

SHAC – School Health Advisory Council Meeting

Monday, November 9, 2015

6:30 pm Educational Service Center

Minutes

- I. Old Business
 - a. Parent Health Education Night for Fall – Amy Hillin reported that she has confirmed that the Fall Parent Health Education Night will be on November 30th at 6:30 pm at Wylie High School. Ms. Hillin also reported that she has booked Vanita Halliburton as the speaker. Flyers will be available soon. There will not be any childcare provided.
 - b. Membership for 2015-16 School Year – Ms. Hillin reported that she submitted the roster from the September meeting to the School Board and the School Board approved membership of the Council for the 2015-16 school year. Ms. Hillin added that going forward, the membership will be set after the first meeting of the year and that in order to vote one must be a member.
- II. New Business
 - a. KTK Update and 21 Day Challenge – Jill Elliot, Registered Dietician at Medical City Dallas, presented on the Kids Teach Kids (KTK) program which partners with the Texas ProStart culinary program in high schools. Ms. Elliot presented data on childhood obesity which leads to children being diagnosed with adult diseases. She stated that on average 27% of child's daily calories come from snacks. With this in mind, the KTK program was started 5-6 years ago and challenges high school culinary students to create healthy snacks recipes for elementary kids that they can prepare themselves. Ms. Elliot introduced the 21 Day Snack Challenge competition in which 8 school districts will be participating, including Wylie ISD. Wylie will be competing with Rockwall ISD and the winning school district will be the one with the highest percentage of students enrolled in the Challenge. All students will receive a recipe book and a bracelet and prizes will be awarded for students who complete the Challenge. The winning school district will get a trophy. Medical City will provide a report to SHAC once all data is received. The sign-up period begins on January 25, 2016 and runs for two weeks.
 - b. Discussion and Possible Recommendation for 5th Grade Puberty Film – Tamla led the Council in a healthy discussion about both the original and revised puberty films and following that discussion Debra Myer motioned to continue using the original 5th grade puberty films. Shannon Madler seconded the motion and by a vote of 12 to 5 the motion to continue using the original 5th grade puberty films passed. Ms. Hillin urged members to provide feedback to Proctor and Gambell, the producers of the films, regarding some of the issues and concerns that were raised about the revised films.
 - c. Discussion and possible recommendation for the approval of the use of the Mental CPR: Save Lives by Knowing the Five Signs – Jill reminded the Council that there is a glaring hole in what we provide students for suicide prevention and self-harm prevention. The Council discussed the on-line video that they viewed and they agreed that it was a bit boring, that the target audience was not reached and that the 20 minute length was appropriate. After additional discussion, the Council agreed that this information would be better received by students in a live presentation with some tools or resources to fall

back on after the presentation. The Council decided to table Mental CPR until they can find something else to compare it to. Ms. Hillin asked the Council members to search for other programs similar to Mental CPR.

- d. Consideration of Recess Recommendation from FFAC Local – Kellye Morton, Principal at Smith Elementary and representing all 10 elementary schools in the Wylie ISD. She reported the all 10 schools have been following the new policy regarding not using recess time for work completion for the last 12 weeks and the teachers are reporting that their days are now packed minute by minute and that students are coming in as early as 7am and staying late to complete work. During the early morning time and after school time, however, the students are working with Para-Professionals and NOT their teachers. The schools are asking the Council to consider allowing teachers to use no more than 50% of Tuesday/Thursday recess for work completion. After some discussion, Timla encouraged anyone interested in contributing solutions to this issue to join the PE Sub-Committee. Ms. Hillin asked the PE Sub-Committee to meet in the next 2 days to create a solution and language that she could then put out to the Council for an electronic vote.
 - e. Presentation of Anti-Pornography Awareness – Heidi Lemarche and Tami presented on anti-pornography awareness program from FightTheNewDrug. They attended the LoneStar Coalition Against Porn conference in October at which FightTheNewDrug was the keynote speaker. They had the opportunity to observe a “Mock Student Assembly” which impressed both of them a great deal because the presentations were not moral, not religious, not political but rather presented facts. The presentation was teen-focused and used humor, science and facts to teach how porn affects the brain, the heart and the world. The Council watched three videos from FightTheNewDrug who offers free on-line support as well as presentations tailored to Junior High and High School students for a cost of about \$1.00 per student. Ms. Lemarche asked the Council to consider offering a Parent Education Night which would include a factual presentation followed by resources and tools. At the conclusion of their presentation, Ms. Hillin asked the Council to talk with their friends, parent groups and others to gauge their interest in pursuing something like this. She reminded the Council that the goal for this school year was to offer two Parent Education Nights and this could very well serve as the second one. She added that a student presentation would need to be approved by the School Board.
- III. Next Meeting – Monday, February 8, 2016
- a. Physical Activity and Fitness Planning Sub-Committee Findings
 - b. Continue looking at Mental Health/Suicide Prevention Curriculums
 - c. KTK 21 Day Challenge