

MINUTES

School Health Advisory Council

April 22, 2024

PISD Administration Building, Board Room 120

6-7:30pm

Welcome & Opening Remarks

- A. Call to order & review of SHAC meeting norms

Meeting called to order @ 1805 by Ms. Oyakawa, SHAC Secretary.

Mental Health Strategies & Supports Continued

- A. Follow-up discussion on questions from previous meeting

Previously submitted questions by SHAC members were read aloud and district representatives addressed responses:

Social Emotional Learning (SEL) diff per campus- how selected? By campus principal and classroom teacher, not counselor selected. Based on 4 core areas selected by campus. Viewable by parents upon request. How does PISD address cliques? Depends on how concern is brought up. Talk with students individually with parent permission, or per classroom as need arises. Discuss specific coping skills for students struggling. Connect with programs/activities to get them plugged in. Mediation if resulting from a conflict.

Student needs survey– group reiterated that feel it is needed vs. just parent survey

Hope Squad: Request for evaluation of effectiveness. Member expressed that suicidal ideation discussion not appropriate for <12yrs. District representative shared that the Elementary Hope Squad curriculum does not include suicide prevention but rather focuses on inclusion, connection, & friendships. Request for more student-led presentations: Reynolds students did this- self-care during Eagle time. Can try to implement more often during school year. Mental health panel of students at recent event. Advisors working on this goal with students as they get more comfortable and willing to speak in front of peers. Nominations: use standard process used nation-wide. Meant to be who student would talk to vs. who teacher would want them to talk to.

Counselor access for parents: Counseling support available for any parent concerns based on things happening at home that school may not know about. Complete school team may not be aware of all specific concerns. If parents continue to have concerns, reach out, or ask to help share/discuss with others involved at school. If symptoms are longer than 2 weeks, might be time to seek more help. Ask a Therapist (free resource on website).

Policy for when students come in to counselor but student requests that parent not be informed. Harm to others, we inform parents. Always goal to connect students back to their family with whatever issue they are going through. Guide conversations, offer choices where able, follow-up.

How will parents know about mental health related events? Dates available on district website for district events/that affect all grade levels. If campus specific- then on campus page or newsletter.

Hope Walk: One member expressed appreciation for less cheerleader focus at event this year. Talked about increasing male presence to the event- while males were more present this year, member still feels missing male voice at this event specifically. Example: Drums tucked in corner (though might have been by choice).

How are the bullies being supported to redirect/change behavior overtime? Behavior threat assessments (administrator and counselor involved) that do follow student, parent involved. Discussed DAEP briefly and counseling support at that campus.

Depression concerns. Worried about student difficulty getting on teams due to large size of district- difficulty for some kids to find their place. Clubs intended to help fill that gap, idea is non-competing clubs.

B. Review & discuss questions for student needs surveys

This year middle school did "minute meetings" since needs assessment wasn't done this year. Middle School suggestions: ask about activities (in/out of school); impact of hope squad from student perception; comfort with learning environment. Timeline: first month of school. Suggested additional time during year- at semester?

What % of student body completes the survey? District representative shared number of parent responses to previous surveys (about $\frac{1}{3}$ - $\frac{1}{2}$ parents); unclear about student return rate since not conducted recently. Be strategic about timing. Some think a better response from middle school due to when requested (during class), and discussed soliciting survey completion during advisory classes.

High school question suggestion: are finances impacting your ability to participate in an activity?

Parent member asked about how questions/responses are used- such as for research studies or shared with a third party. District representatives clarified not for studies or third party as would violate counseling ethics, without specific parent/student permissions..

Elementary questions- consider use at this age level with smile faces vs. numerical scale? At key transition period- such as 5th grade. Also discussed potential value in use for 3-5th grade vs. younger elementary.

Wellness Policy

A. Triennial Assessment

District child nutrition representative shared results of assessment which can be found on website. Aramark representative informed SHAC of student survey currently open through My 13th and asked SHAC to help advertise student participation in the survey. A QR code is posted around school cafeterias.

Sexual Health Education Updates

A. Summary of recent meeting 3/25 with Children's Health team

Ms. Geise shared an update on video project with Children's Health. Children's is working to make SHAC's recommended revisions; hope to have revised material for us very soon. SHAC discussed initial review of materials for 8th grade but with Health class being discontinued since that time, need to re-evaluate appropriate where in curriculum the content will be delivered and for appropriateness of the materials for the grade level if different than 8th grade. SHAC member reported that a questionable powerpoint appears to have been used at one or two middle schools in PE this year. Curriculum & Instruction representative unaware of this resource and will follow up. Discussed difference in curriculum (which includes standards and the scope & sequence to address them) vs. lessons which can be selected by teachers. Reiterated that this topic however is sensitive and the materials used require SHAC and Board approval, and opt-in by parent.

Meeting adjourned at 7:29pm.

Next Meeting: 2024-2025 SHAC 1st meeting planned for early September 2024

Topic: TBD