

SMYER ISD
WELLNESS/SHAC COMMITTEE MEETING MINUTES
October 6, 2021

Smyer ISD Wellness/SHAC met on October 6, 2021. The following committee members were in attendance: Shari Blount, Summer Stracener, Shelly Locke, Kelly Gilmer, Lisa Roberds, Jo Hodnett, Amber Chrisman, Leslie Demma, Beth Franklin, Tiffani Pittman, Erin Norman, Samantha McGowan, Christopher St. Clair, Whitney Funke, Jenny Conner, Ryder Stracener, Jaylee Keel, Makayla Pittman, Kaitlyn Clausen, Kyra Bruce, and Shirley Pearce. The meeting was audio recorded, all members were notified of the new requirement of audio recording of meetings, and that this meeting was being recorded.

The committee reviewed the minutes from the previous meeting. 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 there are new guidelines per new State legislation requiring the agenda for all meetings of the SHAC committee to be posted 72 hours prior to SHAC meetings. The agenda for this meeting was posted online on 9/29/2021 by Mr. Wade. The new and updated wellness plan and all minutes from last year's 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 as required.

The committee previously agreed that a push for new members of the SHAC committee from the community, staff, parents not employed with the school district, and students would be beneficial for the committee and allow us to diversify. Summer reached out to the community via notes sent home to parents/and or social media, to find more family and community members to be involved with the committee, and reports a great response. The school board approved approximately 17 new members, some of which were in attendance today. We have 2 remaining meetings this year

The new school counselor, Jo Hodnett, was introduced to the committee. She is beginning her first year at Smyer ISD. She stated there will be high school testing coming up that she will organize and lead. There were no other updates from her office at this meeting.

The elementary and high school principals, Tony Igo and Mike Schaap were unable to attend this meeting due to an administrator work shop they were attending off campus.

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. She states they are planning on a Thanksgiving Feast again this year, with parents/grandparents being allowed to come with a required RSVP and a limit of 2 guests per student. Kelly reports the kids are still eating well, she even had to make 5 extra pans of her chicken parmesan today. Although they are not allowed to season food with salt, she reports that she has been perfecting seasoning to taste to improve meals. She states she tastes all food before serving to ensure quality and has been very pleased. She also reports noticing less waste in the trash cans.

There were no new reports on physical education today.

Summer Stracener, R.N., school nurse, reported 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.

Summer Stracener, RN provided an employee health update, stating she continues to screen employees for symptoms of illness. She reports the Covenant Wellness Bus will be coming on campus November 5th for all staff that would like to participate. This is a workday for staff, no students will be on campus. The cost is free for staff carrying the school's insurance. The screening includes a check with a nurse on vital signs, blood

work, urinalysis and an EKG if necessary. This is a health screening, and all information will be provided to those who choose to do the screening, so that they may take the results to their doctors if wanted. Approximately 40 staff members have signed up. K&K Pharmacy from Muleshoe will be holding a Flu Shot Clinic for all staff, student and community members that are 6 months of age and older to attend. Shots are free with a copy of valid insurance. It will be October 12, 2021, in the old gym. Staff may come early at 7:30am, the community may begin coming at 8:30am.

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, 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. Summer reported that the State has new requirements on health education and sex education, including human sexuality facets. As a committee she also requested for everyone to discuss with their spouses, partners, and children at home as to what type of curriculum they would like presented by the school district. Examples are if they would like sex education to begin in 7th-12th grade, include abstinence and/or safe sex education and so forth. The committee will also discuss these topics via email and will convene for a special meeting if needed to discuss further, then the nurse will report the discussions back to the superintendent. Per new requirements, whatever is decided by the school board to be used, copies of the curriculum must be always provided to the parents for their review and if needed, purchase. The consensus with the committee was that the human sexuality education programs that are ultimately implemented must be a good reflection of what they would like for our community and ISD.

The remaining meetings for the year will continue to be Wednesdays 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. Future dates will be: **12/8/2021, 2/2/2022.**

Samantha McGowan asked if there would be a possible call-in option or Zoom option for future meetings, in the case that some members may not be able to attend in person. Summer reports she will investigate having a virtual option and will get back to the committee on that. The meeting was adjourned at 03:25pm.

Summer Stracener, RN
School Nurse- 10.06.2021

