

HEB ISD School Health Advisory Committee

MINUTES

04/19/22

Call to order at 5:30 pm

Roll call: Membered signed into chat for attendance

Approval of Minutes from last meeting of 02/15/22 -Julia Harris made motion to approve minutes. Carla Dockens seconded approval of minutes.

Science/Health Curriculum-Dr. Sally Scoggins, Health/Science Curriculum Coordinator: Joy Keohane read contents:

MS component: wellness, taking care of mental/emotional health, nutrition, tobacco/alcohol/drugs, physical health safety, social health and wellness, human development; companion text for parent OPT IN- puberty, preventing and responding to violence, responsible sexual decisions, HIV/AIDS. This book will be used in 7<sup>th</sup> health on 3 junior high campuses.

HS component: wellness, mental/emotional health, physical health, avoiding hazardous substances, healthy relationship, environmental health, diseases/disorders, health across the life span; companion text for parent OPT-IN- beginning of life, adolescence and puberty, relationships and abstinence, violence prevention and response, sexually transmitted infections. This book will be used for 9-12<sup>th</sup> graders taking health.

Physical textbook will have companion chapters removed. If digital, parents still have to OPT IN and companion piece will not be pushed out to students if parents do not opt in. Students will have separate assignment in a separate location when OPT IN portion is taught. Parents can preview material posted 14 days prior to instruction. School will push out material digitally to parents for preview by request.

**VOTE: Goodheart-Wilcox High School & Middle School Health Education Book (with separate opt-in human sexuality instruction) recommendation to Board - Julia Harris motioned to accept the curriculum. Joy Keohane seconded the motion. Vote passed 12-0 to approve Goodheart-Wilcox High School and Middle School Health Education book.**

Safety Updates-Robert Ball, M&O, Safety, Emergency Response Coordinator-  
Live drills started again at beginning of March.

Counseling/Mental Health Updates-Carla Docken, Counseling Coordinator-  
Julia Harris, Crisis Team Coordinator- Carla: District has received anonymous  
donation of \$70000 to present Upstander Project (character trait education).  
Training occurring in district in the weeks to come.

Julia:We have two new MOUs in place.

TCHATT – Texas Child Health Access Through Telemedicine. Services provided by  
JPS. Students will be entitled to 5 free VIRTUAL sessions of counseling and/or  
psychiatry. Upon discharge from TCHATT student will be connected with services in  
the community for continuation of services.

- Recovery Resource Council – Substance Abuse services. Offer up to 6 sessions,  
complete an evaluation after the 6th session, and offer additional sessions up to a total  
of 10.
- Provide outreach, screening, assessment and referrals of youth and families with  
additional needs
- FREE Virtual Counseling during the Summer for Middle and High School students  
–Flyer Attached
- Professional counseling from a licensed counselor, for the following concerns:
  - Stress and Anxiety
  - Depression and Coping Skills
  - Anger Management
  - Substance Use
  - School Performance and Time Management
  - Grief and Loss

Virtual counseling sessions offered during the summer for HEB ISD middle and high  
school students of all grades, including recent graduates

Professional counseling from a licensed counselor, for the following concerns, among others:

- Stress & anxiety
- Depression & coping skills
- Anger management
- Substance use
- School performance & time management
- Grief & loss

Health Services Updates-Joy Keohane, Health Services Coordinator- COVID cases continue to decrease. Testing center tested 43 tests last week with 0 positive. Reevaluating keeping this center open. ELT making decision next week about continuing this service. Probably will close at the end of the month. Health and Human Services has developed a Test to Treat program in the area at Walgreens and CVS. If positive, then treat with antivirals or prescription. Tarrant Co Public Health still testing. COVID over last month- total 11 students, 5 staff cases. Nurses can catch up on other screenings as COVID decreases. Stop the bleed training occurred in March with 7<sup>th</sup>-12<sup>th</sup> graders.

Child Nutrition Updates-Mariella Naugher, Director of Child Nutrition Services- Meals will not be free next year. Parents will have to complete application for free/reduced meals. State provides district with list of kids who might qualify. This list continues to grow. Serving 17000 lunches/day and 11-12000 breakfasts/day due to free program this year. Still down by 1/3 of staff. All meals will be free this summer at schools that qualify. The free lunch waiver ends 6/30/22.

Family Engagement/Pre-K Updates-Kelly Rall, FE/PK Coordinator- First ever PreK kickoff tonight. Bedford Heights, Lakewood, River Trails, Wilshire all getting new PK next year. Arbor Lakes will have new CKPK next year. State-based PK registration beginning soon on campuses in person. CKPK will do new student registration later this summer. 5/2/22 Kinder kickoff at all campuses. 5/11/22 District Parent Advisory Committee meeting for Title 1 and Federal Programs. 5/21/22 HEB READS at Pennington Field from 10-1.

Miranda Beckmann-SHAC Review of HEB ISD Wellness Plan- goals have been met on previous plan. Law requires update to our plan. We need to update how we meet these goals and add goals for impact in our district. Law requires nutrition, nutrition education, and physical activity. District can adopt goals that impact their district specifically. SHAC is considering targeting cell phone/mental health. There will possibly be a sub-committee formed to work on updating cell phone policy.

Marianne Pierce-TCPH Representative, Chronic Diseases and Prevention-free classes available for tobacco/vaping/nutrition classes, even through the summer.

Pamela Householder-PTA Council, Partner Resource Network- no updates

Upcoming items for discussion: Usually have 4 meetings, have done 3<sup>rd</sup> Tuesday of the month. Discussed times for meetings for next year- 4 pm vs. 5:30 pm. Will go back to 4 pm next year.

Recruitment of parent members: still need additional parents to serve on SHAC.

Meeting adjourned at 1840.