return a form that is “OPTING IN” there students to watch these videos. Parents will be provided the videos and lessons again to review before “opting in”.
- All comments are considered and punctuations/misspellings will be corrected.
- The motion to Vote on 5th & 6th grades videos “as is” with comments and corrections considered on the student slides was moved by E Blackman, and a second by T Martini. K Burnell moved to vote with the l’s winning and 1 opposed by one parent. The motion was approved and the SHAC would like to be able to get on the Board Agenda for Feb 16th if possible.
- A Gustof & K Sellers – went over Wellness Policy. They explained the difference between the Wellness Policy and Wellness Plan. That a policy is broader and a plan is the district details. They will be giving the plan to be looked over by the “Health subcommittee” and bring back changes to the whole group to make changes as well as looking to approve the Wellness Policy which is a triennial update.

#### **IV. Report of Departments**

- K Burnell – Subcommittee Chair for Health & PE
  - Discussed their Jan meeting at looking at physical activity/ brain breaks for students as well as a 6th innovative Health course. Looking at a school

surveys to review and use (Texas for Action for Healthy Kids AFHK survey example). And will begin looking at the Wellness policy and plan

- K Sellers – Health & PE update
  - RISD District Go RED will be Feb 26th
  - 21 Day Challenge is starting - 21 Days to make a healthy habit!
  - Feb 6th we will start “KIDS HEART CHALLENGE” – this is curriculum based and a portion of your donations do go BACK TO YOUR OWN PE department.
- A Jones Health Services update
  - Feb is cardiac Emergency Response Team drills
    - We want ALL staff trained
  - District implementing new online charting system to simplify things for parents/students with medical conditions and or need medications at school
- M Karnowski – Student Services - Counselors updated for the counselors
  - Please make sure you are looking on the RISD website for upcoming events
  - Counselors starting to visit with students about next year’s schedules
  - Counselors out supporting campuses for student / teacher deaths
- K Sellers for S Tsatsoulous – Student Services / Live Wise Live Healthy
  - Jan/Feb is Healthy Relationships
  - Looking to be more proactive on drug and alcohol prevention to target vaping
- A Gustoff - Child Nutrition Department
  - Monthly events
    - January is citrus month
    - Students looking towards more “scratch” cooking
    - Training on how to handle raw products
- K Burnell – Texas PTA update / PTA updates –
  - RISD Council of PTAs looking to help with car seats, not just new community parents but students as well.
  - Texas PTAs – Feb 27th is PTA Rally Day – Austin Texas
  - Make sure you are making parent connections
  - Reviewed Healthy lifestyle month

K Burnell discussed since we have EXTRA TIME” let’s talk about the positive things we are seeing around campuses.

- Running clubs
  - Make sure we are being inclusive and INCLUDING everyone
  - Run, Walk, and Roll!!
- Family fitness nights

## **V. Announcements, Information and Updates**

K Burnell wants to make sure we have topics covered at our subcommittee’s.

## **VI. Adjournment**

The next SHAC meeting will be March 21, 2023

The meeting was adjourned by Karen Burnell at 12:47