

# *School Health Advisory Council*

**2020-2021**

## ***Summary of Activities***

**April 28, 2021**

***We met 4 times: Oct. 14, 2020, Dec. 7, 2020, Feb.24, 2021, April 19, 2021***

***Members: Shelley Barron, Kellie Deters, April Martin, Joe Prado, Reade Barber, Rachel Barron, Guinn Smith, Mona Clifton (Allan Wendt and Rachel Hilliard went off)***

- ❖ **Main topic at each meeting - the world-wide pandemic of the coronavirus Covid-19**
  - ★ **At the urging of SHAC, the teen leadership class at JJH took on the project of helping students express and acknowledge their fears, anxieties and isolation caused by the pandemic. Signs and posters were made by the JJH students and displayed at all campuses.**
  - ★ **Thank you to Kara Watkins, teacher at JJH. They were really well done.**
  - ★ **SHAC asked for complete transparency of cases at each campus without revealing names and personal health information. CISD is being diligent about following CDC guidelines with face masking and distancing practices. Students are getting outside play time and all extracurricular activities are going forward as much as possible.**
- ❖ **Made a proposal to the administrative A-Team to provide training to all staff members for safe and efficient response to choking hazards during breakfast and lunch meal times and also in the classrooms. This training will be an annual event in the form of a training video during August staff inservices each new school year.**
- ❖ **Promoted developing healthy relationships - with “Toilet Talk” signs placed on the inside of restroom stall doors. Also, HOSA classes took on the project of changing the signs out each month at high school - to include awareness and hotline phone #'s for such subjects as suicide prevention, child abuse, etc. (and also bar codes to scan to personal phones for additional help).**
- ❖ **Also, to follow-up from last year, on the vaping issue for the high school campus asked that vaping detectors be installed in the restrooms and over areas.**
- ❖ **From the past summer, legislative revisions to sex education programs. Melanie Holmsley attended a virtual zoom meeting with Scott & White’s wellness program - formerly referred to as Worth the Wait and now will be called Adolescent Wellness and Sexual Health. This is taught one time at the 8th grade level. Programs of this nature should be re-introduced at the HS level, and possibly at the 5th and 6th grade level.**
- ❖ **Promoted Every Kid Health Week - a national recognition to promote healthy choices and options for 1. social & emotional health - Mindful Monday, 2. nutrition and food access - Tasty Tuesday, 3. Self-care strategies - Wellness Wednesday, 4. connectedness, relationship skills, social awareness - Thoughtful Thursday, 5. physical activity and active play - Fitness Friday. Posted thru the CES Facebook page.**

