

**2/15/2023**

## **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 11/29/2022 SHAC meeting minutes was made by J. Burkhart and seconded by S. Jess.

### **4. REPORTS**

#### **a. Quaver Ready Report- A. Jasso**

Quaver Ready is a character education program that we use in all of our elementary schools. It is a comprehensive approach to character development. We are familiar with the company because our music teachers have used their program for a long time. The company expanded to offer more resources to their clients. They developed Quaver Ready which is character development and social emotional learning for elementary students. It offers instructional materials and flexible interventions.

In Texas we have the Texas Counseling Standards Crosswalk which shows what our counselors are tasked with covering for students. Quaver has done a crosswalk of their program for these standards to show where we can use their program to meet the Texas standards. There are four components within our counseling program. Interpersonal Effectiveness (internal feeling), Intrapersonal Effectiveness (how you get along with others), Post-Secondary Career Planning and Readiness, and Personal Health and Safety. Quaver has lessons and interventions to meet all four of the components. The program is evidence based and is used throughout all elementary campuses including Ney Pre-K. Each lesson has a critical thinking aspect, a class activity, and the lesson always ends with a reflection piece. In addition to the full class lessons that are available, there are

individual and small group interventions available. Quaver Ready is also available in Spanish.

b. Bullying Annual Survey Review- R. Peloton

This is the first year for the Bullying Annual Survey and is required by TEA. Other state requirements include:

- Students have to be provided with age appropriate instruction at least twice a year.
- There is a PBIS Team on every campus that addresses bullying and meets within the first 20 days of the first day of school and then meets monthly.

The survey collects data on bullying. BISD administers the survey to all 5th-12th graders. The elementary campuses are only required to administer the survey to the oldest grade level housed at the campus which is usually 4th grade. Ney Pre-K is exempt and Freeport Elementary is not required to participate in the survey because they are linked to Velasco Elementary for state reporting purposes. Students receive required bullying instruction in August and October. The survey takes place in October which is Bullying Prevention Month. The survey results are being shared with assistant principals who share the results with the campus staff.

Of the district's 4th-12th grade students, 3,792 students took the survey. The students were asked to rate how safe they feel in different locations of their school. The safest locations identified were the library and office. Hallways, restrooms and buses were areas identified as less safe. Assistant principals were asked to reflect on and discuss the results of the survey. Ideas included better monitoring and accessibility.

The survey also asked how safe do students feel overall. About 12% of students stated they do not feel safe. The majority of students felt like adults at the school appropriately respond to bullying. When asked if adults address and try to stop fights, the majority of students agree. Most students stated they would report bullying or threats to an administrator. About half of students stated they would use the Keep BISD Safe online system. About 12% of students stated they would not report bullying. There were also a lot of write-ins on the survey in which students stated they would tell a teacher or trusted adult about bullying or threats.

Other questions asked students what about their school makes them feel safe and suggestions about how to make their school safe. Assistant Principals were tasked with reviewing their campus-based feedback, meeting with their admin team and making improvements.

c. Lead Worthy Class report- S. Neiswander

Lead Worthy class, also known as Teen Leadership, is a required one year long class for freshmen at both Brazoswood and Brazosport High schools. The class is done through The Flippen Group (Capturing Kids Hearts).

Students are taught about developing healthy relationships and learning about emotional intelligence, understanding what having persistence means, having optimism, self-control, and self motivation. We just spent three weeks focusing on these items. We spend the first two weeks of school creating a safe environment in the classroom. This class takes the place of the health credit and the speech credit.

In this age of cell phones and social media, the class works on having face to face conversations and building social skills. Students also learn how to greet someone with a handshake and make eye contact.

This class is able to cover four chapters of the eleven designed for the course. Other subjects are also taught in this class such as the required CPR training which is outsourced and also a vaping unit. The class also covers Pathways to Success which goes along with one of the chapters which teaches budgeting. Another barrier to being able to teach more of the chapters is due to the classrooms being used for testing, mainly in the spring. Another concern brought up is that Brazosport High School only has two teachers and could use more support.

Neiswander also voiced concern over not having behavior specialists anymore and feels like they were valuable in pulling students out of class who may need some one on one attention to address an issue. J. Whitehead explained that behavior specialists were placed at the elementary campuses for support.

d. Employee Wellness App- R. Arthur

The wellness app has been launched. A lot of meetings took place prior to the launch with the company called Vantage. We are the first school district to work with them. We launched a pilot challenge with several BISD employees prior to the launch for the entire district. Another piece of the app is coming soon.

When the app was first available to employees, over five hundred employees logged in and then the app crashed everyone lost their information. It happened again the next day so the first five days were challenging. Vantage did a hard reset which fixed the problem. The following Monday, 444 employees logged on and 66% are actively using the app. Arthur pulled up the app to show the committee what it looks like. Steps and movement are what helps get you higher up the leaderboard. You can click on the leaderboard to see where everyone is and you can also click on individuals as well. Another feature is using the camera to track movement for it to count towards your points.

There are recognitions and prizes for the points accumulated. The points will convert to dollars which can be cashed in for swag. Eventually, it will link to Amazon. Anyone who completed the first task will get a t-shirt and those who created a health profile will get a water bottle. Feedback about the app has been positive.

Next, BISD will be hosting a baby shower for BISD expectant moms and dads in March. They will receive a gift basket. Included in the basket will be an instruction sheet on how to add the baby to their benefits which must be done within 30 days. Some of the insurance providers have donated gifts. The event will take place at the Brazoswood CTE building with culinary students preparing the food.

Another event coming soon is a grand opening of a near site clinic with Kelsey Seybold. The goal is to provide accessibility and quality care to employees when they are sick. The clinic is at no cost to the district to partner with them. Their clinic will be branded with BISD. They will hold a number of same day appointments just for BISD employees. Email visits will be available as well as drive up visits. The clinic will report data regularly to BISD as we further explore having an onsite clinic. They are in network with all four of the insurance plans and will require only a copay. Kelsey Seybold has already provided first aid kits for custodians who work outside of regular school hours and don't have access to the campus nurse. They will also be setting up a blood pressure station at Brazosport High School for employees to use during the day. It will be located at Brazoswood in April.

No changes will take place this year with benefits. All four plans are now accepted at UTMB. Two of the plans are accepted at CHI St. Luke's but work is being done to include them in all four plans.

e. Brazoswood Student Council/PALS Reports-

- A Valentine's Day treat was provided for teachers in which they put pears on the teacher's doors and they had to find the door that matched their pear. They partnered with NHS for this activity.
- The carnival was a success and raised \$4,634. The sophomore class president now has the information to organize the carnival for the next two years.
- The student council is heading up a talent show in March. Judges have been secured.
- Student council officers are going to the Celebration of Life luncheon in Houston for groups who host blood drives. The speaker is usually a young person who has received blood.
- Brazoswood is hosting their first ever district meeting with 185 people expected to come. There will be a guest speaker.
- Student Council will be going to the State conference in April which is a district meeting with 5,000 students. Students get to go to Six Flags for a day which will be closed to the public.
- This week is Endangered Species Week. Students were encouraged to wear a different color each day of the week to highlight a specific animal.
- This week is also Kindness Week. Students passed out kindness notes, clothespins, had a kindness wheel, and did a kindness call.

- The color run is coming up. They team up with Brazoria County Alliance for Children and all the money raised will go to them. Cost to sign up is \$25 and Chick-fil-a provided \$1,000 to sponsor the color run.

**6. ADJOURNMENT-** 12:30p.m.