



School Health Advisory Council Minutes

Waco ISD SHAC meeting, September 14, 2022; WISD Boardroom

In attendance: Anna Futral, Africa Boffman, Melissa Vega, Carmen Merritt, Nikki Rhodes, Beth Olson, Emilie Cunningham, Allie Steed, Aleigh Ascherl, Veronica Alonso, Pam Fischer, Christi Yourman, Matt Rambo, Yolanda Williams, Suzanne Hamilton, Dr. Rachelle Warren, Chief David Williams, Sarah Hodde, Fritzie Kirven

1. Call to Order and Verification of Agenda Posting: Suzanne Hamilton opened the meeting with verification of posting requirements, introductions, and the purpose of SHAC.
2. Order of Business: Suzanne Hamilton asked for nominations or volunteers to be Co-Chair of the committee.
 - a. Co-Chair; Sub-Committees Appointments: Nikki Rhodes volunteered to be Co-Chair of the SHAC.
 - b. Duties of SHAC; Review of responsibilities: Powerpoint presentation was shared that covered the requirements and jurisdiction of SHAC, member compositions, topics for policy discussions, and meeting protocols.
 - c. Legislation related to SHAC: Powerpoint also shared the legislation associated with SHAC, HB 1525 & SB9, for Human Sexuality and Dating Violence & Human Trafficking curriculum. Review of the Human Sexuality process SHAC went through in the 21-22 school year process for recommendations.
3. Informational Items/Updates
 - i. **Health Services:** Rhiannon Settles, Director for Health Services, updated the committee on COVID Waco Website, Vision/Hearing Clinics, and our WISD Wellness Policy.
 - ii. **Child Nutrition Services:** Sarah Hoode, CNS, updated the committee on the upcoming plans for the Thanksgiving lunches on campus, questions were raised by a committee member on how to sponsor families, so every student had a family member come to eat with them.
 - iii. **Counseling/Guidance:** Yolanda Williams, ED Student Support, spoke about the SEL K-12 programming happening on campuses, currently in two cohorts. This focus on Character Strong traits is presented to

students during specialized time throughout the day. Christi Yourman, Lake Air Montessori Principal, spoke to the committee about how effective this is on her campus. This program covers items such as respect for yourself and others, healthy relationships, and coping skills, to name a few. [Website: Counseling Services.](#)

- iv. **Wellness Policy:** [Located Online](#) Discussion was had on the PE minutes required; Pam Fisher, WISD PE Lead, committed to the need for dedicated time to be in the master schedule for elementary students to get these minutes each day and for the needed facilities at some schools.
- v. **Employee Health & Wellness:** Yolanda Williams, ED Student Support, spoke about the Social Emotional Health committee, headed up by WISD Social Emotional Learning (SEL) Coordinators and WISD Human Resources Dept, that incorporates resources for proactive, responsive, intervening, and crisis services for our teachers and staff. WISD also now has a Licensed Professional Counselor (LPC) on site for school employees. Pam Fischer, who is on the committee, talked about the Health Fitness activities for adults as well. Ms. Williams also mentioned Care Solace, a free service for our families that assists with finding mental health, behavioral health, and substance use treatment options to help match needs. These resources can be found on [Student Services & Support Website.](#)

4. Q&A; Debrief: Committee members that are associated with community resources each introduced themselves and what their organization can offer as well-
- a. Health District (Allie Steed) Discussed how the health department has information and programs on healthy nutrition & the importance of increasing physical activity
 - b. Prosper Waco, Adolescent Health Program (Beth Olson) Discussed the available programs and information like teen pregnancy, reproductive health, ideas on how to talk to kids about these topics, food insecurity issues, and mental and behavioral health.
 - c. Advocacy Center (Carmen Merritt) The advocacy center has SEL groups for kids, and violence prevention, will come out and do presentations, has available resources for parents, and works with the Cove on SEL & Teen games to promote and teach health relations.
 - d. Waco Family Medicine (Emilie Cunningham) Health care services for minors, Women's Health Navigator, COounselor, help connect services for preventive care for patients.

5. Adjournment: In closing, Dr. Rachelle Warren, Assistant Superintendent for Student Services & Support, closed out the meeting with a tie into our vision statement: Waco ISD promotes Wellness in School Daily, and attendance is the best way for our students to be both healthy and learn.