

School Health Advisory Council

End of Year Report

2018-2019



To: Dr. Chris Hines
Deputy Superintendent of Schools

From: Dr. Sharon Sterchy
School Health Advisory Council Co-Chair

Date: August 9, 2019

Subject: School Health Advisory Council (SHAC)
End of Year Reporting

The broad purpose of the School Health Advisory Council (SHAC) is to ensure that the District's health education instruction reflects local community values. The SHAC is also responsible for considering issues and making recommendations related to the following eight components:

- Health Education
- Healthy and Safe School Environments
- Counseling and Mental Health Services
- Parent and Community Involvement
- Staff Wellness Promotion
- Health Services
- Physical Education
- Nutrition Services

The School Health Advisory Council is a parent and community advisory group mandated by legal and local policies. The majority of SHAC members are parents; the remaining members include district coordinated school health representatives and community members (Texas Education Code, Title 2, Chapter 28, Section 28.004). Council members for the 2018-2019 school year are listed below.

Member	Role/Affiliation
Jill Barrea	State of Texas/Maximus
Sage Benson	CISD Student Representative
Dr. Terri Benson	CISD, Headmaster, Academy for Science & Health Professionals
Rod Chaves	CISD, Director of Community Outreach and Health Services
Denise Cipolla	CISD, Coordinator of Guidance and Counseling
Jody Collins	Parent
Gregg Colschen	CISD, Assistant Superintendent for Secondary Education
Victoria Constance	Executive Director, Children's Safe Harbor
Gayle Fischer	Parent
April Gilliam	Parent
Lynda Gowin	CISD, Parent Education Program Specialist
Dr. David Green	Parent; Pastor First Presbyterian Church
Braden Grief	CISD Student Representative
Sara Holub	Parent
Dr. Robert Horton	CISD, Coordinator of Fine Arts
Robyn Hughes	CISD, Director of Child Nutrition
Jenny Hunt	Parent

Member	Role/Affiliation
Stacy Inman	CISD, Physical Education Teacher, Patterson Elementary
Dr. Lata Joshi	Parent; Physician/Director of Women's Health Services, Lone Star Family Health
Deborah Kubicek	CISD, Physical Education Teacher, Patterson Elementary
Richard Morgan	CISD, Health Teacher, Hauke Alternative High School
Tiffany Nirider	Parent
Robert Oleson	YMCA Director
Dr. Debra Phillips	CISD, Assistant Superintendent for Elementary Education
Kari Reaves	Parent
Barbara Robertson, RN	CISD, Coordinator of Health Services
Wendi Seafass	Parent
Yvette Smith	Parent
Dr. Sharon Sterchy	Co-Chair; CISD, Coordinator of Health and Physical Education
Malinda Stewart	CISD, Principal, Rice Elementary
Renee Stewart	Parent
Susan Vein	Parent
Cindy Weller	Parent, Nutrition Specialist
Misty Westover	Parent
Dena Williams	Parent
Nicholl Winger	Parent
Dr. Shellie Winkler	CISD, Director of Elementary Education
Kelly Wortham	Parent; Director of Business Development, Memorial Hermann Hospital
Sameera Zaidi	Parent

This year SHAC conducted four meetings. Each meeting included a time for Community/Outreach presentations. These presentations allowed for members of the SHAC to be informed of current issues and celebrations within our schools that were directly related to school health.

October 3, 2018

Community/Outreach Presentations

- The SHAC Council members were introduced. Members of SHAC include parents, teachers, campus administrators, central office administrators, law enforcement, behavioral specialist and community/business members. This meets the requirements of Education Code 28.004c.
- Mr. Gregg Colschen, Assistant Superintendent of Secondary Schools, provided an overview of the new safety initiatives implemented throughout the Conroe Independent School District. Initiatives include:
 - Secured foyer/vestibules at each campus
 - Additional security cameras to enhance coverage of campuses
 - New AED's at each campus and an additional AED location at intermediate campuses, transportation centers and stadiums

Action Items: Health Curriculum Review of Needs & Proposal

- CATCH My Breath E-Cigarette and Vaping curriculum was introduced and reviewed as a result of a concern addressed at the April 2018 SHAC meeting. CATCH My Breath is a youth e-cigarette prevention program developed by The University of Texas Health Science Center at Houston School of Public Health. The program provides up-to-date information to teachers, parents and health professionals to equip students with the knowledge and skills they may need to make informed decisions about the dangers of e-cigarette usage. This program utilizes a peer-led teaching approach and meets National and State Health Education standards. CATCH My Breath curriculum is targeted for students 11-18 years old through a series of four lessons that last 30-40 minutes each. The program is free through support from CVS Health. Training was also delivered to campus health teachers by CATCH My Breath.

- The Co-Chairs provided district data on discipline offenses associated with tobacco and E-cigarette usage. Samples of confiscated e-cigarettes and vaping were shown to members to illustrate how easily students could disguise these devices in school and outside of school.
- Corporal Joel Armstrong, Conroe ISD K-9 Narcotics Unit, presented information on the dangers of E-cigarettes and the availability throughout the community.
- Various committee members shared personal stories, including two student members of SHAC, of how common usage is among underage students and social pressures associated with these devices. Members also shared the likelihood of addiction and the challenges associated with withdrawal. Members were then encouraged to share this information among their community.
- Committee members were advised that this would be a voting item at the April 3, 2019 meeting.

February 6, 2019

Community/Outreach Presentations

- Physical Education teachers from Kaufman Elementary provided information and pictures from their community outreach health event conducted during December. This event was focused on collecting socks for the homeless. This school wide effort resulted in over 300 pairs of socks being donated to local organizations. Students felt a part of the community and how their efforts benefitted others.
- Students from The Woodlands 9th Grade Campus, along with their Physical Education/Health teacher, shared experiences from their service work at the Memorial Hermann Hospital Neonatal Unit (NICU). Students created blankets to give to families that had a child in NICU. The students were able to tour and experience the daily life of families that directly benefitted from their donation.
- Council members also received hands-only CPR and the use of AED. Information was also given on the proposed HB 496 which would require each school district to develop and implement a bleeding control station program.

Action Items:

- An update on the district's Campus Emergency Response Team initiative was provided by Barbara Robertson, Coordinator of Health Services. These teams are created on the campus depending on the size and needs of the campus but generally consist of an administrator, the school nurse, counselor and Physical Education teachers at the elementary/intermediate level who are CPR certified.
- An update on the campus implementation of the CATCH My Breath curriculum was provided by Dr. Sharon Sterchy, SHAC Co-Chair. Dr. Sterchy shared that Junior High and High School Health teachers had completed a four hour training on e-cigarettes and vaping through Catch My Breath personnel to pilot this program. This allowed teachers to have a grading period to present the material and provide feedback to Dr. Sterchy and the committee before voting occurred at the April 3, 2019 meeting.

April 3, 2019

Community/Outreach Presentations

- A fourth grade student from Sally K. Ride Elementary shared his experiences from The First Tee golf event held at Law Park, Houston, Texas.
- Kelly Locke, Mental Health Specialist, provided information on the harmful brain and learning effects of allowing students to have technology in the bedroom.

Action Items:

- The Director of Child Nutrition, Robyn Hughes, provided an update on the District's Wellness Plan. Content discussed included: food allergy awareness and safe practices for all students and staff, CPR/AED certification training for identified personnel, and food provided at the campus as a reward for achievement. The committee voted to accept the proposed changes to the Wellness Plan including classroom food being provided in the

cafeteria or the designated area following lunch. The committee also voted on the updated policy language that food could not be used as the sole reward for recognition and/or achievement.

- SHAC members were given a review of the e-cigarette and vaping proposal. Time was given for questions and concerns of committee. Committee members voted in favor of recommending the CATCH My Breath curriculum to address e-cigarette and vaping usage among our students.

June 12, 2019

Community/Outreach Presentations

- Council members learned and demonstrated the components of Stop the Bleed, an initiative that will be added to the Health curriculum in fall 2019. This training meets the requirements of HB 496 which requires education on traumatic injury response.
- SHAC members were thanked for their service and hard work throughout the school year. Members were reminded to contact one of the Co-Chairs if they were not able to continue serving on The School Health Advisory Council for the 2019-2020 school year.
- Members were reminded of the upcoming meeting dates for the 2019-2020 school year.

No Action Items

Future Meetings:

October 2, 2019

February 5, 2020

April 8, 2020

June 17, 2020