

School Health Advisory Council (SHAC) Minutes
September 29, 2022
5PM
FISD Administration Building

Welcome - Lisa Jenkins

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

Introductions

- Council members were asked to introduce themselves and why they are interested in being part of the SHAC.

Review mission (why do we exist?) - Promote sound school policies and practices that will improve the health and wellness of our students, faculty, and community.

Review vision (what must we do?) - Focus on a future where every child in Frisco ISD has the opportunity to live a healthy lifestyle, be educated on health, wellness, and physical fitness and to transfer that knowledge into action.

Review 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 of Community and School Health by effectively implementing the eight components of SHAC.

Required Components of SHAC

- ▷ Health Education and Services
- ▷ Physical Education and Physical Activity
- ▷ Nutritional Environment and Services
- ▷ Counseling, Psychological and Social Services
- ▷ Social and Emotional Health
- ▷ Physical Environment
- ▷ Physical Wellness
- ▷ Family and Community Engagement

Establish norms (how much we behave to achieve our vision?)

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

Review Past examples of SHAC work

- Counseling & Psychological Services/Social & Emotional Climate
 - Adopt and implement a policy addressing sexual abuse and other maltreatment of children (anti-victimization program)
 - Develop training for staff members on Human Trafficking, Child Abuse and Neglect
 - Provided child abuse hotlines and posters to each campus
 - Develop a library of videos for websites and PSA's
 - Hosted parent presentations
- Health and Physical Education, Nutrition, Physical Environment
 - Reviewed and updated the Wellness Plan
 - Received board approval of the updated Wellness Plan
 - Created the triennial assessment tool for approval by the SHAC
 - Send triennial assessment tool to all campus locations to assess baseline implementation of the FISD Wellness Policy and Plan
 - Provide best practice recommendations to campuses
- Family Engagement and Community Involvement
 - FISD Health and Wellness Fair
 - Hosted Parent 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.
- Health and Employee Wellness
 - Promoting a health topic every month (email to all employees) & encouraging employees to get an annual exam by a health care provider.
 - Breast Cancer Awareness Month
 - Men's Health Month
 - Heart Health Awareness
 - Flu Vaccine Clinics were offered at all campuses & districtwide sites for students, employees, & their families. Additional vaccines were also offered.

Committee work time

- Counseling & Psychological Services/Social & Emotional Climate
- Health and Physical Education, Nutrition, Physical Environment
- Family Engagement and Community Involvement
- Health and Employee Wellness

Adjourn