



Goose Creek CISD School Health Advisory Council Meeting

Thursday, April 15, 2021

Final Meeting Minutes

- 1. Welcome and opening remarks** - The SHAC meeting was called to order by Amanda Kennington, GCCISD Healthy Community School Coordinator/ 2020-2021 SHAC Chair and Facilitator on Thursday, April 15, 2021 at 5:00pm. The meeting was held virtually through the WebEx platform.

SHAC Members in Attendance: Shaunna Bernshausen, Sain- R Edwards Jr., Felinda Frederick, Dorothy Haraminac, Kim Kosteck, Timika Lee, LaRhea Pierson, Gladys Pryor, Thresa Caldwell, Ruth Carrillo, Natalie Edwards, Amanda Kennington, Stephanie Myers, Lee Martinez, Kevin Wrobleski, Michael Springer, Maria Yakovlev, Danira Zamora

Members and guests were welcomed and the council was one member shy of meeting quorum. Kennington shared the Guiding Principles of the 2020-2021 SHAC to support a healthy and safe school environment that fosters learning for every child:

- We will “Grow Healthy Giants” by dedicating our efforts to goals that will ensure that local community values are reflected in the decisions to meet the diverse needs of all students and that every child is healthy, safe, engaged, supported, and challenged.
- We will work to support, educate, and communicate positive and engaging initiatives that provide support for the mental, social, and physical health and well-being of students, staff, and family in our community.
- We will perform our duties as an advisory council with the overarching charge to make recommendations that involve opportunities for all students in GCCISD to improve learning and quality of life.
- To that end, we will work to support a healthy and safe school environment that fosters learning by using the Whole School, Whole Community, Whole Child approach.

2. SHAC Celebrations - Members were provided time for brief announcements and recognitions. Kennington shared a member birthday announcement. SHAC would like to recognize the district campuses for their coordinated school health efforts by implementing the CATCH program, we would like to invite more collaboration between the campus wellness teams and the SHAC next year. SHAC would also like to celebrate all 28 district campuses for having individuals participate in the It’s Time Texas Community Challenge, GCCISD had 394 staff participants registered and earned 476,500 total points! SHAC would also like to thank the campus nursing staff for their dedication to the health and safety of the school communities they serve. Lastly, I would like to celebrate our SHAC members - the number of participating individuals at our meetings and the feedback you provide is invaluable. It has been my pleasure to serve you all and I hope you will consider participating again next year.

3. Community Communications - School Health Advisory Council meetings are closed to the public. Only appointed members and invited guests may attend. Any public questions or comments may be emailed to SHAC@gccisd.net. The email shall be shared with members of the SHAC. Two SHAC members regrettably had to resign. One parent and one district member that shared that they would be unable to fulfill their duties for the remainder of the year. One member (due to time constraints and inability to attend meetings) and another who moved across the state.

4. Executive Committee/SHAC Subcommittee Updates

The SHAC Executive Committee consists of the officers, the Executive Leader Liaison and the chairs of all substantive standing committees. Standing Committees serve the SHACs decision-making process. They are the focal point for SHAC activity. Broad community participation is sought for committees. They gather information, analyze available data, make recommendations to the SHAC, and report to the SHAC. The SHAC may develop these information items into action items for a SHAC vote. The Subcommittee Chairs will share a summary of '20-'21 progress and lead the presentation of any action items for SHACs consideration.

First pursuant to statutory requirements, we have a standing subcommittee maintained to address Physical Education and Activity. Mr. Edwards shared updates at this time:

A. Health/Physical Education & Physical Activity SC

Priority Areas/Discussion:

1. **Policy recommendations to increase physical activity and improve fitness among students throughout the school day.**
 - a. **Recommendations of Recess for Elementary School Students - Sample Resolution**
 - b. **A meeting is scheduled for later this month with Elementary School administrators to garner feedback and support... the work is ongoing**
2. **Update Wellness Policy**
 - a. **SC recommends that the language in the Wellness plan be changed from "If recess is scheduled..."**
3. **Discussed need for more comprehensive Physical Education and Health curriculum**
 - a. **The Subcommittee (SC) is urging the district to submit orders for new Health educational materials and updated health resources for SHAC to review based on the newly adopted Health TEKS (the instructional materials will be available Summer 2021)**

Mr. Springer summarized the work of SHAC thus far and Kennington also shared a few other areas of discussion:

B. Nutrition SC

Priority Areas/Discussion:

1. **Nutrition education**
 - a. **Subcommittee (SC) discussed supports needed at junior school level to integrate nutrition education into other core curriculum as addressed in wellness policy.**
 - b. **Strategies are being developed by SC to promote wellness at district and campus activities by engaging families in Nutrition education**
2. **Wellness Policy & Plan**
 - a. **Review and revision by the Wellness Committee has been considered a priority this year**
 - b. **SHAC members have been provided the opportunity to give input on Wellness Policy**
 - c. **Wellness Committee meeting is TBD, SHAC member will be in attendance**
 - d. **Improved evaluation of campus implementation of the Wellness Plan is recommended by the SC before strategic issues can be identified**
 - **Triennial Assessment of Wellness Policy Due**
 - **SC recommends assessing school health program (at each campus)**

and wellness by utilizing the School Health Index or Alliance for Healthier Generation tool

Ms. Kosteck and Ms. Bernshausen shared updates at this time.

C. Health Services & Mental Health Services SC

Priority Areas/Discussion:

1. Awareness of the role of SHAC
 - Better alignment in supporting a comprehensive approach with other district committees/components to improve learning and health.
 - Health education - incorporating lessons into PE/Classroom curriculum
 - Connectivity - reinforce and educate departments on SEL (Character Strong) which develop safe/healthy environments for our students and staff
2. Assessments
 - Safe Schools Survey - CDC Comprehensive Assessment
3. Programming
 - Support groups/prevention
 - Safe School Ambassador
 - Alcohol, Tobacco, & Other Drugs Training
 - Cyber Safety

Ms. Lee shared updates at this time:

D. Family Engagement/Community Involvement & Employee Wellness SC

Priority Areas/Discussion:

1. Suggested SHAC Recruitment of:
 - a. Additional district staff - Curriculum & Instruction, Safe and Secure Schools, Campus Administrators
 - b. Additional community partners (Kiwanis Club, Education Foundation, United Way, Parent Liaisons/PTO Healthy Lifestyle Chair)
 - c. Student health advisory to SHAC - Student Health Clubs; Kids SHAC
2. Family/Community Involvement Ideas - Communicate summer engagement events (increase physical activity) and volunteer opportunities (to support good health in the community)
3. Positive communications and building relationships between campus and community - involving all stakeholders in decision making of health and well-being
4. Strategies to support Employee Wellness - Fitness Center, Stress-relief Rooms, Self-care strategies

5. Action Item - Reading and approval of minutes - A. Kennington shared: Meeting minutes and requests for edits for the meeting on February 11, 2021 were shared via email to all SHAC members. Revisions were made based on feedback. A summary reading overview was provided by the SHAC Chair.

The motion was tabled due to lack of meeting quorum. The members will vote via virtual poll (with an established quorum).

6. SHAC Wrap-Up of 2020-2021 - A.Kennington shared:

A. April-May 2021:

- Work will continue in subcommittee groups (no voting); all SHAC members will be sent an Email invitation for any subcommittee meetings scheduled (meetings are optional)

B. May 2021:

- Approval of Meeting Minutes (4/15/21) via virtual vote (with quorum) to publish on SHAC website - via email due May 7, 2021.
- A SHAC Evaluation Survey - via email due May 21, 2021

C. June 2021:

- SHAC annually provides the Board of Trustees with a written report detailing recommendations concerning health education curriculum and instruction or related matters, modifications to previously submitted recommendations, detailed explanation of the SHAC's activities during the period between the date of the current report and the date of the last prior written report, and and recommendations made by the physical activity and fitness planning subcommittee. Board Report documents will be shared via Email with current members by June 18, 2021.

7. Upcoming Opportunities A. Kennington & T. Lee shared:

A. Upcoming Community Events & Partner Resources

- Activities for Families
 - What's Happening In Baytown - <https://www.wikido.com/us/tx/baytown>
 - How to Be Earth Friendly In Houston
 - Mind and Body Calendars - English Elementary
 - Mind and Body Calendars - Spanish Elementary
 - Mind and Body Calendars - English Secondary
 - Mind and Body Calendar - Spanish Secondary
- SHAC Webinar/Training
 - Action For Healthy Kids
 - It's Time Texas - SHAC Webinars
 - SHAC 101: Part 1
 - SHAC 101: Part 2
 - Other recordings on SHACS, Recess, SEL and a host of topics on the Healthy Kids Healthy Families channel at <https://www.youtube.com/channel/UCSw81d5VcuC77ZraGVgDsuA/>
- Health Flyers
 - ALL for Them - <https://drive.google.com/file/d/1tifPQqi9trhQW7Mx5z69WlRqNy4ySGuW/view?usp=sharing>
 - Engaging Parents
 - Engaging Educators
- Summer Camps
 - Baytown Summer Camps
 - Baytown Sports
 - T. Lee shared that Houston has a few opportunities as well for summer
- Additional Resources shared by G. Pryor (The Love Network) and Community Partners
 - Baytown Engage
 - City of Baytown
 - Save The Date (April) Baytown Expo -<https://drive.google.com/file/d/1skqGZ8xdR-occ2mJ1WwcBjHCRaCAOsca/view?>

- usp=sharing
- Available Resources During COVID -
<https://drive.google.com/file/d/13dvJ7SkjKg7-4QYleg-RHmR9UNq9Aws1/view?usp=sharing>
- COVID-19 Assistance -
<https://drive.google.com/file/d/1oxTQfVtrF4gpu9csuJotWcZPEjUkV85i/view?usp=sharing>

B. Spin The SHAC Wheel - Winner - Maurisa

C. Closing Remarks - Kennington thanked members for their participation in the 2020-2021 School Health Advisory Council.

8. Adjourn - Meeting was adjourned at 6pm