

**Richardson ISD
School Health Advisory Council
September 17, 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 11:39 AM on September 17, 2024. This meeting was held at the Richardson PDS- Building C room 101. Lunch was provided by the Health and PE department.

Attendance and Introductions

- K Sellers- District Co-Chair SHAC
- A Gustof- Child Nutrition
- K Clark- Coordinator of Health Services
- L Blatzheim- Counseling Services
- N Conklin - Counseling Services
- S Tsatsoulas - Counseling Services
- C Fuller- Pe Teacher
- R Harrison – Risk Management
- S Kaushik- Parent Co-Chair
- K Adepoju
- S Ali
- K Burnell
- T Callaway
- J Cozzolino
- S Fierbaugh
- H Harris
- L Pace
- C Passley
- A Phipps
- K Phipps
- J Rivera-Lucas
- J Tomberlin

II. Old Business

a. Approve previous minutes: S Kaushik 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. K Burnell motioned that the minutes be approved and A Phipps second that motion. The minutes were approved with all "I's" and no "NO's".

b. S. Kaushik Reviewed the vision and mission statement as well as the purpose.

c. Wellness plan update

- K Sellers motioned an amendment to adjust the SHAC policy due to the shift in the RISD model to be more inclusive K-5 will say PreK-5. Just adjusting the verbiage, not the actual policy.
- K Sellers moved to change the language, and K Burnell second.
- Motion Passed: Vote- all Is, zero- NOs.

III. **New Business**

a. Survey report to principals

- Looked over the data, this was our first time to collect the data
- Going to take these results to help set our goals for the year
- 23 schools responded
- Takeaway, principals are looking for more help from the district to implement these policies
- Looking to move up the date for the survey next year
- Continue to build a relationship with the principals so they are more comfortable sharing
- Suggestion to add the District Wellness Plan be added to the district email sent to all parents that was sent titled "Resources for 2024-2025 Year"
- Plan is to resend this survey out this year to more campuses, not just elementary

b. Goals

- S Kaushik reminded members that an email was sent out to all members of SHAC to submit ideas for goals for this year
- S Kaushik asked members that now that we have met, please go back to that email and submit any goals you would like to propose for the 2024-2025 school year.
- K Sellers explained that the Wellness Policy and SHAC are state mandated and are about the Whole Child. Our plan supports our policy and that is why we look to set these goals to help guide us.
- Student Services also has a Live Wise/Live Healthy committee if any SHAC members are interested in taking part.
- K Burnell suggested that we merge the old goals with what our new members are looking to accomplish this year.
- S Kaushik explained that at the end of the year we look to present our goals and recommendations to the board.
- K Burnell shared that we presented two main goals to the board the previous year with the goal to narrow those down this year to meet more specific goals.
- Debbie Rentería, Board Member, thanked the members for serving and explained that the board does appreciate the feedback and want to express that these policies are shaped around the entire district.

c. Subcommittee meetings

- S Kaushik explained that these are built and created around our goals.
- S Kaushik encouraged members to join a subcommittee. It is not mandatory. Sub committees meet over webEx.

IV. **Report of Departments**

a. K Sellers-Director of PE, Health and Wellness

i. Health & PE update

- 21 Day Challenge
 - 17% more registered this year over last year
 - Over 300 staff have registered
 - This is a full preK-12 program that includes our culinary program and CTE program with the digital publishing

b. K Clark- Director of Nurses

i. Health services update

- Central department has moved to Sherman Street. More space and CPR classes will be taught there.
- Main focus, making sure everyone is up to date with shots. Over 90% compliance rate.
- Screenings are about to start for eyes and ears.

c. K Blatzheim-Student Services / Director of Counselors

i. Live Wise, Live Healthy

- Team has grown by 1, a new Director of Intervention working with middle school interventionists and social workers.
- The current focus is suicide prevention.
- Working with counselors and PE teachers at LHMS and FMMS to pilot “To Good for Drugs” lessons on those campuses.
- High school helpers and PALs are getting ready for Red Ribbon Week.
- An explanation was given per parent member question on the services provided about the different levels and responsibilities of councilors at the various levels.

ii. Character Education

- Morning Announcements and lessons that go along with our RISD Graduate Profile as a part of Project Wisdom.

d. A Gustoff- Child Nutrition

i. Monthly events

- First ever Menu Advisory Committee (MAC) meeting is October 24th, 4:00-5:00 at 1500 Mimosa Drive in Richardson. Asking for community involvement, adults and children are welcome. Learn about child nutrition, taste new menu items and give feedback. Goal is to meet at least 3 times this year.
- Focusing on authentic flavors to embrace our diverse community.
- Also looking at meatless options as well.

ii. Meal Clarification

- Child Nutrition is the same on every campus, the menus are the same on every campus due to USDA Guidelines.

e. K Burnell- PTA News and update

- Texas PTA is asking that all PTA establish a Healthy Lifestyle Chair. It is now on the Programs Page of the Texas PTA website in hopes to help more schools to get this position going.
- Healthy Lifestyle Month in November
 - Recourse on the web site
- New Healthy Lifestyle Award now available for campuses to earn through PTA
- Goal is parent education and get parents more involved on our campus
- Walk and Bike to School in October 9, 2024

V. Announcements, Information and Updates

- Look for the goal and subcommittee email to go out again
- Plan and Policy will be sent out to members to look over. It will go on the public website until everything has been approved.
- The next SHAC meeting is November 20, 2024.

VI. Adjournment

The meeting was adjourned at 12:55 PM.