

SMYER ISD
WELLNESS/SHAC COMMITTEE MEETING MINUTES
December 15, 2021

Smyer ISD Wellness/SHAC met on December 15, 2021. The following committee members were in attendance: Tony Igo, Shari Blount, Summer Stracener, Shelly Locke, Kelly Gilmer, Lisa Roberds, Jo Hodnett, Bradley Hunsucker (via Zoom), Samantha McGowan (via Zoom), Christopher St. Clair, Micah Oliver, Whitney Funke, Ryder Stracener, Jaylee Keel (Conner), and Makayla Pittman. The meeting was audio recorded, as well as a Zoom option was available. All members were notified of the new 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 two Zoom meeting participants. The committee reviewed the minutes from the previous meeting, the minutes had been provided previously via email to committee member. 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, 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 12/10/2021 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 has hosted multiple Covid Vaccination clinics, the latest one of which was this morning. Approximately 40 people were present for the previous clinic, 37 were present today. At the previous clinic, SPCAA had a booth set up where they had information for anyone interested in Marketplace Health Insurance. They provided resources for the school nurse to pass out to families inquiring about Marketplace Health Insurance as well.

The school counselor, Jo Hodnett, provided a report from the counselor's office. She reported that STAAR testing in December went well. There were practice tests for Elementary and retake tests for Secondary. It will be online testing, which is new this year. She reported the teachers and kids seemed to like it. The kids told her, "It was different, but we like it better." There were no other updates from her office at this meeting.

Kelly Gilmer and Lisa Roberds, with A+ Foodservice, gave a joint report on the cafeteria and nutrition services. They reported that there are new food items this year on the menus. They report they have received wonderful feedback from students and staff about the changes and improvements in the menu thus far this year. They provide portions as per required, and they report that students and staff are cleaning their plates and requesting more because it is so good. They provided a copy of December's menu to the committee for their review. They reported that the menu is always updated monthly and is available on the SISD website for the public. When asked for any new recommendations from the committee about the menu, there were none.

Mrs. Locke provided an update on Physical Education, stating that the Physical Fitness Assessment Initiative will occur in the spring, probably March or April. All requirements of the State for this screening will be met. 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. A new addition this school year from the State, is that siblings living in the same household with someone that is COVID positive may continue reporting to school but must receive a rapid antigen test in the nurse's office every morning and will be sent home if found to be positive. If they are feeling ill at home, the parent is asked to keep the child home and schedule a test with the school nurse. All COVID guidelines and school nurse's office protocols may be found on the SISD website. She reports there is a current influx of Influenza cases as well as a stomach bug. The screenings in the nurse's office are getting the sick children out faster. Doctors offices have given her good feedback on providing the free COVID testing at school, it is saving patients some time in their

offices to already have had that test performed before going into the doctor if ill. When it is negative, the doctors can spend more time getting to the bottom of the problem.

Summer Stracener provided an employee health update, stating she continues to screen employees for symptoms of illness. She reports the Covenant Wellness Bus was on campus November 5th for all staff that wanted to participate. This was a workday for staff, no students were on campus. The cost was free for staff carrying the school's insurance. The screening included a check with a nurse on vital signs, blood work, and an EKG if necessary. This was a health screening, and all information was provided to those who chose to do the screening. She had approximately 35 participants, most of which have updated her that they have followed up with their doctors and have received care as a direct result of their lab results.

The school nurse, Summer, reports that for health education, she will continue dental, hygiene and puberty education, per requirements, throughout the year. At the request of Mr. Wade last meeting, she presented the current puberty education that is utilized and asked committee members to visit the website of the videos, watch both the boy and girl education videos and the committee with meet together via "reply all" emails to discuss whether, as committee, they feel as though we should continue utilizing the current education program and in 5th grade, or if we would recommend a new program and/or a different age of receiving the education. The current program used is the "Always Changing" puberty education program that is a free program through Proctor and Gamble. When the program is obtained in its entirety, it includes pamphlets for staff, parents and students, as well as coupons and samples of hygiene products. She also provides hygiene product samples for children at the time of the education program. After the committee discussing further since the last meeting, they were unanimous in keeping the current puberty education in the 5th grade as previously done. An "opt-in" consent letter for the program will be obtained no longer than 14 days prior to the program being presented. At the last meeting, Summer reported that the State has new requirements on health education and sex education, including human sexuality facets. As a committee, there were several discussions via email on content the members would like to be included in SISD's health education. Summer reported today that she received an email from "Just Say Yes: Aim for Success". This email/website contains information for the SHAC committee to review with TEA/TEKS approved health curriculum available for the school to purchase. The frequently asked questions portion of the website gives many resources on information to be complacent with new requirements. The programs are priced separately or in groups and can be in person, or virtual (virtual is a cheaper option) and they provide a parent preview as well. Summer will provide the website, www.aimforsuccess.org, to the committee for their review. After allowing time for the committee to have a look at what the programs offer, the members will discuss via email their thoughts on the programs and decide if this is the resource they would like to utilize to recommend to the board. We will have two meetings about this subject to prepare for presenting to the board by May 2022, to be adopted for the 2022-2023 school year.

The remaining meeting for the year will be on Wednesday, February 2, 2022 at 3pm in the cafeteria, with the option for the meetings to possibly extend longer than 30 minutes to closer to 45 minutes or 1 hour if needed for discussing important topics. We will continue the Zoom option for the SHAC meetings to have as many involved with the meetings as possible. An additional meeting will be set in the Spring, if the committee concludes that they would like to adopt this curriculum as their presentation to the board.

At the end of the meeting, in open discussion, Christopher St. Clair stated he has multiple resources at the Joe Arrington Cancer Center in Lubbock and would be happy to provide the school nurse with some contact names to possibly have the "Mammogram Bus" come from Covenant as well with the Wellness Bus next year for female staff members. Summer will follow up with those contacts to see what would be required to have this resource available to the staff.

The meeting was adjourned at 03:25pm.

Summer Stracener, RN
School Nurse- 12.15.2021