

SMYER ISD
WELLNESS/SHAC COMMITTEE MEETING MINUTES
September 7, 2022

Smyer ISD Wellness/SHAC met on September 7, 2022. The following committee members were in attendance: Matt Pond, Mike Schaap, Shari Blount, Summer Stracener, Jo Hodnett, Christopher St. Clair, Micah Oliver, Erin Norman, Natasha Austin and Rosey Rivera with Taher, Beth Franklin, Whitney Funke, Ryder Stracener, Jaylee Keel (Conner), and Makayla Pittman. Via Zoom: Samantha McGowan, Juan Cavazos, and Pricilla Garza with Catch, the anti-vaping program. 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 9/2/2022 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 will be hosting multiple Covid Vaccination clinics in conjunction with K&K Pharmacy. She reports a lot of new families to SISD and the community. Requests approval from the committee to do another SHAC parent recruitment via mailers and online. Unanimously, the committee decided this was a good idea to open up membership again. Summer will get that going as soon as possible. There is also a Blood Drive scheduled the end of September that is open to the community. As of this meeting, she reports she has 12 people signed up to donate.

The school counselor, Jo Hodnett, provided a report from the counselor's office. She reports that SISD has partnered with the Region 17 service center and Texas Tech to begin offering the CATR program to students. This program is designed to help students with mental health needs. She says this program will be available to all students on campus to use as needed. There was a question from Christopher St. Clair about the SAT/PSAT dates. Mrs. Hodnett reports they are working on the dates for ACT, TSI and SAT, but there will be no PSAT offered this year.

Natasha Austin, Taher District Manager, and Rosey Rivera, Smyer Nutrition Director were introduced as our new cafeteria team, as we have taken on the new company, Taher, this year for SISD. They provided a menu for the committee's review, as well as the September news flyer. They said they would really like to get feedback from the students on what they are liking in the cafeteria and what they would like added to the menu. Mrs. Blount suggested that we ask STUCO if they would be interested in polling their classes. Summer will email Mrs. Peck to see if this is something they would like to help out with. A couple of members brought the question up about the cafeteria running out of things daily, to where some of the older kids do not get the same choices as the younger ones that eat earlier. Rosey said that they work on a cycle type menu, and once they have run through the cycles a couple of times, she can get a better gauge on what the kids are eating the most of and what she needs to have more of on hand. Mr. Schaap commended the efficiency of the cafeteria staff, and he states they have done a great job getting kids through the line in a timely manner. The cafeteria staff expressed their gratitude for kids helping to clean and take out trash at the end of lunch. Natasha commended the students of SISD as some of the politest students they have ever worked with. They also added that there is an app with menus available for everyone to look through. It also lists carb counts/nutritional information that is useful for many people.

Mrs. Locke was unable to attend today to report but informed Summer there were no new updates to Physical Education and 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, and she will continue education in the classrooms with elementary.

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 November 9th for all staff that want to participate. The staff has also had talks about starting a "Biggest Loser" type program for the staff, focused on healthy choices, getting plenty of sleep, water and exercise.

At the last meeting, Summer reported 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. As a result of his request, Summer invited Priscilla Garza with "Catch" an organization that offers a program for teaching the risks of vaping to school aged kids in the 5-12th grades. Priscilla introduced her program to the committee via Zoom. She said the program is usually 4 lessons (1 per week) 30-40minutes each. The program originated in Texas. This is a state accredited anti-vaping program that is aligned with state and national health standards. There are guides for the teachers, worksheets, parent resources and all the curriculum is free. After her presentation, Mr. Pond stated that he felt the earlier we start the program for students, the better. He was very happy with the fact that they can start the program as early as 5th grade. This was unanimous with the committee that they wanted 5th-12th to receive the education, and they all agreed the "Catch My Breath" curriculum is what we would like to present to the board for approval to have added to the school curriculum. Summer will present the program to the board at the next meeting on September 19, 2022, seeking approval.

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- 9.7.2022