

# Richardson ISD School Health Advisory Council

## November 28, 2023 Minutes

### I. Call to Order

Kellie Sellers, Parent co-chair, called the regular meeting of the Richardson ISD School Health Advisory Council (SHAC) to order at 11:38 AM on Nov 28, 2023. This meeting was held at the Richardson PDC -Building C room 101. Lunch was provided by our "Pathway" students.

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

#### Attendance and Introductions

- K Sellers – District Co-Chair SHAC
- A Gustof – Child Nutrition
- H. Johns – child nutrition intern
- K Clark – Coordinator of Health Services
- L Blatzheim Elem counseling services
- N Conklin – Sec counseling services
- S Martin – Exec Director Counseling Services
- C Fuller – PE Teacher
- K Burnell – Parent Co-Chair
- A Arial - Parent
- E Blackman – community member
- K Gray - Parent
- S Kaushik - Parent
- J Keeler – Parent
- T Martini – Parent
- C Passley – Parent
- A Phipps - Parent
- K Phipps – Parent
- C Prada - Community
- S Tyroch – Parent
- C Poteet – Board member

### 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. L Blatzheim motioned that the minutes be approved and S Kaushik seconded that motion. The minutes were approved with all "I's" and no "No's".
- K Burnell discussed SHAC goals and what we want to focus on this year.
- K Burnell also discussed the SHAC subcommittees that will meet via zoom/webex.

### III. New Business

- K Burnell talked about SHAC goals for this upcoming school year. We will send out a link to review the goals that we are looking at but they are:
  - Student voice (*Kellie - how could we go about sharing an invite to maybe 1-2 students per HS?*)
  - Elementary programs (e.g., live wise, live healthy)
  - Campus wellness teams

- Principal awareness of wellness policy plan
- Boy-based programs
- Nutrition education programs
- Vaping/drug and alcohol programs
- Additional/alternative programs for 5th/6th HGDS
- Innovative junior high wellness course
- Staff wellness efforts
- Be Smart: how to support RISD SAGE in their efforts for Student/Staff Safety

And here is the link to the video we watched at the meeting.....

Texas PTA Vaping Connect Program: <https://www.txpta.org/connect-programs>

- K Burnell also discussed the SHAC subcommittees that will meet (by zoom) on opposite months that SHAC does not have a face-to-face meeting. The subcommittee will look at the above goals and decide how to proceed

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

- K Sellers – Health & PE update
  - 21 Day Challenge is finishing up in partnership with Medical City Children’s Hospital (TAHPERD conference has been paid by Med City for 5 members that participated and won the 21 Day Challenge)
  - RISD Rides is underway
  - TAHPERD coming up and it is our 100th Anniversary. We have 10 RISD teachers that are presenting at this conference.
  - Elk’s Hoop Shoot District competition will be held on Dec 6, 2023
- A Jones/K Clark Health Services update
  - Vision and hearing screening are finishing up
  - New charting system for students and online for parents
- S Martin– Student Services - Counselors and a new department Prevention Programming will be one big department
  - Please make sure you are looking on the RISD website for upcoming events and are aware of our Live Wise-Live Health events and monthly happenings
  - Thank you for all that attended the LWLH meeting on Monday night, Nov 13, 2023 6:00pm – looking at next Feb for our next meeting.
  - December is Mental Health month – and “Say YES to less Stress”
  - SEL OPT OUT wording seemed to be misunderstood as well as looking at how parents are informed. (powerschool/registration)
  - With SB 9 and new law on vaping students at our alternative school will receive 10 lessons on substance abuse – more for prevention.
  - Questions asked about vaping sensors in locker rooms and how many times the sensors go off during the school day.

- A Gustoff - Child Nutrition Department
  - Monthly events - National School lunch week is in November
  - New online program for students and their lunch accounts – students can use their pin number – separate from their ID now (no longer using IDs)
  - Bid cycle for menus being worked on for next year
  - Trying to incorporate more cultures into food choices
  - HB 3991 – first Friday in April is Veggie/Fruit Day in public schools
  
- K Burnell – Texas PTA update / PTA updates –
  - Texas PTA new videos and working with “CATCH” program.
  - RISD Council of PTAs hosted a competition with “healthy ideas”
  - Texas PTA is launching a program about veggies – with a pilot program starting now

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

Looking forward to a great year – please be on the lookout for subcommittee link. All meetings will be at the PDC – C101.

## **VI. Adjournment**

The meeting was adjourned at 12:44pm. The next SHAC meeting will be on January 24, 2024