

**Student Health Advisory Council**  
**Annual Report**  
**2015-2016**

The Student Health Advisory Council (SHAC) is composed of a parent representative from each campus, nominated by principals and approved by the Board of Trustees. Other members include a teacher representative, PE Coordinator Kim Orsak, Food Service Director Dorothy Simpson, a student representative from the high schools, and PISD's two lead nurses (Ruth Dinhobl and Karen Broussard). The council co-chairs are Assistant Superintendent Dr. Nyla Watson, Executive Director of Special Programs Pam Wilson and parent representative Carrie Boudreaux.

The SHAC held four meetings: September 21, November 9, February 8, and April 11. (A 5<sup>th</sup> meeting will be held on May 23<sup>rd</sup> for subcommittees to begin developing PISD's Wellness Plan). The following are summaries of the meetings:

September 21:

- Introduced SHAC members and reviewed the role of the SHAC.
- The committee elected a parent co-chair.
- Kim Orsak led a discussion about requiring parental consent for students to watch the puberty video. The committee agreed notification would be sent home and if parents had questions, they could contact their child's PE teacher. The committee suggested the possibility of this b included in the registration documents in 2016-2017.
- Lead nurses gave information about flu shots.
- Dr. Natalie Fikac informed the committee about the required mental health and suicide prevention training for all teachers. The committee watched a training video and agreed it met all of the guidelines and requirements. In addition to the suicide prevention training, the committee discussed the use of Safe School Ambassadors at the Jr. High and High school levels to assist with suicide prevention.
- Future topics: nutrition, social media, mental health.

November 9:

- The committee discussed introducing an abstinence program. It was decided to have members research various programs and review them at the next meeting.
- Dorothy Simpson explained the USDA Smart Snacks Food guidelines and Texas guidelines. The committee agreed to keep our policy as is until the new Wellness Policy is released.
- The lead nurses updated the committee on flu shots and the flu season.
- Dr. Fikac gave a report on suicide prevention training, sharing it would begin in January.

February 8:

- A guest speaker spoke about “Rethinking Healthy” and childhood obesity.
- The committee shared information about abstinence and other programs. It was decided to use and strengthen existing programs, such as GRIT, Character Counts, Safe Touch, and WHO.
- A draft of the Wellness Policy was reviewed and agreed upon to submit to the school board.
- Dorothy Simpson will contact campus Principals about their participation in Texas Action for Healthy Kids. She will attend a workshop on the Wellness Policy.
- Future topics: wellness plan.

April 11:

- The committee divided the wellness plan into different subtopics. Subcommittees will be formed and will meet in May 2016 to begin creating the Wellness Plan.
- Mr. Frick expressed his concern regarding suicide prevention and would like PISD to increase its efforts.
- Members were encouraged to contact Pam Wilson and their campus Principal if they would like to serve on the committee again next year.
- Future topics: Wellness Plan, Suicide Prevention.