

Richardson ISD School Health Advisory Council

January 24, 2024 Minutes

I. Call to Order

Kellie Sellers, Co-chair, called the regular meeting of the Richardson ISD School Health Advisory Council (SHAC) to order at 11:36 AM on Jan 24, 2024. This meeting was held at the Richardson PDC -Building C room 101. Lunch was provided by the Health and PE department.

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
- E Blackman – community member
- K Gray - Parent
- S Kaushik - Parent
- J Keeler – Parent
- T Martini – Parent
- C Parada – community member
- C Passley – Parent
- A Phipps - Parent
- K Phipps – Parent
- B Taylor – Parent
- R McGowan – 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. S Kaushik motioned that the minutes be approved and N Conklin 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 met via zoom/webex. C Passley will update us on this later in subcommittee updates.

III. New Business

- K Burnell talked about the guest speaker had to cancel at the last minute from Medical City regarding Girls Puberty Program. It discusses more on the female and pregnancy and want the SHAC to be able to preview this.

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
 - Elk's Hoop Shoot District competition was held on Dec 6, 2023 and winners are going on to state.
 - C Fuller discussed that Feb is Heart Month and we are starting Kids Heart Challenges at many of the schools.

- A Jones/K Clark Health Services update
 - Heart Month is the focus right now

- 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
 - LWLH meeting on Feb 29th, 2024 – more info to come
 - January – healthy relationships and will continue this into Feb
 - Finishing the “more you know” lessons
 - March is to focus on alcohol.
 - March is Texas School Survey with Texas A & M for 7th – 12th graders.
 - State takes data to generate reports – every 2 years
 - Texas A&M does the “sampling” of students – so not every single student is taking this survey
 - Parents are notified and able to OPT OUT
 - Questions asked about vaping sensors in locker rooms and how many times the sensors go off during the school day.
 - Vaping is not in locker rooms at this time because the company we use the detectors are for “smaller” areas only.
 - Looking in to updated vaping systems
 - Data from the vapors are just “numbers” and we are learning what those “numbers” mean other than time the detector went off.

- A Gustoff - Child Nutrition Department
 - Monthly events - National School Breakfast week is March 4 – 8
 - Theme is “Surfs Up” – posters and flyers are provided
 - HB 3991 – first Friday in April is Veggie/Fruit Day in public schools

- K Burnell – Subcommittee Report
 - They met on Jan 10th via webex/zoom and C Passley has the updates
 - They discussed goals –
 - Goal 1 - How can we add students to our SHAC
 - Kellie reached out to other districts to what they were doing. A couple

of districts bus students, a couple just ask if they can attend the evening meeting, and the rest do not have students.

- One suggestion was that we ask Health/PE students that are taking the class at the time of SHAC meetings
- One suggestion was to ask PEER Helpers
- One suggestion is to ask the students to drive themselves
- Goal 2 - Want to involve elementary in Live Wise Live Healthy
 - since it is more geared towards secondary
- Goal 3 – Principal awareness of Policy Plan
 - Child Nutrition must “house” the plan on their website due to TDA rules – add the link to SHAC page
 - Add an announcement to principal page
- Goal 4 – Programming for male students
 - Boys have been unsupported in recent years
 - 100 Black Men of Greater Dallas at Apollo
 - Looking for a broader program to reach and include all males
- Goal 5 – Staff Wellness Efforts
 - Expand to staff
 - Staff GO RED
 - Staff “21 Day challenge” at the same time as their elementary students
- Goal 6 – Recess
 - 6th grade recess varies from school to school
 - The Wellness Plan states that 6th grade will have at least 15 minutes but 30 minutes recommended.
- K Burnell – Texas PTA update / PTA updates –
 - Car seat project – needs identified by counselors. PTA fundraiser go towards programs like this
 - Healthy Lifestyle Winners – Forest Lane Academy, Spring Creek, Big Springs
 - Be Smart program will be at the next PTA meeting in February.

V. Announcements, Information and Updates

Looking forward to a great year – please be on the lookout for subcommittee link.

Veggie Star at Prestonwood Elem – catching kids eating their veggies

National School Counselor Week is the first full week in Feb

Kindness Challenge – PTA supplied paint and rocks for a Kindness Garden

LHJH – extra food idea – “Sharing Table” most schools do this as well

CART – Counselor Area Resource Team – to help with the transition of 5th & 6th grade students going to the “middle school model”

Peer Mediation at the Jr. Highs – “Pit Crew” to encourage student voice and how they can support their campus and can be used to help at the middle school model as well.

VI. Adjournment

The meeting was adjourned at 12:45pm. The next SHAC meeting will be on January 24, 2024. All meetings will be at the PDC – C101.