

SMYER ISD
WELLNESS/SHAC COMMITTEE MEETING MINUTES
April 6, 2022

Smyer ISD Wellness/SHAC met on April 6, 2022. The following committee members were in attendance: Tony Igo, Mike Schaap, Shari Blount, Summer Stracener, Jo Hodnett, Bradley Hunsucker, Patricia Villanueva, Shirley Pearce, Lesli Demma, Christopher St. Clair, Ryder Stracener, Jaylee Keel (Conner), and Makayla Pittman. Via Zoom: Samantha McGowan, Micah Oliver, Jenny Conner, Juan Cavazos, and Amber Chrisman. The meeting was audio recorded, as well as a Zoom option was available. All members were notified of the requirement of audio recording of meetings, and that this meeting was being recorded.

The meeting was called to order by Summer. She ensured all members present signed in and were accounted for, as well as she documented the Zoom meeting participants. The committee reviewed the minutes from the previous meeting, the minutes had been provided previously via email to committee members, as well as posted to the Smyer ISD website. Goals met were providing physical activity and daily recess for elementary students. Nutrition was promoted through nutrition posters in the cafeteria. Nutrition standards were met with offering a nutritious breakfast and lunch being served in the cafeteria daily, following USDA and TDA guidelines to all students, at no charge. Members from different representations were present including staff, students, parents, grandparents, school board members and community members.

Summer Stracener, RN reported as per requirements, the agenda for all meetings of the SHAC committee are to be posted 72 hours prior to SHAC meetings. The agenda for this meeting was posted online on 4/1/2022 by Mr. Wade. The new and updated wellness plan and all minutes from past meetings are available to the public on the school's website, as per State law. Today's meeting minutes will be posted to the website, along with the audio recording of the meeting within the timeframe required.

Summer reported for Community/Family Involvement that the school has hosted multiple Covid Vaccination clinics in conjunction with K&K Pharmacy, with good turnouts. She will continue offering clinics in the future. She reports a worker with Texas Health Steps came to her office and provided a lot of resources about their programs. She says she will utilize this information to help educate community members/parents/staff and students about what is available. She reports many seniors this year are 18, so when she teaches Senior CPR in a couple of weeks, she can help them be educated as well to be advocates for their own healthcare. Summer reported there has been an increase in illnesses, like strep/flu/colds/allergies. She states doctor's offices are over run right now so she has been providing information to parents for clinics such as the Kids Clinic and the Sick Children's Clinic in Lubbock. She says she hopes to continue to be a resource for parents to find health care.

The school counselor, Jo Hodnett, provided a report from the counselor's office. She reported that practice STAAR testing in Elementary is going well. Mr. Igo reports there has been a lot of growth noted with the elementary students. Actual STAAR testing will be May 10th, 11th, and 12th. Mrs. Hodnett also reports she has been administering the TSI, SAT and EOC testing for JH/HS also. She reports this is going well. They are hopeful the computer system upholds and there are no issues when it is time to commence the actual testing. Mr. Schaap reports that field testing that was held recently went very well.

Kelly Gilmer from Nutrition Services was unable to attend today due to illness. She asked Nurse Summer to report for her. She provided a copy of April's menu to the committee for their review. She reported that the menu is always updated monthly and is available on the SISD website for the public. Summer reported for Kelly that there will be a Thanksgiving meal offered on Thursday, April 14th. Kelly said she has everything "in house" for the meal and everyone seems to enjoy it, so she is offering this as a special meal. When asked for any new recommendations from the committee about the menu, there were none.

Mrs. Locke was unable to attend today to report but informed Nurse Summer there were no new updates to Physical Education, stating that the Physical Fitness Assessment Initiative will occur in the next few weeks. All requirements of the State for this screening will be met. Field Day is still scheduled for May 20th. There were no other new reports on physical education today.

Summer Stracener, school nurse, reported for Healthy School Environment/Policy, we are continuing to follow guidelines for COVID-19 provided by administration, including hand sanitization, and screenings from the nurse on sick children, sending them home if they have any symptoms of illness. Parents and guardians are continuing to be asked to keep their children home if they are running a fever or have any symptoms consistent with COVID-19. Parent screenings at home before sending students to school are helpful with family/community involvement for the health of our school. Rapid COVID testing may still be performed in

the nurse's office at any time a need arises for all staff and students. All COVID guidelines and school nurse's office protocols may be found on the SISD website. The screenings in the nurse's office are getting the sick children out faster. There have been several illnesses circulating in school such as the stomach bug, flu, and strep throat. Nurse Summer reports these illnesses are important to building immune systems and will help immunity to future illnesses. She reports children are still encouraged to have healthy hand hygiene and good handwashing habits.

Summer Stracener provided an employee health update, stating she continues to screen employees for symptoms of illness. She reports the Covenant Wellness Bus will return next September/October for all staff that want to participate. Christopher St. Clair mentioned the Joe Arrington mobile mammogram unit during the last meeting. Summer reports she contacted the Joe Arrington Cancer Center in Lubbock, and they told her they are no longer doing the mobile mammogram bus. She states she will continue to check in to see if it or other options for employee wellness are available and offer it to staff as available.

The school nurse, Summer, reports that for health education, she will continue dental, hygiene and puberty education, per requirements. The 5th grade will be presented the puberty/hygiene education on April 14th at 2:50pm. Mr. Igo will present to the boys; Summer will present to the girls. The school provides hygiene product samples for children at the time of the education program. Summer has the kits ready to go to the students. The consent forms have already gone home to parents and are being returned with a deadline of April 12th. The parents were offered an opt in option as well as an opt out option. Summer reports she spoke with Mr. Wade, and his focus for the SHAC committee for now is for the committee to provide "specific programs/assemblies" they would like to have presented in the school for students.

**Summer opened the meeting to open discussion at this point asking for input from attending members on programs for subjects such as bullying, suicide awareness, drugs/alcohol, texting and driving, violence, trafficking. She reports Mr. Wade will further discuss the "Health Curriculum" requirements with the school board and admin to decide if the district will decide to bring a health curriculum to the school, so this subject will be put on hold for the SHAC committee as of now. Mrs. Hodnett reports she has multiple resources available in her office to pass out to students and or parents. She also has new resources coming in today on mental health, suicide awareness and will go through those materials and update the committee when she goes through those. Nurse Summer mentioned possibly having programs/assemblies multiple times a year possibly once per semester. Leslie Demma suggested adding a component for parental inclusion into any assemblies we may have, such as allowing parents to come to any educational programs/assemblies that may be held in the future. The committee was in agreement that including parents would be beneficial. Amber Chrisman stated via zoom that she always remembered "Shattered Dreams" from when she was in school and it "rocked her to the core". She said she would like to see something like this program brought into the school. She also spoke on the "sexual realm" of education and that she felt as though as a district that part of education should "stick to the basics" and she "feels as though as a society/world we tell our children too much these days." She did agree that mental health support is important and kids should know and be taught where to go for help. Leslie Demma asked if SISD currently offers an alcohol/drug awareness program or if that is something we would want to look into implementing. Mr. Igo and Mr. Schaap and Nurse Summer stated the school currently uses "Red Ribbon Week" as the school wide alcohol/drug awareness program as of now, subject to review to see if need to supplement any other education in this area. The students present in the meeting said they think the drug free week we currently use is effective. Jenny Conner via Zoom stated she "100% agreed to stick to the basics" when it comes to the sexual education of students. She said she was "very happy that Smyer ISD is offering parental involvement through the SHAC committee because it is important for parents to know what their children are learning." Christopher St. Clair asked the question of what exactly the SHAC committee is trying to provide for students, "do we want to get them therapy/skills/resources?" Summer replied that she thinks the goal is to provide students with education on skills for coping with mental health/illness, giving them the information on where to go when needed, who to talk to, and to ensure they are talking to someone and not "holding it all in". As well as providing referrals to services as needed.

The students present were excused from the meeting at this point due to the end of the day and time for them to go home.

Samantha McGowan via Zoom had the following comments: She states she works for a clinic with behavioral health counselors and she will ask if they have any information they could provide for the school to utilize as resources. She will email information she finds to the SHAC committee group. She said she likes the texting and driving truck previously discussed as long as there is not any blood or anything of that sort. She stated she is not a fan of the "Shattered Dreams" program. She feels like there could be better programs out there that result in less class time missed for students. She felt it was not effective when she experienced it in

school. She recommended that if the school decides to utilize this program anyway, she thinks everyone should be knowledgeable that it is a “performance” and not an actual event to not jar or cause anxiety to those who could potentially be traumatized by the events that surround this program. She stated “studies show comprehensive sexual education has been proven through studies to delay sexual encounters and gives children the ability to make informed choices/decisions.” She asked Summer to provide more materials about the Aim for Success program we have reviewed before, Summer said she will provide.

At the end of the meeting, Mr. Schaap says he will contact the Brown family for the texting and driving truck. He said has seen the shattered dreams multiple times. Kids do miss class time, but he thinks the benefits outweigh the doubts of the program. Christopher St. Clair states he agrees with Samantha , they are siblings, and he too felt like shattered dreams was a “waste of time”. He and Leslie Demma both reiterated that they think it’s very important no matter what for parents to be involved. Adding probably having an opt in/opt out option for parents to be offered may be the best way to go.

Summer states for everyone to communicate with each other via email, ensuring to “Reply All” to each other so all members are knowledgeable on what is being discussed. Everyone stated agreement.

The meeting was adjourned at 03:35pm.

Summer Stracener, RN
School Nurse- 4.6.2022