

January 18, 2022

Attendance (see below)

Members:

Justin Hudman- parent (Chair)

Kami Kilgore- parent

Amanda Luddy- parent and elementary PTA representative (Secretary)

Erin Keathley- community member

Sara Salem- Secondary PTA representative

DSISD liaisons:

Karen Kidd- DSISD Administrator/ organizer (Assistant Superintendent)

Yvonne Boulosa- DSE Assistant Principal

Tisha Kolek- Director of SEL and Health Services

Marissa Grijalva- DSISD board liaison

17:30

Call to order- Justin Hudman

Attendance taken, quorum established

Introduction of members

1736: Dr. Kidd

- There are no public comments at this time, will continue to watch

17:38: Agenda item #1: Dr. Kidd

Order of business: Vote for officers

- Office of Chair: nominee- Justin Hudman, uncontested
  - Nominee accepts the nomination
  - Unanimous vote in favor
- Office of Co-Chair: nominee- Kami Kilgore, uncontested
  - Nominee accepts the nomination
  - Unanimous vote in favor
- Office of Secretary: nominee- Amanda Luddy, uncontested
  - Nominee accepts the nomination
  - Unanimous vote in favor

1743: Agenda item #2- Tisha

Progress and update on [2020-2021 Recommendations](#)

#### **HEALTH AND FITNESS:**

- **Recommendation #1:** Creation of a nutrition-focused social media presence on Instagram as a resource and outreach to students and parents. Recommend partnering with the DSHS Health Sciences Academy to promote healthful eating and enjoyment of movement using the Whole School

Community Child approach and including age-appropriate information on positive body image, understanding eating disorders, etc.

- **Progress: Need to find the right teacher to help with this. Maybe involve PTA for promotion?**
- **Recommendation #2:** Improve accessibility of nutritional resources on district website under "Health Tab" providing a Toolbox for Parents/Students and align across all campuses with links such as: information on the Mediterranean Diet (recommended by the American Heart Association for heart health, high blood pressure and high cholesterol control), "Profile of the Whole Child," "Profile of the Healthy Parent", etc. Potential resources:
  - CDC's Whole School, Whole Community, Whole Child site:  
<https://www.cdc.gov/healthyschools/wsccl/>.
  - Youth compendium of physical activity (energy cost of 196 activities)  
<https://www.nccor.org/nccor-tools/youthcompendium/>.
  - Body and Mind nutrition fact labels  
<https://www.cdc.gov/healthyschools/bam/nutrition/nutrition-facts-label.htm>.
  - CDC parenting information <https://www.cdc.gov/parents/>
- **Progress: Working on this. On the nutrition link, there's a lot of resources. Blake has been working on making this more intuitive.**
- **Recommendation #3:** District-wide campus participation "National Nutrition Month" in March 2022. Would seek to promote nutrition, food safety, etc. in the classroom and at home.
  - Potential Resources:  
<https://www.actionforhealthykids.org/activity/celebrate-national-nutrition-month/> ▪  
<https://www.eatright.org/food/resources/national-nutrition-month>
  - Smart Kids Fight BAC! Curriculum:  
<https://www.fightbac.org/kidsfoodsafety/curricula-and-programs/>.
  - **Progress: Needs action**
- **Recommendation #4:** Elementary campus participation in "Every Kid Healthy Week" in April 2022 (dates for 2021 are April 26-30). SSES is piloting a "Healthy Habits Week" this year, led by Coach Overby and the PE department as part of the "Leader in Me" Program. Would like to see this idea shared with all elementary schools.
  - Potential Resource:  
<https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/>.

- **Progress: Needs Action**
- **Recommendation #5:** Encourage physical activity breaks in middle schools and highschool.

Potential Resources:

- "Take a Break teacher initiative":  
<http://www.coloradoedinitiative.org/wp-content/uploads/2014/08/CEI-Take-a-Break-Teacher-Toolbox.pdf>.
- Youth compendium of physical activity (energy cost of 196 activities)  
<https://www.nccor.org/nccor-tools/youthcompendium/>.

○ **Progress:**

- **Recommendation #6:** Promotion of Parent University with additions for health and fitness.
  - **Progress:** Parent University has started, first session (on dealing with trauma) was low participation (only 2 parents).
    - Q: What was the promotion: Members of SHAC missed the communication
    - A: Social media- promoted on FB
  - Coming up: Attorney General's office and helping to save for college.
    - Discussion:
      - Increase awareness
      - multiple outlets for promotion
      - engage PTA- can send to room parents to post on individual class FB pages
      - Separate from general emails so the information doesn't get lost in the data
      - Post a list of the events with dates and times for these classes
    - Q: Is there a recording of these for those who cannot attend in person but would still like the information
    - A: Some speakers request not to be recorded. Some speakers are volunteers, not paid for participation
    - Discussion:
      - Capture community parental involvement
      - Would day time events while students are in school have better turnout? Or at your home campus?
      - Can presentations be added to individual monthly PTA meetings rather than a single event?
      - Communication from the district can seem like bombardment at times, in the past, there was much more promotion of the Parent University rather than one or two emails.
      - Maybe a banner across the district website.
    - Next Parent University class at RSE Feb 10, from 6pm-7:30pm- Julia Cook, children's author who speaks about anxiety, anger, depression and how to help your child with these emotions... Will be visiting each campus separately to speak to the kids
    - Brief survey at PTA meetings to judge engagement and disseminate promotion about the scheduled presentations
    - **Maybe SHAC can promote a facebook group for parental engagement**

■ **Action Item: Need to increase parental engagement**

- **Recommendation #7:** Engage middle school students with a healthy eating cookbook project
  - **Progress:** get students involved, possibly as a club? Already curated a healthy cookbook on some of these resources... is the idea to have our middle school students engaged in this project?
- **Recommendation #8:** Culinary fair to try new foods from different cultures, perhaps featuring cooking demonstrations
  - **Progress:** Hold for now, limit large group gatherings due to the pandemic and comfortability of community members. Some schools are doing a cultural awareness with some culinary component
- **Recommendation #9:** Consider a Farm-to-School program with local farmers (learn about agriculture, potential for field trips, etc.): <http://www.farmtoschool.org>.
  - **Progress:** Constraints at this time due to health regulations from the state with child nutrition. Will engage Mr. Crowley to see if this can be explored further
- **Recommendation #10:** App development by the DSHS Health Sciences Academy to promote cookbook and partner with HEB to link where to find ingredients locally.

Potential Resource:

- Body and mind healthy eating app:  
<https://www.cdc.gov/healthyschools/bam/mobileapp.html>.
- **Progress:** Health Science Academy may not be a viable option for this promotion due to TEKS curriculum limitations. Possibly creation of a club for students to engage in healthful eating and enjoyment of movement and promote for other student involvement.

**MENTAL HEALTH:**

- **Recommendation #1:** Making all mental health programs and education more accessible to students, parents and staff by creating a tab that is easily identified at the District web site as well as creating age-appropriate visible campaigns with resources within each of the schools.
  - **Progress:** There is a new executive coordinator of communication who can take this on. Visible campaigns– banners that scroll at the top
  - Discussion:
    - The district is working on being consistent from the district webpage to each individual campus. Streamlining the links and look may ease searching for parents. Eg. Health services banner at district level has asthma, meningitis, etc. but no nutrition, no mental health... but Walnut and MS did not have a health services banner at all.
    - There is a dedicated person for the district webpages who can address this
    - Still want to destigmatize mental health, possibly a banner promoting mental health resources with a quick access button. Make it part of a normal conversation to talk about anxiety, depression, etc.
    - Engage educational foundation
- **Recommendation #2:** Engage with the PTA and DSEF to create educational resources and

marketing within Parent University.

- **Progress: big supporters, need to reach out and gauge interest in promotion**
- **Recommendation #3:** Provide staff education consistently throughout each school within the district. Utilizing the model currently being used at Sycamore Springs Elementary (or something similar), which includes Health Wellness, Changing Habits, Creating Boundaries and Stress Management.
  - **Progress: There are currently programs being implemented:**
    - Leader in Me- elementary, one MS
    - Challenge to Success- HS
  - Tisha: getting students involved: We now use Better Together (K-12)
    - Pledge: Crossing participation and engagement across secondary and primary schools, i.e. MS students came up with a group of phrases that they thought were important for the elementary students that focused on inclusivity, diversity, kindness, etc., these phrases were then sent to the ES students for vetting, who then picked out the parts they liked and sent it back to the MS students asking for it to rhyme. The HS did the same phrase creation for the MS students and sent it to them for edits/suggestions.
    - Topics of discussion in this program include affecting culture and change, others perspective and listening to understand, embracing inclusivity of ideas—even if you don't align.
    - Peer support- students teaching students
    - Each campus has to do a minimum number of activities focused on inclusivity, diversity and kindness
    - There is a need for increasing a sense of belonging coming off the pandemic which was decreased in elementary schools according to the end of the year survey.
- **Recommendation #4:** Teen Mental Health First Aid, which would strive to reduce youth suicide through education, training, and peer intervention. This type of program strives to

Create a safe school environment

Promote connectedness

Support anti-bullying

Encourage mental wellness

Reduce mental health stigma

Prevent substance misuse

- **Progress: Dr. Kidd- bringing students voice forward, re-branding programming with using "better together" ...may look into adding supplementary programming**
  - Increasing awareness and recognition of signs of teen depression
  - There is an anonymous tip line that is funneled to multiple people with a workflow so alerts don't slip through the cracks, creating a platform for communication. Vaping, substances, kids of concern. All tips are sent to Dr. Morris-Kuentz and a team that reviews and assigns to appropriate staff.

## Tobacco and drug use

- Recommendation #1: Parent University:
  - what to look for with vaping devices, dangers and risk factors, long term effects ○
  - Prescription drug use and addictions
  - Recommend vaping education and intervention utilizing curriculum/ resources such as “Catch my breath” <https://catchinfo.org/modules/e-cigarettes/> or Scholastic’s “The Real Cost of Vaping” <https://www.scholastic.com/youthvapingrisks/index.html>
  - Hidden in plain sight- what to look for in teens rooms? Can look into
    - Review programs such as “Hidden in Plain Sight” <https://hiddeninplainsight.info> for community/parent awareness
  - Counseling group: Programs prepared for the spring for substance use and abuse and tech safety– upcoming potential topics
  - Contact from Attorney General’s office for social media safety education
  - **Discussion:** parent education needed that tobacco use is illegal under the age of 21.

18:35: Justin:

- Committee feedback?
- Mental health is our priority

18:38: Agenda item #3: Tisha

### [Surgeon General Report](#)

- Objective: inclusive with stakeholders– the whole village concept
- Mental Health– biological vs environmental
- Increase in outcry, SI, depression and anxiety
- Some students thrived during the pandemic: getting more sleep, spent more family quality time, less academic stress and bullying
- Some students triggered in the hallways with dense populations, academic dissatisfaction or self awareness
- Higher risk for mental health groups
- Educators taking action:
  - 1) mental health is a part of overall health
    - Nurses and Counselors trained together with crisis management team on recognition of physical and social/emotional connections
  - 2) empowering youth and families
  - Need for family resources
  - 3) every child has access 4) support mental health 5)address the economic and social barriers
  - LMHP at elementary, middle school, HS
  - Increasing Tier 1 classroom support

- Increasing partnership– 4 partners. DS students get priority that week, telehealth is available during the day. TCHAT: Counselors reach out to TCHAT, who can facilitate a therapist connection and 4 sessions
- 6) Increasing data collection

18:50- Discussion

- Sara: peers learn well from each other
- Support groups
- Groups for students to talk about surgeon general topics and mental health

1854: Dr. Kidd

- No public comments
- Next meeting will be changed to Feb. 8 at 17:30-19:00 due to conflict with the Julia Cook meeting.

1856: updates to bylaws

- HB1525- changes to aspects of SHAC
  - Page 2: needs to be a resolution from the board with at least 2 public meetings on curriculum recommendations, Human sexuality language was pulled. Age appropriate, reviewed by experts, Parent opt-in
  - Discussion: what material will be provided to the parent to make the opt-in decision?
    - Link to the website with topics or can review the curriculum on canvas or campus
    - Can opt-in only certain days, or whole curriculum
  - Physically post agenda on campus and recordings must be posted

19:03: Vote to adopt updates to the bylaws- will bring to board at next meeting

- Amanda made a motion to adopt the changes to the bylaws
- Seconded and carried without dissent

19:04: Meeting was adjourned