

Richardson ISD
School Health Advisory Council
November 20, 2024

Professional Development Center – C101
701 West Belt Line RD
Richardson TX 75080
11:30 – 1:00

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 November 20, 2024. This meeting was held at the Richardson PDC- Building C room 101. Lunch was provided by the Health and PE department.

Attendance and Introductions

- K Sellers- District Co-Chair SHAC
- K Clark
- L DeBose
- C Fuller
- S Kaushik- Parent Co-Chair
- A Phipps
- K Phipps
- K Burnell
- E Blackman
- S Martin
- N Conklin
- J Tomberlin
- S Tsatsoulas
- S Ali
- R Harrison

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 Clark motioned that the minutes be approved and K Burnell 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

- Looking at some of the funding out there is available to SHAC and wellness

- Also looking at updating website so it is accessible to all in RISD

III. New Business

a. K Burnell spoke on Texas Action for Healthy Kids Summit

- Main takeaway from youth share out were the following:
 - Ballance
 - Extra-curricular
 - Dangers of substance abuse
 - Burnout
 - Lack of sleep
 - Vending machines
- Summit also discussed brain breaks, physical education, and more
 - Recordings are available if anyone is interested
 - RISD was highlighted because of the Principal Survey we do through SHAC
- Funding opportunities were shared and takeaway is that we can look for those opportunities in RISD
 - [Healthy Lifestyles Award just announced by PTA and is one way to earn more funding \(opens in March\)](#)
 - Questions-
 - Do we track this as a SHAC
 - We could use a sub-committee to help with this and research it more to see if this is something we can roll out
 - Could possibly be a good goal for the 2025-26 school year with a few schools and build from there
 - Are their ways out own RISD PTA can help encourage this as well as partnering with SHAC to get our name out in the community more
 - America's Healthiest School contest, is this something we can look into through [Alliance of Healthier Generation](#)

IV. Report of Departments

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

i. Health & PE update

- 21 Day Challenge Update: just completed challenge as a district
 - 17 schools participated in the 1st staff challenge as well
 - Participating schools earned TAHPERD memberships, conference fees paid for as well as lunch provided to staff
- PE Teachers are headed to TAHPERD December 4 - 7

- Choosing the Best Update
 - Human Growth and Development Curriculum
 - Opt IN
 - Just completed it in Heath Classes

- Student feedback: they like the data and the WHY with this program. They enjoy it is not just a “sit and get” but incorporates moving and learning

b. K Clark- Director of Nurses

i. Health services update

- Nurses are wrapping up hearing, vision and spinal screenings
- Optional clinics available for campuses that see the need and can make it work for dental exams and sealants
 - It is voluntary and it is dependent on the clinics available dates
- Essilor Clinics are also available for eye exams and free glasses. Funding has been cut so we will only have 1 clinic this year.
- Flu Season is on its way so nurses are gearing up for that

c. S Martin- Student Services / Director of Counselors

i. Introduction to Dr. Lauren DeBose- new Director of Intervention Services

ii. Metro Care is helping us provide counseling services outside of school

- We are currently in phase 1 of this roll out
- Dobie and Thurgood will both become a community hub

iii. Live Wise, Live Healthy

- Dating violence will be the focus and have some great resources coming out in December and January

iv. Other Updates

- To Good for Drugs: 4th-6th grade program but this year started at the middle school level with 6-8 at FMMS and LHMS
- Coffee Days: once a month have an English and Spanish speaking groups that meet to help caregivers with supporting struggling teens
- District Suicide Update: 312 Suicide outcries this year, but 42 who have made multiple (majority is 5th-12)

d. Child Nutrition (A Gustoff out but sent the following updates)

i. Monthly events

- Fruit and Veggie Month
- Menu Advisory Meeting happened but will be hosting a few more before giving feedback. More dates to come.

e. K Burnell- PTA News and update

i. Update

- Richardson Council is working on car seats and working with Pregnancy Services Department within the district

- Other programs they are looking at:
 - Safe 2 Save for Teen Driving, is an app based program

V. Announcements, Information and Updates

- This is Kellie's final SHAC meeting as she is retiring December 20th.
- No announcement at this time as to who the new SHAC Co-Chair is
- Next meeting will be in January. A reminder email will be sent out.
 - Looking to having Watch D.O.G.S program come in and talk to SHAC

VI. Adjournment

The meeting was adjourned at 12:30 PM.