



Hays Consolidated Independent School District

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Superintendent

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School Health Advisory Committee

Report to the School Board

As Required by

Texas Education Code

Chapter 28.004

October 2020

**Prepared by Macie Walker, District Co-Chair
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1. Introduction

Each school district in Texas is required by Texas Law ([Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)) to establish and maintain a district-level School Health Advisory Council. The School Health Advisory Council of the Hays Consolidated Independent School District is specifically authorized by the Board of Trustees in District policies BDF [legal], EHAA [legal], EHAB [legal], EFAA [legal], and FFA [local].

The report for the 2019-2020 school year lists the meeting dates of the SHAC; the attendance records of its members; a brief description of actions taken by the SHAC; costs related to the SHAC's existence; and anticipated activities for the next year.

2. Background

Each school district in Texas is required in Chapter 28.004 of the Texas Education Code to establish and maintain a district-level School Health Advisory Council. The School Health Advisory Council of the Hays Consolidated Independent School District is specifically authorized by the Board of Trustees in District policies BDF [legal], EHAA [legal], EHAB [legal], EFAA [legal], and FFA [local].

The purpose of the SHAC is to assist the District in ensuring that local community values are reflected in the District's health education instruction. The council's duties include recommending:

1. the number of hours of instruction to be provided in:
 - a. health education in kindergarten through grade eight; and
 - b. if the school district requires health education for high school graduation, health education, including physical health education and mental health education, in grades 9 through 12;
2. policies, procedures, strategies, and curriculum appropriate for specific grade levels designed to prevent physical health concerns, including obesity, cardiovascular disease, Type 2 diabetes, and mental health concerns, including suicide, through coordination of:
 - a. health education, which must address physical health concerns and mental health concerns to ensure the integration of physical health education and mental health education;
 - b. physical education and physical activity;
 - c. services;
 - d. parental involvement;
 - e. instruction on substance abuse prevention;
 - f. school health services, including mental health services;
 - g. comprehensive school counseling program under Section 33.005;
 - h. a safe and healthy school environment; and
 - i. school employee wellness;
3. appropriate grade levels and methods of instruction for human sexuality instruction;
4. strategies for integrating the curriculum components specified by Subdivision (2) with the following elements in a coordinated school health program for the district:

- a. school health services, including physical health services and mental health services, if provided at a campus by the district or by a third party under a contract with the district;
 - b. a comprehensive school counseling program under Section 33.005;
 - c. safe and healthy school environment; and
 - d. school employee wellness;
5. if feasible, joint use agreements or strategies for collaboration between the school district and community organizations or agencies; and

Text of subdivision as added by Acts 2019, 86th Leg., R.S., Ch. 464 (S.B. 11), Sec. 8

6. strategies to increase parental awareness regarding:
- a. risky behaviors and early warning signs of suicide risks and behavioral health concerns, including mental health disorders and substance use disorders; and
 - b. available community programs and services that address risky behaviors, suicide risks, and behavioral health concerns

Text of subdivision as added by Acts 2019, 86th Leg., R.S., Ch. 331 (S.B. 435), Sec. 1

7. appropriate grade levels and curriculum for instruction regarding opioid addiction and abuse and methods of administering an opioid antagonist, as defined by Section 483.101, Health and Safety Code.

TEC also states, a majority of the council members must be parents of students enrolled in the district who are not employed by the district. Additionally SHAC is comprised of community members, businesses, and district representatives. Information from SHAC meetings is posted on Hays website as per TEC and policy requirements.

3. Committee Activities – 2019-2020

Committee Members, Meeting Dates, and Attendance of Members

For the 2019-2020 School year Jessica Bedwell served as Parent Co-chair and Macie Walker served as District Co-chair.

2019-2020 Committee Members:

Bedwell, Jessica – PARENT Co-Chair (Negley, Hays)	2019-2021
Baker, Jen – PARENT (Barton, Hays)	2019-2021
Dean, Kelly – PARENT (Chapa, Wallace)	2018-2020
(Resigned July 2020)- Gimpel, Libby – PARENT (Johnson)	2018-2020
Hernandez, Bonnie – PARENT (Blanco Vista, Wallace)	2018-2020
Hooton, Stephanie – PARENT (Tobias), CIS Impact	2018-2020

Jamail, Stephanie – PARENT (Barton, Hays)	2018-2020
Paryzek, Barbara – PARENT (Tom Green, Hays)	2019-2021
Pizana, Belinda – PARENT (Negley)	2018-2020
Raymond, Vanessa – PARENT (Simon, Tobias)	2019-2021
Taylor, Ashley – PARENT (Dahlstrom)	2019-2021
Townsend, Courtney – PARENT (Science Hall)	2019-2021
Underwood, Robin – PARENT (Tom Green)	2018-2020
Waller, Lacy – PARENT (Pfluger)	2018-2020
Contreras, Renee – HCISD Outreach Counselor Lehman	2018-2020
Curl, Marquet – Community Pastor	2018-2020
Kiester, Bret - YMCA	2019-2021
Morgan, Wendy- HCISD – PE Teacher Tobias	2018-2020
Nicholson, Kiara – Hays Caldwell Women’s Center	2019-2021
Rodriguez, Dina – Texas Health Steps/STAR	2018-2020
Self, Whitney - HCISD PE Teacher Camino Real	2019-2021
Campbell, Katie – HCISD PEP	2019-2021
McCall, Melanie - HCISD Child Nutrition	2018-2020
Thomas, Lisa - HCISD Employee Services	2019-2021
Walker, Macie - HCISD Student Health – CO-CHAIR	2018-2020
Winkelmann, Charlotte - HCISD Guidance and Counseling	2018-2020
Jeri Skrocki - Director of Safety and Security	2019-2021
Inactive 2020 Goss, Jennifer – Community OB/GYN	2018-2020
Inactive 2020 Quintero, Tricia – PARENT (Elm Grove, Hays High)	2018-2020

Table 1. 2019-2020 SHAC Meeting Dates

Date	Attendance
August 28, 2019	21 Members in attendance
October 16, 2019	15 members in attendance
November 20, 2019	13 Members in attendance
January 22, 2020	15 Members in attendance
February 19, 2020	16 Members in attendance
July 29, 2020	15 Members in attendance

Description of Committee Actions

The Hays School Health Advisory Committee met six times in the 2019-2020 school year. All minutes, including actions taken and lists of meeting attendees, are available to the public on the Hays CISD [SHAC webpage](#).

During each SHAC meeting, the members reviewed and approved the minutes from the previous SHAC meeting, received reports and presentations, discussed action items, and discussed requests for future SHAC agendas.

During the August meeting, several parties were asked to present information regarding megalunch at the high schools. David Pierce, principal Hays High School, provided information regarding the megalunch trials runs on campus including perceived benefits and challenges. Mike Thibodeaux, Director of Child Nutrition also provided input on participation levels and staffing challenges. In addition, Jeri Skrocki, the new Director of Safety and Security, provided safety information as a follow up. She discussed some legislative safety reporting requirements, SRO presence, and the work of the county regarding SRP which has become a model for the I Love You Guys Foundation.

The SHAC report to the board was provided in September regarding the activities for the 2018-2019 school year.

In the October meeting, David Pierce provided an update on megalunch including data from a student survey. Erin Powell, social emotional coordinators at LHS, provided similar data for LHS including student survey data. Most students at both campuses reported favorably to megalunch. Mike Thibodeaux reported staffing challenges and unanticipated extra stress reported by staff. He also provided student participation data which although down is not as much as anticipated based on other districts doing megalunch. SHAC members were provided an opportunity to view megalunch in person at either Lehman or Johnson. Additionally in this meeting the SHAC, members discussed future items for agenda and district actions to support SHAC recommendations from the SHAC report including expanded vaping instruction.

In the November meeting, staff from MMS and Pfluger Elementary came to provide information about restorative circles and how they have been successfully used at both campuses. SHAC members were able to participate in a restorative circle and hear positive outcomes from both campuses. In addition the SHAC reviewed HB 435 and began initial conversations about recommended grade levels for opioid curriculum instruction.

In the January meeting, Megalunch updated were again provided from all campuses. SHAC members were able to tour during megalunch and see the experience for students. Members who participated were given the opportunity to report. There were concerns regarding the lack of places to sit at LHS and the reported number of students who by survey stated they did not eat lunch. Additionally child nutrition reported participation was down at both campuses. Discussion included potential causes for

the decrease. Members requested more in depth data from child nutrition including a breakdown of participation for free and reduced versus full priced lunch at each high school.

In the February meeting, Mike Thibodeaux presented the requested data from the January meeting. At Hays, free lunches are much more affected than other groups. At Lehman, the affected participation is more balanced across groups. Jeri Skrocki presented Safety and Security updates including the addition of HOLD to SRP, building campus security teams, work toward campus safety assessments, and updating campus maps. HB 435 requires SHACs to recommend appropriate grade levels and curriculum for opioid addiction and abuse. The SHAC reviewed 5 curriculum options available and after discussion unanimously chose HOPE as the curriculum for recommendation in conjunction with CATCH and health TEKS. Additionally SHAC chose 5th grade as the year to begin opioid training.

In the July meeting the SHAC was presented with the board appointments for membership for SHAC from the June board meeting. These were in alignment with the SHAC recommendations with the addition of a position for LHS to allow for equal representation for all high schools. Members discussed future meeting dates, locations, as well as the move to virtual meetings. The group initiated conversation regarding changes to the Wellness Plan. Both the plan and the report to the board will be reviewed virtually prior to the next meeting.

SHAC recommendations

HB 435 – The SHAC reviewed 5 curriculum options available and after discussion unanimously chose HOPE as the curriculum for recommendation in conjunction with CATCH and health TEKS. Additionally SHAC chose 5th grade as the year to begin opioid education.

YRBS continue to be utilized as a means to gather data to assist in recommendations for student health. Data from March of 2020 will be reviewed in the October 2020 SHAC meeting.

Committee Costs

The costs associated with the SHAC include lunch for each meeting for a total of \$1584.28 as well as assistance with substitutes for teachers attending SHAC for a total of \$305 in the 2019-2020 school year.

4. Committee Planning – 2020-2021

Committee Members 2020-2021

For the 2020-2021 School year Jessica Bedwell will serve as Parent Co-chair and Macie Walker will serve as District Co-chair.

Bedwell, Jessica – PARENT Co-Chair (Negley, Hays)	2019-2021
Baker, Jen – PARENT (Barton, Hays)	2019-2021
Dean, Kelly – PARENT (Wallace, Lehman)	2020-2022
VACANT – PARENT (Johnson)	2020-2022
Hernandez, Bonnie – PARENT (Blanco Vista, Wallace)	2020-2022
Hooton, Stephanie – PARENT (Tobias, Wallace), CIS Impact	2020-2022
Jamail, Stephanie – PARENT (Hays)	2020-2022
Larson, Jenny – PARENT (Lehman)	2020-2022
Paryzek, Barbara – PARENT (Tom Green)	2019-2021
Pizana, Belinda – PARENT (Barton, Hays)	2020-2022
Raymond, Vanessa – PARENT (Simon, Tobias)	2019-2021
Stanton, Kathy – PARENT (Blanco Vista)	2020-2022
Taylor, Ashley – PARENT (Dahlstrom)	2019-2021
Townsend, Courtney – PARENT (Science Hall)	2019-2021
Underdown, Robin – PARENT (Tom Green)	2020-2022
Waller, Lacy – PARENT (Pflugger)	2020-2022
Contreras, Renee – HCISD Outreach Counselor Lehman	2020-2022
Kiester, Bret - YMCA	2019-2021
Morgan, Wendy - HCISD – PE Teacher Tobias	2020-2022
Nicholson, Kiara – Hays Caldwell Women’s Center	2019-2021
Self, Whitney - HCISD PE Teacher Camino Real	2019-2021
Curl, Marquet – Community Pastor	2020-2022
Campbell, Katie – HCISD PEP	2019-2021
McCall, Melanie - HCISD Child Nutrition	2020-2022
Barrett, Dabney - HCISD Employee Services	2019-2021
Walker, Macie - HCISD Student Health – CO-CHAIR	2020-2022
Winkelmann, Charlotte - HCISD Guidance and Counseling	2020-2022
Jeri Skrocki - Director of Safety and Security	2019-2021
SHAC will seek parent members from schools who do not have representation to fill vacancies.	

Committee Meeting Dates

Table 1. 2019-2020 SHAC Scheduled Meeting Dates

September 2, 2020	February 17, 2021
October 28, 2020	April 28, 2021
November 18, 2020	May 19, 2021
January 27, 2021	July 21, 2021

Anticipated Activities of Committee for Next Year

The following are slated for review and or recommendation in the 2020-2021 School year:

- 2020 YRBS Survey Results and Recommendations
- Wellness Plan review and revision
- Social Emotional Wellness
- Staff wellness and promotion

5. Conclusion

The Hays CISD SHAC, continues to serve as a recommendation body centered on district health and wellness. SHAC seeks to focus on the whole child while keeping community values at the center of its recommendations. Members of the SHAC will continue to focus on current concerns in the community including social emotional support for both students and staff in this very challenging year. The SHAC will continue to utilize the Youth Risk Behavior Survey as a tool for research and recommendations. In addition, the SHAC will review information related to campus adherence to district health policy.