

## **September 8, 2022 SHAC Minutes**

The meeting was called to order by Julie Blankenship at 6:40pm. Those in attendance were: Amanda Hawley, Summer Land, Beth Lessner MD, Mikaela McGrory, Shelbie Michaels, Diana Skowronski, Jennifer Valliere MD, Lana Van Deusen, Wendi Brannon, Julie Blankenship, Jennifer Akins, Karin Klemm, Patricia Aranibar, Laurie Blott, Rebeka Ecker, Phillip Hassler, Valerie Lengel, Melissa Silva, and James Shoemake.

The minutes from July 2022 were discussed and James Shoemake made a motion to approve as written. Patricia Aranibar seconded the motion. Unanimous vote in favor of the minutes.

Jennifer Akins introduced Jana Jansen, Reflections Lifestyle Center, to discuss the vaping and anti-vaping campaign for parents and students, including THC and fentanyl vaping concerns. Her campaigns include, PPT presentations, posters and flyers. Committee members raised concerns about including definitions in the presentation for students and parents awareness. Questions regarding statistics and program effectiveness were also discussed. Jennifer Akins also discussed the importance of conversations concerning good choices and stress to include parents and students.

Jennifer Akins made a motion to include a virtual vote from the committee once the discussed edits to the program have been made by Jana and shared with the committee. Shelbie Michaels seconded the motion.

Lana VanDeusen and Shelbie Michaels furthered the discussion by suggesting this information could be additional parent communication during Red Ribbon Week.

Julie Blankenship gave everyone a hard copy of the district Wellness Plan. There was one change made to the party days allowed at the secondary level from 7 to 6 days due to federal laws and Aramark food service guidelines. Julie asked for feedback to be emailed to her. The district coordinated health teams will also be providing feedback to Julie. Indoor recess options including Go Noodle were discussed by Karin Klemm and foods provided to athletes and band were clarified.

The list from all previous programs approved by SHAC was given to the committee members and it is also posted on the district website. It was discussed that

the list will be revised with more detail on program information added and reposted in the next few months.

The opt-in parent letter is currently being revised as the feedback from principals included it was difficult to understand and too technical. Jennifer Akins is spearheading the parent letter revisions.

The 4th and 5th grade growth and development program needs to be updated as part of the new health TEKS. The committee was asked to explore videos or programs and send any suggestions to Julie Blankenship. There will be a need for open meetings since this topic does possibly involve information that could bear resemblance to sex education. This has always been handled as an opt-in option for parents of MISD.

Current suicide prevention used by the district was asked by Summer Land with Jennifer Akins providing information.

Shelbie Michaels also asked about committee by-laws and sub-committees with information provided by Julie Blankenship regarding subcommittees of PE and substance abuse. Updating by-laws was agreed to be a topic of future discussion once we have completed all areas needed for the law regarding new parent-opt in procedures.

The meeting was adjourned at 7:50pm.