

11/29/2022

Minutes from the Regular Meeting of the School Health Advisory Council (SHAC)

1. CALL TO ORDER

Meeting was called to order by M. James. Welcome and introductions.

2. PURPOSE

A School Health Advisory Council (SHAC) is a group appointed by the school district to serve at the district level. Texas law ([Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)) requires the establishment of a SHAC for every school district. SHACs are required to meet at least four times each year.

SHACs assist the districts in ensuring that local community values are reflected in health education instruction. Additionally, SHACs play an important role in strengthening the connection between health and learning. They can help parents and community stakeholders reinforce the knowledge and skills children need to stay healthy for a lifetime.

3. REVIEW MINUTES

A motion to approve the 09/28/2022 SHAC meeting minutes was made by S. Whitley and seconded by S. Jess.

4. REPORTS

a. Smiles in Schools Dental Program- M. James

The Smiles in Schools dental program is run by the state. They provide a dentist and a hygienist to come to the schools and offer free dental services for children. Parents sign a permission form for which services they would like their student to receive. The dentist performs a limited dental exam in which they check for decay. They may also provide a fluoride treatment. Dental sealants may also be provided except this visit; they were not able to provide that service due to a time crunch in which they are required to provide services at certain schools across the state. Next year, we expect them to be able to provide all services. The dental team was able to go to Ogg Elementary and Madge Griffith Elementary for a day each. They saw 93 students at Ogg Elementary. Two of the students were identified as in need of urgent follow-up with a dentist. Those parents were notified. The state gives the family an opportunity to obtain dental care and will follow up about a month later to determine if the family is in need of assistance. Dental care was provided to 130 Madge Griffith students with four students found to be in need of urgent care. Next year, we hope to expand dental services to other elementary campuses.

b. Rhithm Check-In Tool- A. Jasso

Rhithm is a daily check-in where students are able to pick an emoji of how they feel from different categories. Based on the responses a student gives, it gives the administrators, teachers and counselors a feel for where their students are as far as if they are ready to learn. Students are able to type in comments so if there is anything concerning, it sends risk alerts to the administrators and counselors. That way they know if students are going through a difficult situation and they need to speak to someone.

This was piloted in the spring by three campuses who chose to do so. The program was purchased for every elementary campus. Each campus is rolling it out a little differently. Some campuses specify which grades are going to do it. Some have students do it on a daily or weekly basis. For October 3 - 31, we have 7,075 check-ins from 673 students across the district which shows they are utilizing the program.

A Jasso pulled up the program for the council to see what it looks like. Five questions are presented to the older elementary students while 1st and 2nd grades are presented with only two questions. A high school student who was present volunteered to answer the questions. After the questions were answered, an algorithm was formed and a video was presented based on the answers. It takes just 3 minutes from login to get centered and ready to learn. Students are identified who are most apt for emotional or behavioral dysregulation. It is a great way to get the day started so that students are ready to engage in learning.

c. ASCEND Program- J. Engelking, M. Soto

The ASCEND program was developed this year. Some kids are not ready to learn unless some foundational needs are met. There are programs throughout the district that help to meet those needs but some of our students do not have family and community support. Students have been identified who need an additional layer of support to be successful in school. Grants were applied for last year and over \$250,000 has been received to develop this program. ASCEND stands for Acquiring Strength, Character, Employability and Networking Skills with Determination.

One of the key components of the program is providing one-on-one mentorship. M. Soto puts on her jogging shoes and runs from one end of the district to another trying to meet with students on a regular basis. She meets with students every other week individually. On the opposite week, they meet as a group and do social emotional learning. They meet using the circle framework and have a different topic each time they meet. Some of the items they cover include communication skills, self-regulation and all of the things that are going to make them successful in school, a better employee, a better family member and more successful in their life. They work with them on goal setting and monitoring their progress. Their attendance and grades are also monitored. It is also a priority to communicate with these students and their parents.

Students will visit Brazosport College this week and The University of Houston Downtown in the spring. The students will tour the campuses which gives them the opportunity to think about what their next steps might be in the future. Family engagement activities take place once a quarter. The first family engagement activity was held at the Freeport Library. M. Soto a quick “make and take” lesson with the parents to help with stress and being able to cope with anxiety for themselves and their students. The librarian talked to the families about all of the things the library has to offer. After hours tutors are also available if the students need more one-on-one academic support.

M. Soto shared testimonies from two students in which the ASCEND program has taught them to think differently and make good decisions that will lead to success. It is not about Soto giving advice but connecting the students with the trusted adults available to them because you cannot do life alone.

d. Employee Wellness Initiatives- R. Arthur

As part of SHAC, employees need to be addressed and taken care of as well as our students. The goal is to let our BISD family know that there is a team of people who are here to support and help them so that they can reach a state of wellness. One of the things being done is connecting employees with resources and creating new ones and encouraging them to use them. The next big piece coming is to recognize and reward employees for wellness wins. One of the big emphasis this year is on mental and emotional wellness.

There was a big change in benefits this year. BISD exited from TRS and are now part of TSHBP. There were a lot of changes in our care. One of the new pieces is care coordinators who are like personal concierges for two of the plans. It is optional for the other 2 plans and if employees use it, they get a \$500 credit toward their deductible. BISD is also focusing on provider and employee education. There was a provider insurance seminar in which local doctors and health care providers were invited to connect with the new benefits team to talk about the insurance and what the card looks like so that when they see it, they will recognize it rather than turn employees away. “Providing Healthcare for the Family through TSHBP” signs are now at the check in windows of some of the doctors. Employees can scan the QR code if they do not have their insurance card with them and their information will appear.

Rightway Imaging and The Rose Mobile Mammography are scheduled to provide services to promote employee wellness. A lot of information is being sent out about the employee assistance program. Employees can call in and get help 24 hours a day for almost any topic. Employees can also get up to five free sessions per person, per topic, per year.

For wellness, a two week emotional health challenge was created in which there were simple tasks to complete. As tasks were completed, names were put into a drawing. An employee at O.M. Roberts won a one hour massage. A local spa has donated a facial for the next wellness challenge winner.

A new app will launch in January with a rewards and the recognition piece. Employees will be able to earn badges and points which will convert to a monetary value. There will be a catalog of prizes to choose from some of which will be linked to Amazon.

The wellness fair and 5K run was a huge success with a date set for next year. There were wellness passports with over 150 completed. A good thing that came out of the wellness fair was that employees reached out to utilize the employee assistance resource on the mental health side. Some of the BISD team members were there providing information about that resource. A mileage club was also created as a result of the 5K. Thirty people have signed up and can connect if they want to partner up or communicate.

e. Updates from BISD Students- Brazoswood Stuco and PALS

- i. Safe Haven- Gracie Topper- Campus counselors and student officers are involved. Safe Haven is a safe place for students to talk about mental health. There is no requirement for students to share a certain amount. It is not a replacement for therapy, only a safe space to talk about things that are a little bit harder to discuss. The goal is to remove the stigma against mental illness as well as give people suffering from mental illness attention and let them know that they are not alone. Safe Haven is meant to spread the word about mental illness and make it known that talking about mental health is not the same as talking about mental illness. Not all mental health has to be mental illness. Some things they do include the mental health mile which is walking the track every Monday. At Brazoswood lunches, students sat at the front of the cafeteria and passed out mental health items such as stickers, notes, pens, etc. Presentations are sometimes student led and other times it may be one of the counselors. Students meet every Monday and it is open for anyone to come. Students are not required to attend every week.

Student Reports-

- A recent challenge on campus was the Klondike Challenge. Students and staff could participate in a challenge and then win a Klondike Bar. 250 Klondike bars were awarded.
- The recent blood drive was successful with a goal of 48 pints for each day. The goal was exceeded with 50 pints collected each of the two days.
- Before the Thanksgiving break, stuco provided turkey bowling for faculty to participate in. The bowling ball was a frozen turkey. People who got strikes had their name put into a drawing for a turkey. Seven turkeys

were awarded. Everyone else who participated had their names put into a drawing in which 15 Chick-fil-a gift cards were awarded.

- Plans are continuing for the carnival on January 21. Over thirty booths are planned. The flyer was designed by the campus graphic design club. The carnival is open to the community and costs fifty cents for a ticket with free admission.
- This year, the student council and NHS are combining to do a Coffee, Cocoa and Cramming session. It will take place December 8th before finals. It will take place after school for two hours. Drinks and treats will be provided as well as tutors.

6. ADJOURNMENT- 12:25p.m.