

In attendance: Dr. Maria Vallejo-Nieto; Shannon Cain; Sarah Pierce; Mandy Stephens; Gayle Petty; Guadalupe Gracia; Clayton Mahone; Rita Berkley; Kameron Brooks, and Aileen Hays.

Introductions and information about Student Health Advisory Committees (SHAC)

Discussed history of SHAC in Sherman ISD. SHAC was a part of implementing the buddy benches, reviewing the current 7th and 8th grade sex education curriculum, and promoting mental health initiatives.

Clayton Mahone asked if there were by laws and should the group go by Robert's Rule of Order. Aileen Hays will provide updated policy and procedures once received from TASB.

Briefly discussed the fact that the question of masks in schools was being decided at the school board and state level and so we would not address it during SHAC. The idea being that we would use this time to address other health concerns.

Group identified several concerns that SHAC could look into during 2021-22. These included:

1. Mental Health initiatives
2. How to deal with social media and the mental health effects of social media
3. Nutrition
4. Updating the Wellness policy
5. Hygiene
6. "Borrowed" Anxiety
7. Drugs and Alcohol at the high school.
8. Health education.
9. The importance of ensuring that we are intentionally inclusive of all students, especially our students with special needs.

Some decisions were made within the group.

1. The group would like to meet monthly in order to be able to delve further into issues.
2. When thinking about mental health, hygiene, and health curriculums, the group was interested in targeting 5th graders.
3. The group brainstormed ways to get information about what the needs of our students are. This included surveying counselors, nurses, teachers, and students at that 5th grade level.
4. Reviewing wellness policy was another task that the group agreed upon.

Next meeting will be Thursday October 14th at 12:00, SISD Central Office.