



November 19, 2020

Meeting Minutes

- 1. Welcome & Call to Order** – The SHAC meeting was called to order by Amanda Kennington, GCCISD Healthy Community School Coordinator/ 2020-2021 SHAC Chair and Facilitator on Thursday, November 19, 2020 at 5:02 PM. The meeting was held virtually through the Webex platform.

SHAC Members Attending:

Parent: Maurisa Alexis-Louis, Sabrina Beaty, Shaunna Bernshausen, Kimberly Cooley, Lauren Copeland, Sain-R Edwards Jr., Felinda Frederick, Laura Gill, Dorothy Haraminac, Renee Jones, Kim Kosteck, Timika Lee, Keni Ornelas, LaRhea Pierson, Jocelyn Rone, Stephanie Schmidt, Kristin Sickle, Michael Springer, Irais Torres, Jill Williamson, and Maria Yakovleva.

GCCISD Staff: Thresa Caldwell, Ruth Carrillo, Joslyn Carstensen, Natalie Edwards, Amanda Kennington, Lee Martinez, Stephanie Myers, Patricia Pena, Kevin Wroblewski

Community Organization: Gladys Pryor representing The Love Network of Baytown

- Mrs. Kennington expressed appreciation to the SHAC members as we begin re-establishing and creating a vision for the council
- Noted that we have all been under a great deal of stress with the pandemic and health is now at the forefront of most our community members minds however SHAC is not a pandemic taskforce; SHAC is an advisory council to the school board to address health education of GCCISD students

Mrs Kennington's role is to garner support and facilitate importance of SHAC; bring recommendations and resources as well as pertinent information and people to the table to help inform the council in their decision-making; She sees this as being a strategic plan that will take about three years' time to have measurable results; Creating a culture in an environment that focuses on Wellness and using the Whole School, Whole Community, Whole Child (WSCC) model as the focus to promote health and academic success

2. **Webex Features and Meeting Norms** – Mrs. Kennington recommends meeting norms (expectations as a council – etiquette, respect, attendance, safe environment, punctuality) for virtual platform and encourages members to email SHAC@gccisd.net for questions or concerns.
 - Members were asked to enter name into the chat for attendance purposes and to establish a quorum. A quorum shall be 20 members, which is the majority of the current membership; meetings may still be held without a quorum for purposes of presentations or discussions. However, no actions or voting may take place without a quorum.
3. **Celebrations** – Congratulations to all for the appointment of 39 SHAC members; Congratulates our November Giant of the Month Patricia Pena, Health Services Coordinator who is serving on the SHAC as a member of the Health Counseling and Mental Services Subcommittee.
4. **Introductions of Executive Committee & Members** –
 - Mrs. Kennington explained the duties of the Executive Committee and introduced the District Subcommittee Leaders: Kevin Wroblewski, Associate Director of Science and High School Health; Lee Martinez, Athletic Director; Patricia Pena, Health Services Coordinator; Ruth Carrillo, Student Success Specialist; Stephanie Myer, Benefits Coordinator; Natalie Edwards, Nutrition Director; Joslyn Carstensen, Dietician
 - SHAC Officers were announced: SHAC Secretary, Lauren Copeland and SHAC Co-Chair Felinda Frederick
 - Our new SHAC members have a Wide range of characteristics And are from a diverse group from all different occupations; serving on our shack we have one or more individuals that work as a nurse , aspiring teacher, homemaker, school counselor, banker, life coach, professional organizer, police officer, travel agent, attorney, private investigator, storekeeper, member of the US Coast Guard, entrepreneur, IT manager, in financial and logistic officer, and a college faculty member.
 - Gladys Pryor, Program Manager of the Love Network of Baytown was asked to share about her role as a community partner and information about her non-profit organization and what it provides for the Baytown community. She will serve as an appointed SHAC member.
5. **For Your Information -**
 - A. **Overview of Whole School, Whole Community, Whole Child Model (ASCD)** – Mrs. Kennington shared a video of the WSCC model and shared how SHAC’s can play an important role in GCCISD to increase academic achievement and promote health as we meet the needs of the whole child. Schools parents and community members can join forces to support the knowledge and skills young people need to be healthy.

B. Presentation: GCCISD SHAC Roles, Responsibilities & Regulations – Mrs. Kennington shared slide presentation to orient new members

- i. School Health Advisory Council (SHAC)- an advisory council to serve the GCCISD Board of Trustees; Provides advice & **recommendations** on school health and its impact on students and staff; Comprised of parents, district employees & non-profit members; Appointed by the GCCISD Board of Trustees; Required by law to meet at least four times each year; Duties outlined in state, local, and district policy
- ii. Areas of Focus – all components of WSCC model
- iii. SHAC duties - see BDF Legal
- iv. Design of SHAC in GCCISD – 39 members, Executive Leader Liaison, District Chair, Parent Co-Chair, Secretary, Subcommittees
- v. Member Expectations – attend meetings; provide input & opinions; share pertinent SHAC information with community; support health & wellness initiatives presented at SHAC
- vi. SHAC Communication – SHAC Chair will communicate to Executive Leadership as well as Campus Wellness Teams; SHAC website (Community Tab -> Whole Child Initiatives); To the Board – annual report
- vii. Sub-committee & Roles – Health, PE & Physical Activity; Nutrition Services; Family Engagement & Community Involvement/Employee Wellness; Health, Counseling & Mental Health Services; Ad Hoc Committees
- viii. SHAC Function – SHAC Regular Meetings; Subcommittee Meetings; Final report to the Board by June 2021
- ix. Impact on SHAC on students - Student’s health depends on everyday practice of healthy habits; Promoting healthy behaviors during childhood is more effective than changing unhealthy adult habits; Healthy students have: Increased academic achievement, decreased absenteeism, decreased health care costs, less risk behaviors

C. GCCISD Coordinated School Health Update – Mrs. Kennington introduced district leaders of each component to discuss what is happening in the district with coordinated school health. The report is as follows:

Health Education (9-12th) Update - Kevin Wroblewski, Associate Director of Science & HS Health

- Grades 9-12: Health teachers teach the importance of physical activity and nutrition education as a part of the health curriculum
- Met with Whole Child Initiatives Coordinators to include the Tobacco/E-Cig Health Lessons (CATCH My Breath Program) into the new Health 1 Curriculum documents; Currently offering ASPIRE program to encourage tobacco-free lifestyle
- Investigating to see if there are other ways students are being encouraged by staff in the commitment to encourage healthy behaviors

Health Education (K-8th) Update - Amanda Kennington, Healthy Community School Coordinator

- 22 campuses have formed Campus Wellness Teams and are creating a strategic plan to implement coordinated school health efforts with assistance from the Healthy Community School Coordinator
- The Campus Wellness Team is a corollary of the SHAC and will address all the components of WSCC at the campus level. Representatives from campus administration, PE and classroom teachers, specialists (nurses/counselors), parents, and nutrition staff are encouraged to participate at each campus.
- All K-8th grade campuses are implementing the Coordinated Approach To Child Health (CATCH) program in accordance with GCCISD Wellness Policy
 - Nutrition education curriculum is presented by classroom teachers, PE teachers, and Child Nutrition services through the CATCH program
- UVR education and skin cancer prevention efforts
 - K-12th grade teachers are encouraged to integrate sun safety lessons into appropriate academic subjects, GCCISD is committed to adopting sun safety curriculum in the classroom and as a component of staff education - see the Sun Safety Policy
- Whole Child Initiatives tab has been created under Community on the GCCISD website to communicate health and wellness efforts and policies

Physical Education & Physical Activity Update - Lee Martinez, Athletic Director

- Activity breaks are being encouraged and incorporated into all subjects at the campus level
- Physical education classes regularly emphasize moderate to vigorous activity as a primary goal of CATCH physical education - each campus is implementing PE in various locations (gym, classrooms, outside, and virtually); encouraging water bottles and utilize feet more
- Recess is being encouraged
- PE teachers were trained on best practices to effectively implement Texas Essentials of Knowledge and Skills for physical education (TEKS) programs
- PE teachers created a virtual gym to share lesson ideas and strategies to promote healthy physical exercise habits
- If PE teachers are using equipment, they are sanitizing between use. Currently the pandemic is creating barriers to some quality of PE, the focus is on what can be done.
- Information is being provided virtually to families to help them incorporate physical activity into their children's lives - CATCH Health at Home shared via social media
- Schools are being encouraged to incorporate a walk to school event in the Spring if deemed safe to do so

Nutrition Services Updates - Natalie Edwards, Nutrition Services Director & Joslyn Carstensen, Registered Dietitian

- Our district website provides access to all menus, curbside locations, catering options and up to date information on how we are feeding the district.
- Menus are developed to follow the National School Lunch/Breakfast Program guidelines established by the USDA while snacks sold on campus meet the School Nutrition Policy Healthy Hunger-Free Kids Act Smart Snacks.
 - Parents can view our menu and nutrition facts on our Nutrislice website, where they can also filter menu items by the top 8 allergens.
- During Covid we have been committed to ensuring safety for our students and staff.
 - In addition to practicing safe food handling techniques, we have added temperature checks for cafeteria staff and masks must be worn at all times.
 - Our staff has been committed to serving our virtual students via curbside at any of our eight locations.
 - If our district was to shut down again, curbside would be available to all students and we would expand our curbside locations.
 - Currently, the USDA has allowed all students to eat for free for the 2020-2021 school year.

- Our cafeteria staff has been committed to providing nutritious meals to students by encouraging students to try the variety of fruits and vegetables offered each day in the cafeteria.
 - Our elementary cafeterias are equipped with CATCH posters – unfortunately, right now students are not seeing these signs because they are not going into the cafeteria.
 - When we are not in a pandemic, we encourage fruit and vegetables consumption by having “Taste it Tuesdays” or having a “Go for More” bar if students are still hungry during lunch.

Behavior & Mental Health Services Update - Thresa Caldwell, Coordinator of Behavior & Mental Health

- One of the functions of the Behavior & Mental Health Division is to provide prevention and intervention services to address students’ overall development and thus enhance their ability to succeed socially, emotionally, and academically.
- Another function of the Behavior & Mental Health Division is to facilitate professional development, and trainings to schools, parents, and the community on a variety of behavioral health topics and mental health awareness topics, through initiatives such as Engaging Parents and the Engaging Educators Series.
- Engaging Parents & Families in Education Series is an ongoing series of free Webex sessions for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed.
- Engaging Educators: Social-Emotional Support for Educators Series offers Webex professional development sessions to address the social emotional needs of the educators as they meet the challenge of addressing the social emotional needs of the students.
- Each initiative offers sessions throughout the school year in collaboration with community partners such as NAMI of Greater Houston, DePelchin Children’s Center, Mental Health America, and The Center for School Behavioral Health.

Health Services Update - Patricia Pena, Health Services Coordinator

- COVID19 & GCCISD - Dashboard [here](#)
- Harris County Public Health Safe During Holidays – information provided to register for the virtual event
- Health services is partnering with UT Health and MD Anderson to provide free vaccinations to secondary (6-12th) grade students
- Vaccination clinics will be hosted in the Spring at various campus locations (more information to come)

Employee Wellness Update - Stephanie Myers, Benefits Coordinator

- A purchase of 3,500 masks for all district employees was a result of a grant from the GCCISD Education Foundation
- October 23rd, staff were encouraged to wear pink to create awareness of breast cancer and encourage early screening
- Wellness Clinic available and open to employees and be seen for minor illness such as cold, strep, flu, stomach concerns, headaches, bladder issues or concerns. Onsite mammograms, screenings, flu shots available.
Monday 10 AM – 6 PM * Wednesday 10 AM – 6 PM * Friday 10 AM – 6 PM
- Encouraging employees to sign-up for IT’S TIME TEXAS Community Challenge to focus on achieving health goals
- Fitness center for employees opening in January at the new Education Service Center

Family & Community Engagement - Ruth Carrillo, Campus Student Success Specialist (CSSS)

- Family support – provide food and clothing and support for families

- SST Team
- Parent Engagement
- Community Resources
- Parent Classes with Harris Health
- Family Nights
- CATCH Health Nights
- Home Visits
- Educate parents about importance of Attendance
- All CSSS are Certified Teachers with classroom experience

6. **Action Items:** Mrs. Kennington explained Robert's Rules of Order and how to make a motion, discussion, and vote as a council.
- Mrs. Kennington present SHAC Bylaws – Kevin Wrobleski made a motion to approve the Bylaws and Renee Jones seconded the motion. Council was asked if there was any discussion. Dorothy Haraminac, Laura Gill, and Renee Jones added discussion points.
 - Discussed removal of Officers/Members part of the Bylaws Article 6
 - Discussed Sec. 3 in relation to the discussion and agreed the Bylaw is good as stands regarding topic
 - Discussed adding in Bylaws about who in subcommittees report to the whole SHAC and agreed and added point that Chair of subcommittee will report to SHAC any notes from such
 - Discussed tabling the item and vote at the next meeting after an ad hoc committee and members have time to view the Bylaws document again and provide feedback. Mrs. Kennington will communicate the information via email with the Bylaw document and schedule an ad hoc meeting to discuss and recommend establishment by the SHAC at the next meeting.
7. **Sub-Committee Charge - Break out session** – Mrs. Kennington shows the subcommittees chart for members to review assigned area. Members told that if they wish to be assigned a different role or area of interest that they need to communicate this via email to SHAC@gccisd.net and change requested will be honored. The members broke out into 4 different rooms at 6:28pm to introduce self and share something they are thankful for. Members were then brought back to SHAC General Meeting.
8. **Announcements** - Mrs. Kennington shared the following information:
- Future Meeting Dates – General SHAC meetings will be held at 5pm via Webex on 12/10/20; 2/11/21; and 4/15/21.
 - It's Time Texas Community Challenge Registration – friendly competition created to set goals for healthy community and win prizes for self, district, and community of Baytown; pre-registration is currently happening – more information to come

9. Upcoming Events & Future agenda items:

- Present Community Members Creating a Vision & SHAC Goal Setting – Mrs. Kennington is going to take the answers from members from the SHAC registration survey and share the information with members to be discussed in committee to set goals and a vision for GCCISD SHAC as well as subcommittees.
- School Health Index – this item will have to take place in the future when we are post-pandemic, however educating our members on what the SHI is and planning to implement the assessment can be discussed
- Presentation of CATCH PE/Nutrition Education (K-8) & Structured Brain Breaks – Mrs. Kennington can share information to the SHAC or subcommittee group if members are interested in the information; SHAC members that wish to see items on future agendas need only to email SHAC@gccisd.net and items will be discussed at Executive Committee meetings to be placed on future agendas.
- It's Time Texas Community Challenge Registration – Mrs. Kennington will ask ITT to share information about why SHAC and the Baytown community should be involved in the challenge and what we can do as a team.
- Establish Bylaws

10. Spin the SHAC Wheel – Member Thresa Caldwell won a gift card!

11. Adjourn – Mrs. Kennington thanked members for their time and patience and meeting was adjourned at 6:38pm