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# Student Health Advisory Council (SHAC)

## *Annual Report for the 2018 – 2019 School Year*

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### **Executive Summary:**

The School Health Advisory Council (SHAC) is composed of a parent representative from each campus, nominated by principals and approved by the Board of Trustees. There are also three student representatives – one from each high school. Other members include PE Coordinator Kim Orsak, Food Service Director Dorothy Simpson, Assistant Athletic Director Eric Wells, District Lead Nurses Christine Beck and Ruth Dinobl, Coordinator of Guidance Services Chenda Moore, and Executive Director of Special Programs Lisa Nixon. The SHAC held four meetings during the 2018 – 2019 school year: September 17, November 5, February 4, and April 8. Below is a summary of each meeting.

#### September 17, 2018

- Dr. Nixon introduced SHAC members and reviewed the purpose of the SHAC
- Ms. Moore discussed 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.
- Dr. Nixon, Ms. Orsak, and Mrs. Dinobl presented information about the District Puberty Videos. These videos are shown to students through PE classes in 5th grade. Dr. Nixon shared a handout about the P&G Puberty Videos and 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.
- Dr. Nixon provided a copy of the District Wellness Plan to the SHAC members and reviewed the purpose of the Wellness Plan including the responsibility of the SHAC to review and update the plan as needed.
- Dr. Nixon asked the SHAC members to complete the 8-question feedback form (*Creating a Vision for Your Community and Schools*) 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.

#### November 5, 2018

- Dr. Nixon shared a summary of the feedback from committee members on the *Creating a Vision for Your Community and Schools* document and from the District Wellness Plan. Overall, the committee members expressed that mental health issues in general, and social media and its impact on mental health is a top concern. The feedback also indicated we need an emphasis on character education, mutual respect, encouraging parent/family involvement in the schools, and

teaching our students how to plan for the future and overcome obstacles. There was little feedback given on the District Wellness Plan, but Dr. Nixon stated that SHAC would review the plan in the upcoming meetings.

- Ms. Moore discussed Pearland ISD's collaboration with community organizations including Counseling Connections for Change, Youth & Family Counseling Services, and Ending the Silence Program.
- Victoria Trevino, Pearland ISD Benefits Specialist, shared health and wellness information the district provides to employees. Ms. Trevino explained the Employee Assistance Program that provides free counseling for all employees and their household members. This program provides six free counseling sessions per occurrence. In addition, the Human Resource Services (HRS) department sends *Benefitting You* communications to all employees that review programs such as the Employee Assistance Program and Teledoc. Ms. Trevino also highlighted the mobile screenings that are provided to district employees including the recent Mobile Mammogram opportunity at ESC and Elite Imaging that provides mobile ultrasound screenings of 8 major areas/body parts. Pearland HRS also provides district and campus presentations to employees to review the medical plan offered by the district, retirement and financial planning sessions, and community discounts for employees such as Cross Fit, YMCA, and Camp Gladiator.
- Lead Nurse Christy Beck provided an AED demonstration. Mrs. Beck stressed that in an emergency when someone is unconscious it is important to be very specific and identify one person to call 911. Mrs. Beck presented a short video about the AED devices that we currently have on campuses and then provided a demonstration from beginning to end on how to use the AED.

February 4, 2019

- Dr. Nixon led a discussion of the District Wellness Plan. The committee members reviewed the plan objectives, discussed district and campus needs, and the committee members made recommendations for updates to the plan.
- Ms. Moore shared information about an upcoming Mental Health Event scheduled for February 26, JOIN IN. This presentation is designed to provide parents with knowledge to understand and identify common substances used by adolescents, assisting with early identification and treatment of potential problems. Attendees will also have an opportunity to interact with local mental health agencies through a Carousel of Resources.

April 8, 2019

- Dr. Nixon shared an updated copy of the updated District Wellness Plan.
- Dr. Nixon shared that state law requires school districts to annually assess the physical fitness of students enrolled in grade three or higher and to provide the results of individual student performance on the administered physical fitness assessments to the Texas Education Agency (TEA). TEA provides a statewide license to FitnessGram software at no cost to the district to collect the required physical fitness data. Dr. Nixon shared that TEA uses the FitnessGram assessment to study the correlation between physical fitness in students and their academic performance (measured by STAAR assessments). Ms. Orsak shared that FitnessGram is like the STAAR test for PE. It is a comprehensive fitness assessment battery for students and it provides a "report card" that summarizes the child's performance on each component of health-related fitness for each student. Ms. Orsak provided an overview presentation of the FitnessGram

assessments and shared how PE teachers use the data to plan instruction as well as to encourage students to practice the skills needed to get into the “Health Fitness Zone.” Ms. Orsak also reviewed the reports available at the student, class, campus and district levels.

- Ms. Orsak reviewed the printed and online SPARK Curriculum documents that are available at each campus. The committee was able to review with Ms. Orsak one specific lesson (Group Juggling) and Ms. Orsak highlighted the cross-curricular activities and vocabulary included in the lesson.
- Ms. Moore discussed the #iwillAsk event that will be held at Turner College & Career High School April 25. Ms. Moore shared that one goal of the event is to end the stigma attached to mental health services and support. Ms. Moore encouraged everyone to attend the event – there will be food, a carousel of resources from local agencies, stress balls for students, and two students will share their personal stories.