

**02/28/2024**

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

**1. CALL TO ORDER**

Meeting was called to order by A.Jasso.

Welcome and introductions were made.

**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 12/5/2023 SHAC meeting minutes was made by K. Mears and seconded by R. Arthur.

**4. REPORTS**

a. Staff Health Initiatives

Rachel Arthur gave an update on benefits and wellness as it relates to employee health along with the resources and services provided to them. The committee was shown what a monthly newsletter looks like. It has a number of resources linked in with a focus at the top. The January focus was Find Your Baseline (get your annual wellness check).

The mental health resource is an interactive PDF and is pushed out fairly frequently. There is a district paid employee assistance program in which visits can be email, virtual, or phone call. The most recent addition is a local provider in which a staff member can see in person. Teladoc through TSHB provides PTSD and trauma services. A near site clinic is available to employees. There is also a list of community resources. Staff members can also do a provider search to find which doctors are in network.

Another program that has been really successful this year is Virta which is a Type II Diabetes program. A quote from an employee who benefitted from this program was shared with the group. The employee praised the program and highly recommended it. The employee received equipment to help him track his eating habits and physical activity. He has a coach who meets with him weekly.

Hinge Health is another program and is for injuries, aches and pains. One employee scheduled a virtual appointment and was prescribed PT. She was supplied with a tablet and a stand and all of the equipment she needs in order to have her weekly PT appointment with her physical therapist.

For January's Wellness Month, Kelsey Seybold Mobil Units were set up at both high schools so that employees could get their annual wellness exams on site.

Challenges are a really fun part of staff wellness and are created by R. Arthur. Employees can log in and see what their daily progress looks like, log meals, vitals, water intake, etc. There is also a leader board so you can see where you are competitively. One recent challenge was to see if participants could complete 10 miles just by tracking their steps over a 2 week period. The winner of this challenge completed 173 miles! The March challenge will be the first partner challenge called March in Motion.

New wellness partnerships include iCryo and Pretty Pilates. The 3rd annual 5K/Wellness Fair will take place this year. Also, the 2nd Annual BISD Baby Shower will take place next week for employees who are expecting. There are 40-50 employees who are expecting, which includes moms and dads. Insurance providers have donated gift cards worth \$200-\$300, a full crib set, a pack-n-play, and bags full of items. CTE students provide the cake and snacks for the event.

b. HB 3908 - Fentanyl Abuse Prevention Plan

A.Jasso gave a presentation on Fentanyl Abuse Prevention. HB 3908 of the most recent legislative session requires that school districts have fentanyl education. It was added to the education code for all 6th through 12th graders.

There has been a huge increase in the number of fentanyl poisonings nationwide. In response, BISD has chosen to show a video to all 6th through 12th graders that lasts 23 minutes and shows scientific facts about fentanyl and how little it takes to be poisoned. The video contains members of 4 families who have lost loved ones to fentanyl poisoning. BISD sent parent letters informing parents how they can talk about the subject and a link to learn more. The letter also contained the link to the video for parents to preview. The goal is to show the video to students prior to spring break.

A staff letter was also sent to teachers to give them information on what to look for and what to do if they suspect a student is possibly overdosing. Narcan is an opioid antagonist used to reverse the effects of an opioid overdose. All BISD nurses and police officers have access to Narcan. Principals and assistant principals will be trained in the coming weeks to administer Narcan. Part of the education for students is to let them know that Narcan is not guaranteed to reverse an overdose.

A portion of the video was shown to committee members. The statistics in this video are dated in the year 2020 when 50% of all overdose deaths were attributed to fentanyl poisoning. Recent reports of drugs confiscated off the street show that 70% of them are laced with fentanyl. Ninth graders will get additional education in their Leadworthy class presented by BACODA.

c. Elementary PE Presentation

A.Hammack, Beutel Elementary PE teacher, gave an overview of what she covers during PE. She teaches PE to over 600 students which consist of KG - 4th, ECSE, Life Skills, district employee 3 year olds, Pre-K, and BEST students.

TEA requires 30 minutes/day or 135 minutes weekly. Beutel students go to PE twice/week for 55 minutes. Two classes at a time are instructed and grades are required. TEA also requires Fitnessgram which collects students' height and weight.

A.Hammack spends 6 weeks on heart health and nutrition with her students. Kids Heart Challenge has different characters that link to a message. Included in these lessons are Spirit Week and Kids Kindness Week. Hammack likes to tell the kids they are smart every day and it seems to make a difference in that students know they can "do it" and are expected to behave a certain way. She also provided sample lessons that she uses to teach about all of the food groups and the human body.

Safety units include bicycle, sun, water, fire, hygiene, and red ribbon week. Students learn basic locomotor skills such as gallop, skip, hop, jump, leap, and slide. Sports units include volleyball, football, basketball, baseball, and soccer. Recreational units teach frisbee, cornhole, washers, badminton, ladderball, and bocce.

During PE class, students learn sportsmanship and social skills along with cross curricular core concepts of math and ELA. Game day- Coach Mackey- is incorporated into daily activities.

d. Updates from BISD Students- Brazosport Student Council and PALS

- PALS are volunteering at Freeport Elementary's carnival this weekend.
- PALS is also planning on having an end of year movie night for elementary students.
- Student Council is going to host their first Cinco de Mayo.
- Student Council is volunteering to participate in the Surfside Beach Clean-up after spring break.

**6. ADJOURNMENT- 12:10p.m.**

