

McKinney Independent School District
School Health Advisory Committee Meeting
October 10, 2019

Attendance: Migla Servigna, Jason Vickery, Stephanie O'Dell, Jennifer Peltz, Craig Robinson, Stephanie Given, Valerie Lengel, Vicki Johnson, Jill Lueke, Christy Giddens, Joy Anderson, Jean Begala, Julie Blankenship, Jennifer Collier, Rebeka Ecker, Kristine McGuire

Meeting opened by Julie Blankenship at 12:05pm

Minutes from the September 12, 2019 meeting were reviewed and a motion made by Rebeka Ecker to approve and Stephanie O'Dell seconded the motion.

Julie introduced Jill Luke from MHS. She brought 4 sophomore students that are presenting a program from the Active Minds Club. The students spoke about the organization, stating it supports and works with education on mental illness, and decreasing the stigma of mental illness in schools. Improving the overall positive outlook across the campus, allowing students to discuss mental health as something that is 'OK' to do. Jill mentioned that students that have mental health crisis have resources, and need to be made aware of the resources available to them. Mental health crisis is increasing across the schools and the Active Minds Club wants to be a resource to share information and help others. They have 20 members and have seen the positive effects. Jill introduced a project called Send Silence Packing. An event that holds exhibition of backpacks representing suicide victims. This event costs money, the students want to hold fundraisers and work with the other 2 HS to work together to bring this event to McKinney ISD. Students would like to have Hotline cards available to all students in places like bathroom stalls where students can take them without others knowing they took them.

Karin Klem commended the students with their courage and desire to implement such a wonderful program to McKinney ISD. Students were given suggestions about fundraising ideas across the district from various members in attendance.

Rebeka Ecker spoke about a video that will help students with an unexpected pregnancy. It was created by one of her students. It is already out on You Tube. Rebecka would like to share the video with the SHAC committee and see if she can have permission to share it with her students in the district.

The committee viewed the video titled Unexpected.

The video is a documentary with young women who have had unexpected pregnancy as well as doctors and nurses who work and care for pregnant teens. The video is informative with information and encouragement to guide young women through this time in their life.

Rebeka asked for permission to show this to students who come to her for help, parents in the district. Stephanie O'Dell made a motion to allow this video and Joy Anderson seconded the motion. All were in favor and the video will be shared by Rebeka with her students and parents as needed. Rebeka will report back with feedback in the future.

Rebeka Ecker introduced the lead from the local Relay for Life organization, a part of the American Cancer Society. The power of research has decreased the cancer rate through early detection awareness, treatments and awareness.

The committee watched a video Paint Your World Purple from ACS - Relay for Life showing highlights from various events across the country to show the importance and impact that relay for Life has. The McKinney Relay for Life will be on May 2, 2020 at Myers Park. Teams are encouraged to raise at least \$1000. The event information and money disbursement information was distributed to all in attendance.

Meeting was adjourned at 1:00pm by Julie and announced the next meeting is scheduled for January 9, 2020 12-1pm and location will be determined soon.