

FISD SHAC Minutes
February 17, 2022

Welcome - Dr. Jodi Davis

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

Vision: 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.

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 our SHAC (subcommittees).

Subcommittee Updates:

- Counseling & Psychological Services/Social & Emotional Climate
 - This subcommittee is working to evaluate programs and procedures to address sex trafficking, dating violence and child abuse. Their main focus on these topics will be next April during National Child Abuse Prevention month. During that time the subcommittee has chosen a documentary for parents and secondary students to watch called, "Chosen". Once a program has been decided upon, it will be approved by the Board.
- Health and Physical Education, Nutrition, Physical Environment
- Family Engagement and Community Involvement
 - **Parenting Presentation-** "[Pandemic Population](#)" with Tim Elmore was presented in January. We are planning to host the next Parenting Event "[Chasing Childhood Screening](#)" for April. *Chasing Childhood* is a feature length documentary that explores how free play and independence have all but disappeared from kids' lives, supplanted by relentless perfectionism leading to record rates of anxiety and depression, a situation now compounded by the pandemic. Free play, unsupervised by adults, is critical for developing essential life skills: grit, independence, and resourcefulness. Many young adults may appear more accomplished on paper, but by the time they get to college they are emotionally struggling and lacking the tools needed to live independently.
 - **Mandated Topics-** The Guidance & Counseling department is working on a schedule for corresponding parent presentations next school year to align with

the mandated topic training that occurs in schools for students. (This will include suicide prevention, bullying prevention, substance misuse, healthy relationships, human trafficking.)

- **Updated Resource Search tool-** FISD is excited to offer an updated search tool for community and mental health resources for parents and students on the FISD website. Once available, this tool will be updated on FISD website and will be accessible from many different points of access...under the Parent Icon, the Community page, and also the Guidance and Counseling department.
 - **Guidance & Counseling calendar-** We are researching a single calendar which will allow parents to view and attend all campus parenting events! (We are currently researching using the district G&C calendar, which is available on the drop-down arrow on the main FISD district calendar.
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- **Health and Employee Wellness**
 - December was National Influenza Vaccination Week. Flu clinics were held in September, October and December where a total of 5322 vaccines were administered.
 - January was Thyroid Awareness Month
 - February included American Heart Month and National Wear Red Day to help raise awareness that Heart Disease is the leading cause of death in the U.S. and largely preventable.
 - March will be National Kidney Month. April is Oral Cancer Month and May is Skin Cancer Prevention & Awareness month

Subcommittee work time and planning