



**Hays Consolidated Independent School District**

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Superintendent

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# **School Health Advisory Committee Report to the School Board**

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**As Required by**

**Texas Education Code**

**Chapter 28.004**

**September 2023**

**Prepared by Megan Benthall, 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 (SHAC). The School Health Advisory Council of the Hays Consolidated Independent School District (Hays CISD) 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 2022-2023 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 CISD website as per TEC and policy requirements.

In addition to following the statutes set forth in TEC 28.004 and Policy BDF Legal and EHAA Legal, the Hays CISD SHAC’s mission is to create a school environment that nurtures physical, mental, emotional, and social health so that all students are able to learn at their highest potential. The Hays CISD SHAC has developed bylaws which were last reviewed in 2021. Membership for the Hays CISD SHAC is to not be more than 30 or less than 10. For the 2022-2023 school year, members may be a mix of voting and non-voting and may serve multiple terms if willing. The Hays CISD SHAC’s bylaws are linked here: <https://www.hayscisid.net/cms/lib/TX02204837/Centricity/Domain/73/SHAC%20Bylaws%20July%202022%201.pdf>.

### 3. Committee Activities – 2022-2023

## Committee Members, Meeting Dates, and Attendance of Members

For the 2022-2023 School year Jen Baker served as Parent Co-chair Megan Benthall served as the District Co-chair.

2022-2023 Committee Members:

Last	First	Parent/Community Member/District Staff	School/Community	Term
Ayuso	Erica	District Staff	HCISD Outreach Counselor JHS	2022-2024
Baker	Jen	Parent Co-Chair	Hays High School	2022-2024
Benthall	Megan	District Staff Co-Chair	HCISD Director of Student Health Services	2022-2024

Curl	Marquet	Community Member	Pastor	2022-2024
Dean	Kelly	Parent	Lehman High School	2022-2024
Deshayes	Krista	Parent	Sunfield Elementary School	2022-2024
Goffena	Robin	Parent	Carpenter Hill Elementary School	2022-2024
Gonzalez	Maritza	District Staff	HCISD Director of Guidance and Counseling	2021-2023
Hartman	Nicole	Community Member	Pediatrician	2021-2023
Hernandez	Bonnie	Parent	Wallace Middle School	2022-2024
Hooton	Stephanie	Parent	Tobias Elementary School, Wallace Middle School	2022-2024
Jamail	Stephanie	Parent	Hays High School	2022-2024
Kiester	Bret	Community Member	YMCA	2021-2023
Lorentzen	Whitney	District Staff	HCISD PE/Health Teacher Camino Real	2021-2023
Margiotta	Jaime	Parent	Dahlstrom Middle School, Johnson High School	2022-2024
McCorkle	Amanda	Parent	Buda Elementary School	2022-2024
Mercado	Felix	Parent	Camino Real Elementary	2021-2023
Parker	Lilly	District Staff	HCISD Child Nutrition	2022-2024
Pierce	David	District Staff	HCISD DAO	2022-2024
Pizana	Belinda	Parent	Hays High School	2022-2024
Raymond	Vanessa	Parent	Tobias Elementary School, Simon Middle School	2021-2023
Skrocki	Jeri	District Staff	HCISD Chief Safety/Security	2021-2023
Stanton	Kathy	Parent	Blanco Vista Elementary School	2022-2024
Waller	Lacy	Parent	Pflugger Elementary School	2022-2024
White-Jackson	Gloria	District Staff	HCISD PEP Coordinator	2022-2024
Zavala	Alex	Parent	Negley Elementary School, Hays High School	2021-2023

**Table 1. 2022-2023 SHAC Meeting Dates (Meetings were held virtually unless indicated otherwise)**

<b>Date</b>	<b>Attendance</b>
<b>September 21, 2022</b>	<b>21 members in attendance</b>
<b>October 19, 2022</b>	<b>18 members in attendance</b>
<b>November 16, 2022 (in person)</b>	<b>15 members in attendance</b>
<b>January 18, 2023</b>	<b>Cancelled</b>
<b>February 15, 2023</b>	<b>19 members in attendance</b>
<b>April 19, 2023</b>	<b>18 members in attendance</b>
<b>May 17, 2023 (in person)</b>	<b>17 members in attendance</b>
<b>July 19, 2023</b>	<b>14 members in attendance</b>

## **Description of Committee Actions**

The Hays CISD School Health Advisory Council met seven times in the 2022-2023 school year. All meeting audio recordings and 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 the minutes from the previous SHAC meeting, received reports and presentations, discussed action items, and discussed requests for future SHAC agendas.

On September 21, 2022, the SHAC met virtually. The SHAC report to the School Board was reviewed and discussed. Jeri Skrocki provided an update on the opioid crisis within our district, and Megan Benthall discussed training development for staff for Narcan administration. Emily Herrin provided an overview of the Health curriculum on Edgenuity and sent out links to all SHAC members to review the curriculum. Term limits were discussed in open discussion; several members spoke up in opposition about limiting the number of terms a SHAC member can hold.

On October 29, 2022, the SHAC met virtually. A review of the purpose and role of SHAC was provided by Megan Benthall as requested from the previous meeting. Emily Herrin and Derek McDaniel were present to answer any questions regarding the health curriculum on Edgenuity. The online platform Edgenuity was approved for online health curriculum. Wellness plan review and discussion was provided by Megan Benthall for voting and approval at the November meeting. Discussion was had regarding appropriate SEL curriculum and differences amongst campuses.

On November 16, 2022, the SHAC met in person at the Curriculum and Instruction Annex in the large training room and lunch was provided by Hays CISD Student Health Services. In the November meeting, child nutrition information was presented as requested by the SHAC for the numbers of students receiving free and reduced lunch. Amendments to the wellness plan were adopted to include goals for opioid antagonists and opioid education. The motion passed with 10 for and 1 against. Tracey Mayhue and Maritza Gonzalez provided an overview to social emotional learning initiatives within the district. Questions were asked about special education and their approach with social emotional learning. Patricia Esteves with special education was present to address the questions specific to Special Education..

The meeting on January 18, 2023 was cancelled due to no agenda items and requests for information. On February 15, 2023, the SHAC met virtually. Texas State student, Kate Powers, was present to discuss the Youth Risk Behavior Survey. The information presented provided resources for the SHAC to look at previous YRBS survey results. It was discussed that the YRBS survey information from previous years supported the Girl Talk/Boy Talk event.

On April 19, 2023, the SHAC met virtually. Megan Benthall provided an introduction to Girl Talk/Boy Talk to the new members of the SHAC. The event was held on May 3, 2023 at Hays High School. The panelists were Dr. Nicole Hartman, Pastor Jessica Cain, Erica Gallardo, Dr. Michael Grady, Father Mike Woods, and Eddie Reyes. YRBS was not conducted due to Texas State not having resources on scale Hays CISD needed to implement the survey. Megan Benthall also provided an update on Wellness Surveys that were sent out to campuses to gather data on the initiatives and goals from the Wellness Plan.

On May 17, 2023, the SHAC met in person at the Curriculum and Instruction Annex in the large training room and lunch was provided by Hays CISD Student Health Services. The SHAC selected meeting dates

for the 2023-2024 school year. The SHAC voted to hold a 3<sup>rd</sup> in person meeting. There was discussion about proposing bylaw changes in the July meeting to reflect more accurate meeting times and requiring members attend at least 2 of 3 in person meetings in addition to other attendance requirements. Whitney Lorentzen was present to review physical activity minutes for elementary and middle schools. The SHAC did not amend the current recommendation of physical activity minutes. Amy Anderson with Hill Country Mental Health provided an introduction to Youth Mental Health First Aid training for staff at Hays CISD.

On July 19, 2023, the SHAC met virtually. Megan Benthall provided an update on the proposed membership list for 2023-2024 school year and reviewed the 2022-2023 school year report to the board. Alex Zavala was voted as Parent Co-Chair to the SHAC. The vote was held virtually. Tina Madrigal with St. David's Foundation presented on increased opportunities for our partnership with the St. David's dental van and providing dental education to our students while increasing physical activity.

## **SHAC recommendations**

The SHAC recommends a continued focus on mental health awareness and encouraging staff members to attend a Youth Mental Health First Aid Training provided by Hill Country Mental Health.

The SHAC will continue to focus on physical activity for elementary schools to ensure the minimum of 135 minutes/week are met.

The SHAC will continue to focus on the opioid crisis and interventions within the community.

The SHAC will continue to focus on overall wellness of the district by utilizing the Hays CISD's wellness plan.

## **Committee Costs**

The Hays CISD Student Health Services provided lunch to all attendees at the in-person meetings in November 2022 and May 2023. The total cost for food was \$803.50. The Hays CISD Student Health Services provided funds for a sub for Whitney Lorentzen for the May 2023 meeting. The total cost of subs was \$125.00. The total costs incurred by the SHAC for the 2022-2023 school year was \$928.50.

# **4. Committee Planning – 2023-2024**

## **Committee Members 2023-2024**

The proposed Hays CISD SHAC membership list was compiled for the Hays CISD Board of Trustees for the June meeting as noted in the Hays CISD SHAC bylaws. The agenda item was pulled and more

information was requested by the Hays CISD Board of Trustees. The Hays CISD SHAC District Co-Chair and Chief Academic Officer answered the questions posed by the Board of Trustees and continued to work on recruitment efforts for under-represented areas of the district. For the 2023-2024 School year, the Hays CISD SHAC voted Alex Zavala on July 19, 2023 to serve as Parent Co-chair, and Megan Benthall, Director of Student Health Services will continue to serve as District Co-chair per the Hays CISD SHAC bylaws. The Hays CISD Board of Trustees appointed the membership below on August 28, 2023:

<b>Parents</b>			
<b>Last</b>	<b>First</b>	<b>Campus</b>	<b>Term</b>
Cearbaugh	Kristen	Kyle Elementary School	2023-2025
Deshayes	Krista	Sunfield Elementary School	2022-2024
Edwards	LaToya	Tobias Elementary School/Simon Middle School	2023-2025
Gallardo	Erica	Barton Middle School	2023-2025
Goffena	Robin	Carpenter Hill Elementary School	2022-2024
Horton	Tia	Kyle Elementary School	2023-2025
Margiotta	Jaime	Dahlstrom Middle School/Johnson High School	2022-2024
Martinez	Kathy	Wallace Middle School	2022-2024
Mijares	Adriana	Uhland Elementary School/Simon Middle School/Lehman High School	2023-2025
Robinson	Tiffany	Tom Green Elementary School	2023-2025
Sosa	Brenda	Camino Real Elementary School/Dahlstrom Middle School	2023-2025
Tobias	Teresa	Chapa Middle School/Lehman High School	2023-2025
Valdez	Ali	Barton Middle School	2023-2025
Zavala	Alex	Negley Elementary School/Hays High School	2023-2025
<b>Community Members</b>			
<b>Last</b>	<b>First</b>	<b>Community Organization</b>	<b>Term</b>
Alcantar	Priscilla	Texas Health Steps	2022-2024
Hartman	Nicole	Pediatrician	2022-2024
Woods	Diana	Buda United Methodist Church – Community Outreach	2023-2025
<b>District Staff</b>			
<b>Last</b>	<b>First</b>	<b>District Role</b>	<b>Term</b>
Benthall	Megan	HCISD Director of Student Health Services	2022-2024
Brodine	Liz	HCISD Child Nutrition	2022-2024
Gonzalez	Maritza	HCISD Director of Guidance and Counseling	2023-2025
Lorentzen	Whitney	HCISD Lead Elementary PE/Health Teacher, Camino Real Elementary	2023-2025
Pierce	David	HCISD Deputy Academic Officer	2022-2024
White-Jackson	Gloria	HCISD PEP Coordinator	2022-2024
Corona	Melissa	HCISD Director of Special Education (non-voting)	2023-2025
Johnson	LindaRae	HCISD Mental Health Professional (non-voting)	2023-2025
Moffett	Lance	HCISD Director of Athletics (non-voting)	2023-2025
Skrocki	Jeri	HCISD Chief Safety/Security (non-voting)	2023-2025



The Hays CISD SHAC has sought and will continue to seek parent/guardian members from campuses that do not have representation to fill vacancies and continue to strive for equal representation across the district.

## Committee Meeting Dates (Tentative)

**Table 1. 2023 - 2024 SHAC Tentative Scheduled Meeting Dates (Meetings are held virtually unless indicated otherwise)**

Members of the SHAC have proposed different meeting dates for the 2023-2024 school year. These dates will be voted on at the September meeting.

September 20, 2023 (in person)	February 21, 2024
October 18, 2023	April 17, 2024
November 15, 2023	May 15, 2024 (in person)
January 17, 2024 (in person)	July 17, 2024

## Anticipated Activities of Committee for the 2023-2024 School Year

The following will be focuses of the Hays CISD SHAC for the 2023-2024 school year:

- Subcommittee formation
- Mental health and emotional health
- Continued improvement of the Wellness Plan
- Opioid prevention and intervention
- Bylaw amendments

## 5. Conclusion

The Hays CISD SHAC, continues to serve as a recommending body centered on district health and wellness. The 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 and the effects of the opioid crisis. Thank you for your support of the Hays CISD School Health Advisory Council.