

2022-2023 North Zulch I.S.D. - School Health Advisory Council (SHAC) Meeting Minutes- 11/29/2022

Mrs. Lucherker took attendance and advised the group that this meeting will be recorded and posted to the website. Meeting started at 2:00 p.m.

Individuals in attendance:

Mrs. Robin Afshar, Parent
Mrs. Alice Kirk, Parent
Ms. Kori Batten, Counselor/Safety
Mr. Eugene Lafitte, Athletic Director/Coach
Mrs. Jennifer Beal, Cafeteria Director
Mrs. Casey Lucherker, Campus Nurse
Mrs. Janie Pope, Elementary Principal
Mr. Kevin Compton, High School Principal
Goal to have students present at spring meeting.

Determine SHAC Officers for 2022-2023

1. A motion was made by Casey Lucherker and seconded by Kevin Compton to nominate Alice Kirk as SHAC Parent Co-Chair. There were no objections.
2. A motion was made by Alice Kirk and seconded by Janie Pope to nominate Casey Lucherker as SHAC Staff Co-Chair. There were no objections.
3. A motion was made by Casey Lucherker and seconded by Jennifer Beal to nominate Robin Afshar as Parent Representatives. There were no objections.
4. A motion was made by Casey Lucherker and seconded by Alice Kirk to nominate Kevin Compton as Staff Representative. There were no objections.

Introduction – Mrs. Lucherker: Updated on SHAC requirements. Texas Law requires school districts to have a School Health Advisory Council Appointed by the Board which is comprised of 5 members and the majority being parents.

Agenda – Mrs. Lucherker: • Explanation of SHAC’s role in the district • 8 components of a Health Program • Set Goals for the School Year • Future Meeting dates

What is SHAC’s role: This is a group of individuals which advise the district on student health and learning. SHAC is required to meet two times a year (NZISD is a District of Innovation) and an annual report must be presented to the school board at the end of the year.

8 Components of the School Health Program: 1) Health Education 2) Physical Education & Activity 3) Health Services 4) Nutrition Services 5) Counseling, Psychological, and Social Services 6) Healthy School Environment 7) Staff Health & Wellness 8) Family & Community Involvement

Department updates were provided:

Athletics: Coach Lafitte – Grades 6-12 participate in an ongoing Character Program every other Friday during PE/Athletics-verifying TEA policy on Fitness gram for 2022-23 school year.

Food Services: Mrs. Jennifer Beal- Borden was purchased by Hiland Dairy, packaging is different, same product- NZISD following standards for milk, whole grains, and sodium-Menu is created by Mrs. Chapman (also looking at grants) and carried out by NZ staff. Will work to increase

signage/labeling foods in cafeteria line for better communication to students. Options available for students with allergies/specific food preferences/needs.

Counselor/Safety: Ms. Kori Batten- Update on counseling activities & Safety Drills: meeting drill requirements; Stop-the-bleed/First Aid Kits in all classrooms, trained 143 staff/students in conjunction with BVRAC. Safety Resource Officer (SRO) at NZISD, weekly exterior door check/classroom doors remain locked. Character ed: PK-5th grades increased awareness on safety via Red Ribbon Week, medication safety, character traits discussions; High school: during enrichment-safety discussions, career speakers.

Health: Mrs. Casey Lucherk- Updates in Nurse's corner: Required state immunization report completed and filed. Scoliosis screens are complete & state report to be filed in spring. Hearing & vision screens are in progress & the report will be filed in the spring. All coaches and staff who transport students are CPR certified. CPR training will be available again in the spring for any staff who chose to be certified. All students are certified prior to graduation. Have applied NZISD for the free Narcan program, waiting on response. Survey sent to staff RE: 8 components of school health. Increase in stress and anxiety noted among students and staff.

Curriculum: Mrs. Andrus was unavailable, provided written curriculum updates- Looking at utilizing QuaverEd (grades K-5) and Goodheart-Wilcox Company (grades 6-12) for the required TEKS Health Education. Science teachers currently teach Health Ed. TEKS as integral part of the science curriculum. To incorporate Health Ed TEKS: utilize Red Ribbon Week, school counselor delivers classroom lessons, assemblies and adult speakers for real-world application.

Administrative: Ms. Pope- Elementary updates: Character education provided, safety presentations for increased safety measures and awareness.

-Mr. Compton- Look into grant for elementary snacks, possible USDA, create goal. High school updates: Utilizing an enrichment time for class & group meetings and character development.

Discussion of yearly goals: Unsure of previous yearly goals, therefore will discuss and establish new yearly goals for 2022-2023 at NZISD

-(short-term goal) Implement signage in cafeteria RE: foods/meals for increased communication, have greater availabilities of "hot meals"

- (in progress) Free Meals/Second Chance Breakfasts: Many students utilize the later breakfast option, if arriving late or arrived early for morning practice. NZISD is currently offering the "Shared Table"; leftover fruit/pre-packaged items from meals are placed on a stand-alone table.

- (future goal) Afternoon Snacks for elementary students: Elementary lunches are early and then students complete PE and recess, by the afternoon students are needing an afternoon snack. Will assist in the mental health and well-being of students.

- On-site flu & shot clinic for staff and for students prior to registration to ensure all student are up-to-date and have access to vaccines (working with Aurora Concepts)

- Staff stress relief: Bring in PTO to assist, possible "class parent" or "grade level parent", PTO recognition of staff. From admin: "jeans week" implemented for staff, staff have been provided "staff eat free" days. Future: Encourage wellness: initiate Step Challenge among staff in conjunction with Walk across Texas (online program with rewards at the end).

-Verify NZISD Wellness Plan and update as needed.

Next Meeting: Set for Wednesday, March 1, 2023 at 1:30 p.m.

Motion to adjourn meeting- Adjournment at 2:42pm