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# Student Health Advisory Council (SHAC) - Notes

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Location: Pearland ISD - Virgil Gant Education Support Center

Date: November 5, 2018

Time: 4:00 p.m.

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## Agenda details:

### 1. Welcome & Recap of September Meeting

Dr. Nixon shared a summary of the feedback from committee 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 will review the plan in the upcoming meetings.

### 2. Collaboration with Community Resources – Ms. Chenda Moore, Coordinator of Guidance Services

Chenda Moore discussed Pearland ISD's collaboration with the following community organizations:

- a. Counseling Connections for Change (CC4C) – this is a program that is funded by grants and the city. Currently the program is working with 10 campuses (PHS, PACE, TCCHS, BMJH, PJH East, PJH West, Sablatura MS, Carleston, Cockrell, Lawhon) but it is open to all campuses. We are served by 4 CC4C therapists who provide individual and group counseling sessions (with parent permission).
- b. Youth & Family Counseling Services (YFCS) – this is a program funded by Department of Family & Protective Services (DFPS) and works with all Pearland ISD campuses. This program assists campuses when a suicidal assessment needed – called to campus with parent permission.
- c. Ending the Silence program – the goal of this program is to end the stigma of mental illness and is supported by NAMI Gulf Coast and CC4C collaboration. It



provides 40-45 minute sessions on campus (8th – 12th grade) and three (3) sessions are planned at PHS for students. There is also a Student Wellness Workshop for Parents scheduled for Friday, November 9th called “Donuts and Dialogue” from 7:30 – 9:00 a.m. in the PHS Lecture Hall.

**3. Health Promotions for Pearland ISD Staff – Victoria Trevino, Pearland ISD Benefits Specialist**

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 6 free counseling session 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. During this discussion, members asked about having health fairs not only for employees but also for the community and even on high school campuses during Oiler Hour/Eagle Hour. One recommendation was to contact the Pearland Chamber of Commerce Healthcare committee for ideas as well as Texas Agrilife to provide health eating/cooking demonstrations for students during the hour-long lunch break at the high school campuses.

**4. AED Demonstration – Christy Beck & Ruth Dinobl, Pearland ISD Lead Nurses**

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. It was suggested by our student members to have AED training available to students during Oiler Hour/Eagle Hour. Ms. Orsak shared that CPR training is now required for all 7<sup>th</sup> grade students.

**5. Future Topics**

During the next two meetings the SHAC will review the District Wellness Plan.

Additional topics discussed –

- a. The PE teachers will move forward on using the updated puberty video from Proctor and Gamble (P&G) as P&G no longer has the previous video available

online. Feedback from SHAC members was positive with moving forward with the updated videos. These videos are shown to all 5<sup>th</sup> grade students in the fall semester.

- b. Dr. Nixon shared that with the district's new agreement with Memorial Herman, Pearland ISD now has part-time athletic trainers at all junior high campuses.