

McKinney Independent School District
School Health Advisory Committee Meeting
October 7, 2021

Attendance: Jennifer Akins, Jean Begala, Julie Blankenship, Marian Guinn, Phillip Hassler, Tiffany Krueger, Karin Klemm, Beth Lessner, Melissa Silva, James Shoemake, Jason Vickery, Errin French

Meeting opened by Julie Blankenship at 6:33pm

Minutes from the September 9, 2021 meeting were reviewed and a motion made by James Shoemake to approve as written and Phillip Hassler seconded the motion. All voted in favor of approval.

Errin French and Jennifer Akins highlighted three social emotional learning (SEL) programs out of thirty researched over the last year. Jennifer Akins stated social and emotional learning and character education are required components of our educational program and TEKS. The SEL programs help to teach kids about emotional regulation, good decision making, and how to get along with others.

Errin French presented the Stronger Brains program, to be piloted at DAEP. It is a trauma informed design program. This program focuses on teaching students about their brains and bodies and how they interact. The Stronger Brains program will help student to recognize emotion and use appropriate regulating strategies such as breathing techniques. Throughout the programs students use games and exercises to help build confidence, positive self-images, and cognitive skills necessary for success in school and at home. This program can be used individual students or small groups to enhance the overall campus SEL plan. Cost \$100.00 per student, 8-week free trial. <https://www.strongerbrains.com/program>.

Harmony social & emotional learning program is a completely free program for Pre-K through 6th grade. The programs uses 15 to 20 minutes lessons delivered in 5 modules through an online portal allowing students to learn and implement the program at their own pace. Modules can be used in an advisory or homeroom setting. The program focuses on peer relationships in the Pre-K through K audience. Texas Education Agency (TEA) approved and CASEL select designation. (Collaboration for academic social and emotional learning). <https://www.harmonysel.org>

The third program introduced was QuaverEd. This curriculum target audience is for Pre-K through 5th grade. QuaverEd's fun color designed approach engages students and helps students learn to identify and manage their thoughts and emotions. Thus, helping them be better prepared to learn and to grow in the classroom and communities. This program incorporates videos, songs for every lesson, parent education components, quick smart-board games, and reflection pieces. QuaverEd is a TEA approved resource. The cost of this program is \$2100 per year, per campus with 6-month free trial.

<https://www.quavered.com/>

An open general discussion took place to discuss the pros and cons of the three programs.

A motion was made by Elizabeth Lessner to accept and Tiffany Krueger seconded the motion. All in favor of the motion. All in favor none opposed.

Karin Klemm spoke on high school health textbook adoption. Presentation will be at the January meeting. SHAC will serve as the textbook adoption committee. Karin will be providing additional information as she receives from the state.

The SHAC sub-committee - *Substance Abuse Committee* met last week and discussed red ribbon week and the continuing collaboration with *Drug Free McKinney ISD*. The committee is working on completing a resource site that campus can use to help kids to make positive and healthy choices.

The next meeting is scheduled for January 20, 2022 12:00pm -1:30pm. Location to be determined.

Meeting adjourned at 7:30pm.