

COMMUNITY SCHOOLS HEALTH ADVISORY COUNCIL

REPORT FOR SCHOOL YEAR 2015-2016

Meeting Dates for the 2015-2016 School Year:

- November 3, 2016
- January 15, 2016
- March 4, 2016
- April 22, 2016

Subcommittee for Physical Activity and Fitness Planning Meeting Dates:

- January 15, 2016
- April 22, 2016

Topics Discussed at SHAC:

- CSHAC Purpose/Board Policy
- Standing Orders for GISD
- Procedures & Documentation for Contagious Illnesses
- Immunization Clinics
- Stroke Scan
- Dating Violence Presentation
- Critical Incident Stress Management
- GISD Nurse Update
- GISD Counselor Update
- Human Resources Letter
- GISD Wellness Plan Report
- Child Car Seat Safety
- GISD Partnerships for Healthy Living
- Operation School Supplies
- Miscellaneous Items
- CSHAC Meetings for 2016-2017

Topics Discussed at Subcommittee for Physical Activity and Fitness Planning

- Elementary Physical Fitness
- Secondary Fitness & Wellness

Review of CSHAC Purpose/Board Policy

Misty Walters and Sharon Williams reviewed the purpose of the CSHAC. It is necessary to coordinate school health which focuses on attention to different areas as the most effective and efficient way to meet the health needs of people. These areas that should receive priority are: Nutrition Services, Health Services, Healthy and Safe School Environment, Counseling and Mental Health Services, Staff Wellness Promotion, Parent and Community Involvement, Physical Education, and Health Education. The Sub Committee for Physical Activity and Fitness Planning will be formed through the SHAC and will conduct the required meeting on January 15, 2016 immediately following the SHAC meeting.

Standing Orders

The Standing Orders for GISD for the 2015-2016 school year were presented to the SHAC. These orders were prepared by the nurses of GISD and approved by Dr. Stephen Bishop.

Procedures & Documentation for Contagious Illnesses

When there is an occurrence of a contagious illness in the district, Misty Walters will be notified. This will be immediately reported to the Texas Department of State Health Services in order to confirm the illness. If the illness is confirmed then GISD will follow the protocol set forth from TDSHS.

Immunization Clinics

The SHAC was notified that GISD partnered with HEB to provide Immunization Clinics for all employees and families with school insurance. HEB held clinics at each campus. These clinics provided the immunizations for flu, pneumonia, TDap, and Hepatitis B. Hepatitis B was provided to all staff in high risk positions. It was reported that 374 Flu, 39 Pneumonia, 45 TDap, and 42 HEP B immunizations were given to employees and their families.

Stroke Scan

Granbury ISD, Lake Granbury Medical Center, and Stroke Scan Plus hosted a screening event for GISD employees and their spouses during August and September at the campuses in the district. Stroke Scan Plus brought their mobile ultrasound and equipment to assess early detection and prevention of Stroke, Abdominal Aortic Aneurysm, and Peripheral Arterial Disease. The scan checked the thyroid, gall bladder, liver, kidneys, and atrial fibrillation.

Dating Violence Presentation

Teen Dating Violence Policy, TX Education Code 37.0831 (formerly HB121) mandates that each school district in Texas adopt and implement a dating violence policy. In order to be complaint with this code, GISD Counselors have teamed up with STARRY Counseling from Stephenville, The Paluxy River Children's Advocacy Center, and the Brazos Pregnancy Clinic to formulate a presentation for the students at the secondary level. These agencies presented their program to the council and received positive feedback. The council suggested the schools host a parent preview night before the presentation of the program to the students. After this program was approved by the SHAC, it was presented at STARS High School and Crossland Ninth Grade Center to the students. Both the staff and the students had excellent feedback regarding the presentation. These agencies established a good rapport with the groups and built trust with the student which enabled the students to ask very important questions. The students were appreciative to have the agencies talk to them regarding this issue. The hope is to continue this presentation at the ninth grade level which will relocate to Granbury High School next year. There will be a parent presentation put together next year before the student presentation is held.

Critical Incident Stress Management (CISM)

The GISD counselors and some nurses participated in a 4 day CISM (Critical Incident Stress Management) Training. The training provided support in comprehensive intervention and disaster behavioral health services. There were two sessions. One focused on individual support and debriefing while the other one focused on the group process.

GISD Nurse Update

The fall immunization state report was submitted in December by Misty Walters. All AED machines have received new batteries and all adult and pediatric pads will be replaced by the summer of 2016. The CPR Administration team will be trained by the end of January by Kim Jones and Elizabeth Perchard. All Hearing and Vision Screenings for students will be completed and inputted into Skyward by May 15 for the state report which will be submitted in June of 2016. A protocol for GISD was formulated for bed bugs based on the information that was provided by the Health Department. Nurses will participate in two days of professional development this summer. During the spring the nurses will show the "Growing Up" Videos to all 5th grade students with parent permission.

GISD Counselor Update

Counselors meet four times a year. Topics for the meetings include educational standards, mental health updates, dating violence, and suicide training for all staff. Dating Violence presentations will be provided by STARRY Counseling, Brazos Pregnancy Clinic, and Children's Advocacy Center. The counselors spent several months with academic counseling for all students as they planned for the 2016-2017 school year. Secondary counselors advise the students in regards to graduation plans and career paths as they enroll them for classes.

Human Resource Letter

The GISD Human Resource department produces a monthly newsletter for the GISD staff. The newsletter promotes health services and staff wellness. It is located on the GISD website.

GISD Wellness Plan Report

Linda Williams, Director of Support Services, presented information on the GISD Wellness Plan that is currently being updated by Linda Williams, Sharon Williams, and Misty Walters. The following is a summary of the presentation and information regarding the GISD Wellness Plan.

Every school/local education agency that participates in the National School Lunch Program and/or the School Breakfast Program is required to establish a local school wellness policy that is approved by the board of trustees.

The Healthy, Hunger-Free Kids Act of 2010 expands the scope of local school wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies. The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing, and maintaining healthy school environments, and to make clear to the public (including parents, students, and others in the community) about the content and implementation of local school wellness policies.

Local wellness policies must include, at a minimum, goals for nutrition education, physical activity, and other school-based activities that promote student wellness, as well as nutrition guidelines to promote student health and reduce childhood obesity for all foods available on each school campus.

As of School Year 2006-2007, all districts were required to establish a local school wellness policy.

For School Year 2015-2016, local educational agencies are encouraged to continue reviewing and assessing their local wellness policies and implementing the new requirements. State agencies will hold local education agencies accountable for local school wellness policy implementation, assessment, and public updates during the Child Nutrition Administrative Review.

Child Car Seat Safety

Brianne Langdon presented information about a Car Seat Inspection Event sponsored by the Hood County Extension Office. It will be on March 31st 11:00am-2:00pm in the Wal-Mart parking lot. Children must be present for free replacement seats. They will check all cars seats to see if they are properly installed. They will also be available to teach parents how to choose the right seat, properly install the seats, and figure out the next steps. The law requires all children birth through 8 years old to be in a car seat.

GISD Partnerships for Healthy Living

Naturally Slim - A new program called Naturally Slim will be piloted through the GISD Administrative Team. This program encourages people to reach their weight loss goal by teaching them the right way to eat without the use of dieting. This program consists of web based videos with an interactive dashboard and is designed to be a yearlong program.

HEB Immunization Clinic – GISD partners with HEB to provide on-site immunization clinics for school employees and their families. The clinic for the 2016-2017 school year will be the week of September 19-23.

YMCA – The YMCA partners with our Extended Day program twice a week providing our students that attend with healthy activities. The YMCA also offers membership discounts to GISD employees.

Stroke Scan – 188 employees participated in the Stroke Scan program that was held in the fall of 2015. This is a preventative program which was beneficial to many employees. Stroke Scan will be coming to the individual campuses again the week before school starts in 2016.

Operation School Supplies

Operation School Supplies is a local charitable program for Hood County residents. This program involves multiple agencies within the community that assist families in preparing for the new school year. Students are able to receive their school supplies, haircuts, physicals, and immunizations. This event will take place at Lakeside Baptist Church on Thursday, August 11, 2016 from 9:00am – 5:00pm.

Miscellaneous Items

Sharon Williams reported to the Council that GMS had been selected to participate in the Texas Youth Tobacco Survey and will receive a \$300 grant for their participation.

Brianne Langdon presented information about an alcohol and drug awareness program called Sean Speaks. She would be able to provide this program at no charge through the County Extension Service. She also offered to provide a no distracted driving program with this as well if GHS would be interested.

Pecan Valley will be hosting a collaboration Meeting on November 9, 2015 from 2-3:00. They are also offering Mental Health First Aid training to all teachers at no cost.

Labeling classrooms for severe allergies was discussed. Currently GISD has classrooms labeled for peanut allergies. Shellfish and eggs were also a concern.

Sharon Williams reported:

GISD will host the annual **Community Round Table** in August of 2016. This involves the administrative teams of each GISD campus, local Law Enforcement and agencies.

Kerrie Stannell and the Paluxy River Children's Advocacy Center will be presenting a program based on the **maltreatment of children** to all GISD campuses. Principals will sign up for a time for PRCAC to present to each campus during the summer staff development days.

Mindy Spruill reported:

May has been declared **National Mental Health Month in Hood County** by the mayor. This declaration will be read at the City Council meeting on May 3rd at 6:00pm. This will hopefully encourage people to better educate themselves about mental illness, undergo mental health and depression screenings and, if necessary, seek treatment for themselves or family members.

Children's Mental Health Awareness Day is May 5th. Everyone is encouraged to wear green on this day. This day is sponsored by The Caring for Every Child's Mental Health Campaign. They seek to provide awareness about the importance of children's mental health.

The **Food Allergy Research & Education (FARE)** Awareness Week is May 8-14, 2016. The committee has recommended that we contact this organization to see if we can have a member of the organization come to the different health fairs for each campus for the 2016-2017 school year. The idea is to include a table for FARE at these fairs for parents that are interested to receive more information and also to create more awareness.

CSHAC Meetings for 2016-2017

All meetings will take place at 9:30am on Fridays and will be held in the GISD training annex. The meetings for next year will be set in August. Members will be notified and new members will be added to enhance the council.

Elementary Physical Fitness

Janie Chiles, PE teacher at Acton Elementary, gave a presentation in regards to the elementary PE program in GISD. With the new BOND, GISD has been able to build two new gyms for the elementary campuses, Acton Elementary and Emma Roberson. Throughout the district many of the schools participate in Miler's Club and other programs such as Family Fitness Nights, Cross Fit, Archery, and Dance Teams. Some schools encourage GHS students that are involved in sports to come to the elementary campuses to have Sports Fridays which presents good role modeling for the students. Students beginning in 3rd grade participate in the Fitness Gram. PE teachers are attending many different professional development opportunities that are promoting the use of technology in the PE setting.

Fitness & Wellness Updates

The Subcommittee for Physical Activity and Fitness Planning had inquired about the Fitness & Wellness classes at the Middle School level at the previous meeting. Misty Walters followed up with the principals at AMS and GMS to gather information about the programs. The Fitness and Wellness coaches provided information about their goals and activities that they cover in the classes. These activities include sports, healthy living, exercise, hygiene, character building, and coping skills for different issues.

COMMUNITY SCHOOLS HEALTH ADVISORY COUNCIL MEMBERSHIP ROSTER

SCHOOL YEAR 2015-2016

1. Aly, Cheryl	Parent Member
2. Berry, Elizabeth	Parent Member
3. Bishop, Dr. Steven	Local Physician, Medical Director
4. Branum, Tracy	Parent Member
5. Brown, Ginger	Texas Department of State Health
6. Callaway, Jessica	Parent Member
7. Cavitt, Leah	Parent Member
8. Coggins, Luci	Texas Department of State Health Services
9. Garner, Kelly	Parent Member/Co-Chair
10. Gutierrez, Brandee	Parent Member
11. Howser, Suzanne	Parent Member
12. Langdon, Brianne	Parent Member
13. Lindsey, Toni	Parent Member
14. Litke, DeDe	Community Member, Brazos Pregnancy Clinic
15. Mabery, Brenda	Community Member, HCCC
16. McKay, Amy	Parent Member
17. Owens, Sonja	Parent Member
18. Power, Dr. Laura	Parent Member
19. Segars, Toni	Parent Member
20. Spruill, Mindy	Community Member, STARRY Counseling
21. Stannell, Kerrie	Community Member, Children's Advocacy Center
22. Walters, Misty	GISD Counselor/Co-Chair
23. Williams, Linda	Child Nutrition Department, GISD
24. Williams, Sharon	Curriculum Department, GISD
25. Yarborough, Shannon	Parent Member

Advisory Members 2015-2016

1. Berryman, Kristie	Assistant Principal, AMS
2. Bishop, Stacy	Acton Middle School Counselor
3. Flores, Mary	Community Member, Hood County Sheriff's Office
4. Gonzalez, Vicky	Community Member, STARRY Counseling
5. Drysdale, Kim	RN, Oakwoods Elementary School Nurse
6. McCoy, Laurie	Child Nutrition Department, GISD
7. Meador, Jeff	GISD Public Information Officer

8. Muncy, Shelly

9. Perchard, Elizabeth

10. Spencer, Kim

Community Member, Mission Granbury

RN, Mambrino Elementary School Nurse

Crossland Ninth Grade Counselor