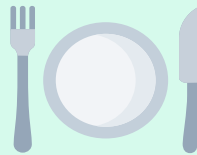
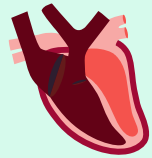


Student Health Advisory Council

April 28, 2022



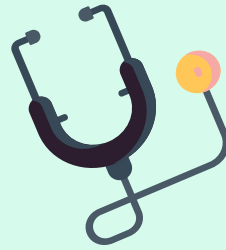
Children must be healthy to learn. Children must learn to be healthy.

Procedures

- Be sure to have signed in.
- Eight SHAC members are needed to make a quorum.
- As noted in the bylaws, public questions or comments must be emailed to the SHAC chair one week prior to the meeting.
- Speakers may have up to 4 minutes.
- There is a limit of 5 speakers per meeting.
- A recording of the meeting will be posted in the SHAC portion of the Fisd website.

Vision (the why)

Focus on a future where every child in Frisco ISD has the opportunity to live a healthy lifestyle, to be educated on wellness and physical fitness, and to transfer that knowledge into action.



Mission (the how)


Promote sound school policies and practices that will improve the health and wellness of our students, faculty, and community members.





Goals



- Support a healthy and safe school environment that fosters learning.
 - Establish healthy behaviors during childhood that carry over for a lifetime.
 - Strengthen academic success by enriching health and physical activity opportunities.
 - Champion the practice Community and School Health by effectively implementing the eight components of our SHAC (subcommittees).
- 

NORMS

- Be respectful and honor everyone's ideas.
- Be open minded and solution driven.
- Keep it positive and share the talk time.





**Counseling & Psychological
Services
Social & Emotional Climate**

SB 9: Addressing Child Abuse, Sex Trafficking and Family Violence

- Adopt and implement a policy addressing sexual abuse and other maltreatment of children (anti-victimization program)
 - Play it Safe
- Develop training for staff members
 - Fisd Staff Training Video - Staff Training - Human Trafficking, Child Abuse and Neglect
 - Other options: TEA - Human Trafficking 101: Part 1; TEA - Child Abuse Prevention An Overview; TEA Abuse, Neglect and Trafficking Toolkit
 - Brochures and General Info. - Children's Advocacy Center of Texas - <https://ecsatexas.com/resources1>
- Schools must provide child abuse hotlines and posters to each campus - No, Go, Tell Poster English
- Website Information: Dept. of Family Services Site Map
- Develop a library of videos for websites and PSA's - Child Abuse Prevention Videos
- Review Curriculum materials pertaining to child abuse - waiting on guidance

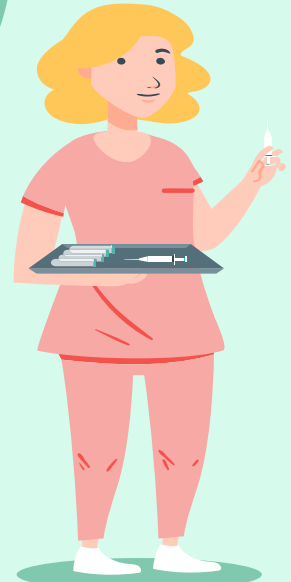


SB 9: Addressing Child Abuse, Sex Trafficking and Family Violence - Continued

- For Parents
 - Parent Presentation - April (National Child Abuse Prevention Month)
 - Documentary - Chosen - [Chosen Full Length Film.mp4](#)
 - Panel Discussion
 - **Note: Secondary students will have a class meeting based on the “Chosen” video. Parents will have the option of allowing their child to participate**
 - General Information on Trafficking, Child and Sexual Abuse
 - Resource List - [Dept of Family and Protective Services](#)
 - Straight talk about Sexual Abuse: A prevention guide for parents [Preventing Sexual Abuse](#)
 - Children’s Advocacy Center - [Signs of Abuse](#)
 - Texas Health and Human Services - Texas Human Trafficking Resource Center - [Texas Human Trafficking Resource Center](#)



Health Services and Employee Wellness



Our committee has promoted Health & Wellness for our employees by:

1. Promoting a health topic every month (email to all employees) & encouraging employees to get an annual exam by a health care provider.
2. In addition to an email in October, we promoted Breast Cancer Awareness Month by having “pink” snacks & informational sheets in the break rooms.
3. In addition to an email in November, we promoted “Movember” by bringing awareness to men’s health by having “blue” snacks & informational sheets & mustaches in the break rooms.
4. In addition to an email in February, we promoted Heart Health Awareness by having “red” snacks & informational sheets in the break rooms & promoting blood pressure checks.
5. Flu Vaccine Clinics were offered at all campuses & districtwide sites for students, employees, & their families. Additional vaccines were also offered.





Family Engagement and Community Wellness

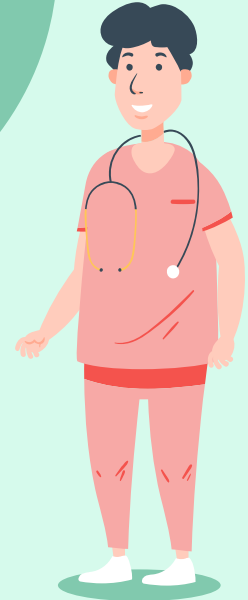
Family Engagement and Community Wellness

Our committee has promoted Family Engagement and Community Wellness this year by listening to the feedback from FISD students, parents, and staff. The year after COVID provided many unique challenges including a rise in mental health issues, family strife, and higher failure and behavior rates.

The committee's voice expressed the need for *increased parent resources* from the district. Some tangible outcomes that have been implemented or are in progress to be complete:

- 1) **Revival of the FISD Health and Wellness fair for students & parents.** The committee had early plans for this event for spring '22, but the rise of COVID numbers over Dec-January caused pause in the organization of large events. We are hoping to keep this project alive for 22-23!
- 2) **Hosted Parenting Presentations-** "[Pandemic Population](#)" in Jan '22 & [Chasing Childhood Screening](#) in April '22. Both offered opportunities to examine student behavior and mindsets and parenting practices post-pandemic.
- 3) **Aligned Parent Education Presentation for Mandated Topics:** For the 22-23 school year, the district Guidance & Counseling department will offer monthly parent education opportunities which will align with student education (suicide prevention, bullying prevention, substance misuse, healthy relationships, human trafficking)
- 4) **Updated Resource Search tool-** will be updated on FISD website under the Parent Icon (coming soon!)

Health Ed, PE, Physical Activity and Nutrition



Year in Review

Goal: Complete the triennial assessment

Steps Completed:

- Reviewed and updated the Wellness Plan
- Received board approval of the updated Wellness Plan
- Created the triennial assessment tool for approval by the SHAC

Next Steps:


- Send triennial assessment tool to all campus locations to assess baseline implementation of the FSD Wellness Policy and Plan
- Publish triennial assessment results on FSD website
- Provide best practice recommendations to campuses

Adoption of NEW Wellness Plan and Evaluation tool





Housekeeping

- Aim for Success updates
 - Health Education and PE textbook adoptions
 - YMCA Healthy Kids Day
- 

Meeting Dates:

September 29, 2022

November 17, 2022

January 26, 2023

March 23, 2023



Guiding Principles

Texas Education Code 28.004

FISD SHAC By-Laws

FISD Policy LEGAL and LOCAL

