
Student Health Advisory Council (SHAC) - Agenda

Location: Pearland ISD - Virgil Gant Education Support Center

Date: September 17, 2018

Time: 4:00 p.m.

Agenda details with notes:

1. Welcome & Introductions

Dr. Nixon opened the meeting and all members introduced themselves to the group.

2. Purpose

a. Need a volunteer to serve as a Co-Chairman

Dr. Nixon reviewed the purpose of the SHAC and the meeting time. This year we will focus on reviewing the current Wellness Plan and updating as needed. Then the group will develop an evaluation tool for the Wellness Plan. The SHAC has a legal requirement to evaluate the plan at least once every three years. The SHAC will need to complete the evaluation during the 2019 – 2020 school year. Dr. Nixon also asked for a parent volunteer for the co-chairman position. Parents may email Dr. Nixon if they are interested in serving as the co-chairman.

3. Student Support Counselors – *Ms. Chenda Moore, Coordinator of Guidance Services*

Ms. Moore shared the additional Student Support Counselors that were added at the junior high and high school levels. These counselors are in addition to the professional school counselors on these campuses. The crisis counselors provide individual and small group counseling as they support the school counselors. The crisis counselors also provide training to staff on the social and emotional needs of students. Some crisis counselors have monthly topics. For example, at Dawson HS the month of September is Suicide Prevention Month so during the Coffee with Counselors (before school at 6:30 a.m. for parents) the focus was on suicide prevention. At Pace there was a Mental Health Awareness Day.

There were several questions from council members that will be researched:

Could the district send a postcard or other type of communication to Pediatricians in the district explaining the counseling services available at the schools?

How are students being informed about the new Student Support Counselors on campus?



4. Update District Puberty Videos – *Ruth Dinobl, Pearland ISD Lead Nurse*

Dr. Nixon shared a handout about the P&G Puberty Videos – these videos are shown to students through PE classes in 5th grade. Ms. Orsak shared that parents are notified in advance that the video will be shown and parents can opt their child out of viewing the video. The video covers 5th grade TEKS that are required for all students. The “girl” video is shown to the girls in one location and the “boy” video is shown to the boys in another location. Members asked about moving the video to 4th grade (girls mature faster than boys and there may be a need to show the video to girls prior to 5th grade) but Ms. Orsak shared that the video is part of the 5th grade TEKS so it will need to stay at the 5th grade level. However, members asked if the website link to the video could be provided to parents of 3rd or 4th grade students that may want to watch this video with their child. Dr. Nixon will send a link to all SHAC members so they may view it. Dr. Nixon will also investigate how the video and supporting resources could be shared with parents of elementary students.

5. Review Wellness Plan

Dr. Nixon asked the SHAC to read over the Wellness Plan and note any edits/suggestions/feedback and email them to Dr. Nixon before our next meeting. Again, the goal this year is to review the plan and make any needed adjustments. Once that is complete, the SHAC will work to develop an evaluation for the plan. A member shared a concern about nutrition education at the high school level and encouraging healthy eating habits. Ms. Simpson (Food Service) shared that every item for sale to students is required to meet the federal smart snack guidelines. Other members shared that it is difficult to take time out of academics to teach about healthy eating habits and others shared that even with that information teens make still not make healthy choices.

6. Committee Feedback

Dr. Nixon asked the SHAC members to complete the 8 question feedback form and either mail or email the responses back to her. This feedback will help guide the SHAC as well as help identify any areas that need to be addressed.

7. Future Topics

Dr. Nixon asked the group for any recommendations for future topics. Any requests may be emailed to Dr. Nixon before the next meeting.

The next meeting is scheduled for Monday, November 5, 2018 at 4:00 p.m.