

AGENDA

School Health Advisory Council

February 6, 2023

PISD Administration Building, Board Room 120

6-7:30pm

Welcome & Opening Remarks

6:04 pm by Mr. Ian Giatti, SHAC Chair

Information & Discussion on Physical Health Related Topics

- Physical Education
 - Angel Mauterer, SHAC member and representative of PISD Physical Education (PE), presented information regarding the PE program. She also mentioned new sports (non-UIL) such as pickle ball & badminton. After update of TEKS, students will begin creating their own goals. Students are currently using FitnessGram and learning to track their own wellness. Students learning nutrition in terms of how it fuels their body.
- Health Curriculum
 - Kelly Henderson, SHAC member and representative of PISD Curriculum & Instruction (C&I), shared information about the units of study in the currently required 8th grade health class. She reported plans for the 8th grade Health class to no longer be a required course, or available elective, but for the Health TEKS to be incorporated into grades 6-8 PE courses. SHAC members expressed concern that the 2023-2024 8th graders would possibly not receive the information in the health TEKS if students do not select PE as an elective since it is not a requirement for 8th graders. SHAC also questioned how students in off-campus PE would receive the information. Ms. Mauterer & Ms. Henderson agreed to bring this question of concern to the attention of Ms. Biggs, who oversees the C&I department, and follow-up with SHAC.
 - SHAC was updated on the Children's Health video project related to the revised sexual health related TEKS.
- Nutrition
 - Mrs. Dorothy Cadet, SHAC member and Aramark Manager, shared child nutrition goals to empower elementary students to be able to make their own choices. She shared that all of the a la carte snacks are SmartSnack compliant with the focus on reducing fat, sodium, sugar. Promo sites have new items, such as smoothies & pineapple chicken, to attempt to diversify student options. Aramark has added a hot vegetarian option to the choices 4/5 days a week.
 - At the middle school level, Aramark provides increased options and opportunities to make good choices.
 - At the High School level, students have franchise options, such as they would in the real world of everyday life. They have a Greens & Grains bar, offering packaged salads for example, such as they may see in a convenience store. They have also added a gluten-friendly pod. Sushi will be added in the next couple of weeks. Walnut Grove will mimic Rockhill in terms of options.
 - SHAC asked what Aramark is doing to let parents know of these initiatives- particularly the nutritional information of the a la carte items that may have different nutritional profiles than what is seen in stores. Mrs. Cadet reported that her team is

- working with marketers to compose parent information that could be disseminated via email or as part of campus newsletters. SHAC member suggested a monthly email.
- SHAC parent member asked if Aramark was educating the students on the foods (referencing the a la carte items as well). Ms. Cadet noted that most of student nutrition education would take place alongside health related curriculum but stated Aramark would also be glad to partner with Prosper ISD on this area.
 - Health Services
 - Becky Geise, SHAC member and representative of PISD Health Services, shared that each of our campuses has a full time nurse (RN). They also have 2 additional Rn's and 4 health aids floating to help with heavier campuses. Nurses have had 54,500+ visits so far this school year, and 24,300+ administrations of medications. She shared the many areas of nurse responsibility including first responders for anyone ill or injured on campus (adults and children), immunizations, medication administration, management of chronic health disorders, Individualized healthcare plans and emergency action plans, etc....
 - SHAC parent member asked if the procedures and protocols are more strict at some campuses than others as it relates to school exclusion or Covid protocols. Mrs. Geise shared that DSHS sets exclusion guidelines. Also as it relates to COVID, nurses use clinical judgment to evaluate each symptomatic person individually taking into account many variables. She expressed that there should be consistency in exclusion guidelines and communicable disease management across campuses and to contact her if there are concerns.
 - Employee Wellness
 - Mrs. Geise also shared that nurses also assist with staff members' work-related injuries. She shared other programs supporting employee wellness including PISD's Employee Assistance Program, staff flu vaccine clinics, and the Go Red! campaign which encourages staff to know their blood pressure and other heart health numbers. She shared that PISD is working to offer preventative heart screenings on-site for ease of access for staff.
 - Ms. Kendra Houston, SHAC Co-Chair and PISD counseling representative, discussed Child Abuse curriculum information being shared with parents beginning next week across elementary campuses. SHAC discussed options to increase parent awareness of this material and the opt-in form. Suggestions were made such as getting the information out at Meet The Teacher and Open House events & have parents sign opt-in forms there while signing other beginning of year forms.

Next SHAC Meeting scheduled for Monday, April 3, 2023, 6-7:30pm

Topic: Mental Health

Reviewing policies, procedures, strategies, and curriculum to prevent mental health concerns including suicide through

- Safe and healthy school environment
- Counseling and mental health services

Strategies to increase parental awareness regarding:

- risky student behaviors and early warning signs of suicide risk and behavioral health concerns, including mental health disorders and substance use disorders.
- available community programs and services that address risky behaviors, suicide risk, behavioral health concerns