

Stephenville Independent School District

Stephenville, TX

School Health Advisory Council

Annual Report for 2021-2022

September 20, 2021: First Meeting

- Overview of the School Health Advisory Health Council Responsibilities: Mona Little/Child Nutrition Director
- Discussion of the SSO Program: Mona Little/Child Nutrition Director
- Instructional and Operational Protocols for Protecting the Health of Students and Staff during COVID-Kathy Hampton/Executive Director of HR and Student Services
- Topics for next SHAC Meeting

November 15, 2021: Second Meeting

- Suicide Prevention: Alicia Walton/HS Counselor
- Child Nutrition Program: Mona Little/Child Nutrition Director
- Topics for next SHAC Meeting

February 7, 2022: Third Meeting

- Presentation of ESTEEM/Family-centered and value-based risk avoidance program: Kelly Magin/Executive Director of Curriculum
- Topics for next SHAC Meeting

April 25, 2022: Fourth Meeting

- Diabetes Type 1 Assistance: Wayne Cooper/Stephenville Lions Club
- Fitness Gram Results: Dr. Wolfe/Tarleton State University
- Topics for next SHAC Meeting

June 6, 2022: Fifth Meeting/Called

- Second Presentation of ESTEEM/Family-centered and value-based risk avoidance program: Kelly Magin/Executive Director of Curriculum

District School Health Advisory Council (SHAC)

Minutes for September 20, 2021

3:45 p.m.

Members Present:

Mona Little, Kathy Hampton, Kelly Magin, Emily Cannon, Jeston Craig, Courtney Fanning, Matt Miller, Mary Pack, Kelli Raymond, Dr. Bailee Sawyer, Michelle Stillwell, Wade Whitehead

Mona Little/Child Nutrition Director began meeting by asking each person to introduce themselves and their role in the council.

Next Mona Little/Child Nutrition Director gave an overview of the School Health Advisory Council. This overview explained the job of the SHAC committee is to make sure that the school district's school health program reflects local community values. The council will support the school's efforts to assess the needs and programs that help children develop the knowledge, skills, and attitudes they need to become healthy, productive citizens. The program can contribute to helping young people avoid health risks by increasing their skills to make responsible choices about behaviors that can affect their health. The advisory council can also assist the district in ensuring that local community values are reflected in the district's health education plan. An effective SHAC member is aware of the community culture and willingness to interact and share options.

Mona Little/Child Nutrition Director then provided information regarding the Seamless Summer Option Program (SSO) that is allowed to operate under the guidance of USDA and TDA for school year 2021'-2022'. This meal program provides a safe provision of meals, both breakfast and lunch, eliminating the need to collect meal payments, including cash payments at all meal sites within the district.

Kathy Hampton/Executive Director of Human Resources discussed Stephenville ISD's Instructional & Operational Protocols for Protecting the Health of Students and Staff during the Covid-19 Pandemic. The complete operational guide is listed on the Stephenville ISD's website. A brief summary was provided to the committee which provides for the high quality instruction to all students, regardless of the instructional setting. The district is equally committed to providing a safe environment in which to learn and work. The protocol document contains essential instructional and operational guides that the district will use to safely engage students and employees in the 2021'-2022' school year. The district will comply with applicable federal and state employment and disability laws, workplace safety standards and accessibility standards to address individual needs.

Topics for the next SHAC meeting on November 15, 2021 were discussed.

Meeting adjourned @ 5:15 p.m.

District School Health Advisory Council (SHAC)

Minutes for November 15<sup>th</sup>, 2021

3:45 p.m.

Members Present:

Mona Little, Kathy Hampton, Kelly Magin, Jody Fain, Dr. Bailee Sawyer, Alicia Walton, Jestin Craig, Wade Whitehead, Tyler Kelsey, Kelli Raymond, Matt Miller

Mona Little/Child Nutrition Director began meeting by asking each person to introduce themselves and their role in the council.

Next Alicia Walton/Counselor gave a brief description on the responsibility of identifying behavioral and social/emotional signs of suicide risk among students to ensure prevention methods are in place. Counselors have an ethical and moral responsibility to report suspected suicide risk to legal guardians and the appropriate authorities. Student support and safety measures are the main priority.

Mona Little/Child Nutrition Director discussed Nutrition Standards for both breakfast and lunch. It was explained that the meal pattern is designated by TDA/USDA. There is a policy followed by the district of calorie counts, sodium targets, total # and amount of fruits/vegetables, grains, meat/meat alternates and milk. A question was asked by Jestin Craig about the athletes' servings and Mona Little explained that TDA/USDA does not designate an athletes' diet from a grade level plan by TDA/USDA. Dr. Bailee Sawyer added that TDA/USDA standards are conducted based on an average, rather than specific meal plan per student. No additional questions were asked.

Topics for the next SHAC meeting on February 7, 2022 were discussed.

Meeting adjourned @ 5:00 p.m.

District School Health Advisory Council (SHAC)

Minutes for February 7, 2022

3:45 p.m.

Members Present:

Mona Little, Kathy Hampton, Kelly Magin, Mary Pack, Michelle Stillwell, Jody Fain, Emily Cannon, Dr. Bailee Sawyer

Mona Little/Child Nutrition Director began meeting by asking each person to introduce themselves and their role on the council.

Next Kelly Magin/Executive Director of Curriculum and Instruction presented ESTEEM (Human Sexuality Curriculum), which is a family-centered, value-based risk avoidance program. The program's focus is to help improve students' awareness of and tendency toward making healthy decisions. The more students are aware of the dangers and consequences of risky behaviors, the more prepared they will be to avoid such situations. Kelly Magin explained education components for parent involvement with a focus on academic and career goal setting. Along with the use of interactive scenarios, the program provides an illuminating journey to help develop life skills needed for students to become successful, healthy adults. In final remarks, the program was described as valuable with evidence based, medically accurate, proven effectiveness that adheres to the Texas Health TEKS.

Mona Little/Child Nutrition Director requested approval for ESTEEM (Human Sexuality Curriculum) to be presented to the public and at a later date recommending the program to the School Board. Kathy Hampton gave the first motion and Mary Pack gave the second motion with all in attendance in agreement to move forward.

Topics for the next SHAC meeting on April 25, 2022 were discussed.

Meeting adjourned @ 4:45 p.m.

District School Health Advisory Council (SHAC)

Minutes for April 25, 2022

3:45 p.m.

Members Present:

Mona Little, Kathy Hampton, Kelli Raymond, Courtney Fanning, Wade Whitehead, Elizabeth Cameron, Mandi Doty, Jestin Craig, Kelly Magin, Michelle Stillwell, Jody Fain, Emily Cannon, Wayne Cooper, Myka Ashby, Kendi Maruska, Dr. Wolfe

Mona Little/Child Nutrition Director began meeting by asking each person to introduce themselves and their role in the council.

Next Wayne Cooper/Stephenville Lions Club provided information on the assistance for Diabetes Type 1 supplies. He discussed an overview of how the Stephenville Lions Club, through the help of Tanglewood Pharmacy, can assist in Diabetes Type 1 students obtaining supplies needed. Michelle Stillwell requested copies of forms to pass out to Diabetic students. Wayne Cooper also relayed information regarding a TLC Camp for entire families with a Diabetic student. This camp was described as support and guidance for the whole family.

Dr. Wolfe/Tarleton State University explained the results of the Stephenville ISD Fitness Gram performed by Tarleton State University. The Fitness Gram provides stats on body health/composition, upper body strength endurance, abdominal strength endurance, extensor strength and flexibility of students. Results are provided to the Physical Education Instructors and the student/guardians. The standards for Healthy Fitness Zone are through body max index, pace/one mile walk or run, trunk lift, flexed arm hang, back sit and reach, modified pull up, curl up and shoulder stretch. Wade Whitehead explained that there is an option to mass email out results to parents/guardians.

Meeting adjourned @ 5:15 p.m.

Stephenville Independent School District

Stephenville, TX

District School Health Advisory Council (SHAC) Meeting

Monday June 6<sup>th</sup>, 2022

District Administration Building

4:00 p.m.

Called Meeting

#### AGENDA

I. ESTEEM – Kelly Magin

Second presentation of a family-centered, value-based risk avoidance program. The focus is to help improve students' awareness toward making healthy decisions.

II. Adjourn