



**Hays Consolidated Independent School District**

**Dr. Eric Wright**  
Superintendent

**Justin McCorkle, BSN, RN**  
Director of Student Health Services

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

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**As Required by**

**Texas Education Code**

**Chapter 28.004**

**September 2021**

**Prepared by Justin McCorkle, District Co-Chair  
and Jen Baker, Parent 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 2020-2021 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 – 2020-2021

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

For the 2020-2021 School year Jessica Bedwell served as Parent Co-chair and Macie Walker and Justin McCorkle served as District Co-chairs.

2020-2021 Committee Members:

Bedwell, Jessica – PARENT Co-Chair (Negley, Hays)	2019-2021
Baker, Jen – PARENT (Barton, Hays)	2019-2021
Dean, Kelly – PARENT (Chapa, Wallace)	2020-2022
Mugan, Monica – PARENT (Johnson, Dahlstrom, Carpenter Hill)	2021-2023
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
Underwood, Robin – PARENT (Tom Green)	2020-2022
Waller, Lacy – PARENT (Pflugler)	2020-2022
Contreras, Renee – HCISD Outreach Counselor Lehman	2020-2022
Curl, Marquet – Community Pastor	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
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 (Aug-Dec)	2018-2020
Winkelmann, Charlotte - HCISD Guidance and Counseling	2020-2022
Jeri Skrocki - HCISD Safety and Security	2019-2021
McCorkle, Justin – HCISD Student Health – CO-CHAIR (Jan-present)	2021-2023

**Table 1. 2020-2021 SHAC Meeting Dates**

<b>Date</b>	<b>Attendance</b>
<b>September 2, 2020</b>	<b>17 members in attendance</b>
<b>October 28, 2020</b>	<b>18 members in attendance</b>
<b>January 27, 2021</b>	<b>13 members in attendance</b>
<b>April 28, 2021</b>	<b>18 members in attendance</b>
<b>May 19, 2021</b>	<b>17 members in attendance</b>
<b>July 21, 2021</b>	<b>15 members in attendance</b>

## Description of Committee Actions

The Hays School Health Advisory Committee met six times in the 2020-2021 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 September meeting, the District Wellness Plan was reviewed and updated to accommodate virtual education. For example, the inclusion of virtual events to promote healthy eating was included in the revisions to the Wellness Plan. SHAC members discussed additional actions the district could take to promote student wellness, as well as potential difficulties in quantifying the implementation of some wellness programs. The SHAC report to the school board was provided in the September meeting. This report summarized the SHAC activities and topics addressed in SHAC meetings during the 2019-2020 school year.

In the October meeting, Colleen Cook, a Texas State University graduate student, presented a review of the data from the Youth Risk Behavior Survey (YRBS) to the SHAC. This was the fifth administration of the YRBS in Hays CISD. A comparison of the Hays CISD data to state and national data was provided, as well as trends in data for the district from previous survey results. Ms. Cook agreed to help identify areas with the potential for improvement in Hays CISD.

In the January meeting, Justin McCorkle was introduced as the new Director of Student Health Services for Hays CISD and the new co-chair of the SHAC. The requirements of Texas Senate Bill 11 were discussed. The bill requires that school districts increase awareness of risky behaviors and early warning signs of suicide risks and behavior health concerns. In addition, the bill requires school districts to identify available community programs and resources that address risky behaviors, suicide risk, and behavior health concerns. Charlotte Winkelmann and Justin McCorkle presented warning signs and community health resources to the SHAC and ways to make the information available were discussed. The SHAC recommended the information be included in the Student Health website and made available to community leaders, such as Pastor Curl. Charlotte Winkelmann gave a brief overview of the Texas Child Health Access Through Telemedicine (TCHAT) program. TCHAT is a telehealth program specializing in mental health.

In the April meeting, The SHAC reviewed the implementation of the suicide and mental health information and resources. The Hays CISD SHAC webpage was updated to include the information on risky behavior, suicide risk, and behavior health concerns. In addition, Charlotte Winkelmann and Pastor Curl distributed the resources to their respective communities. The SHAC recommended making the information more prominent and easily accessible to students. It was recommended that the

information be posted in all grade 5-12 classrooms, as well as bathrooms and offices on campuses. Charlotte Winkelmann provided a full review of TCHAT data and a detailed description of the TCHAT program and process. In April, the SHAC recommended Hays CISD adopt updated maturity videos to be used in 5<sup>th</sup> grade required maturity curriculum. The SHAC recommended the “Always Changing and Growing Up” videos be used in the maturity. Increasing awareness of the Pregnancy, Education, and Parenting program was discussed. It was decided by the SHAC that the annual Girl Talk/Boy Talk event could not be held during the 2020/2021 school year due to complications from the COVID-19 pandemic.

In the May meeting, Charlotte Winkelmann and Justin McCorkle presented implementation of the plan to make the suicide risk and mental health resources more easily accessible. Flyers were successfully posted in all grade 5-12 classrooms, as well as on other locations throughout campuses. SHAC membership recommendations for the 2021/2022 school year was reviewed and a new parent Co-chair, Jen Baker, was selected.

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. Texas House Bill 1525 was reviewed, which established a requirement that SHAC meetings be recorded and the recordings be posted on the district website, along with minutes of meetings, within 10 days of each meeting. The SHAC voted to amend bylaws to remove the requirement that meeting minutes be voted on in subsequent meetings in order to be compliant with House Bill 1525. Members discussed future meeting dates, locations, as well as the move to virtual meetings.

## **SHAC recommendations**

SB11 – The SHAC reviewed available information on suicide risk and risk behaviors, as well as available resources and made recommendations for making the information available to the community and students

The SHAC recommended the adoption of updated maturity videos to be used in required fifth grade maturity lessons.

YRBS continue to be utilized as a means to gather data to assist in recommendations for student health.

## **Committee Costs**

All SHAC meetings were held virtually during the 2020/2021 school year. There were no costs associated with these meetings nor were there SHAC activities or functions outside of the meetings.

## 4. Committee Planning – 2021-2022

### Committee Members 2021-2022

For the 2021-2022 School year Jen Baker will serve as Parent Co-chair and Justin McCorkle will serve as District Co-chair.

Baker, Jen – PARENT Co-Chair (Barton, Hays)	2021-2022
Dean, Kelly – PARENT (Lehman)	2020-2022
Mugan, Monica – PARENT (Dahlstrom, Johnson)	2021-2023
Hernandez, Bonnie – PARENT (Wallace, Hays)	2020-2022
Jamail, Stephanie – PARENT (Hays)	2020-2022
Larson, Jenny – PARENT (Lehman)	2020-2022
Pizana, Belinda – PARENT (Barton, Hays)	2020-2022
Raymond, Vanessa – PARENT (Simon, Tobias)	2021-2023
Stanton, Kathy – PARENT (Blanco Vista)	2020-2022
Townsend, Courtney – PARENT (Science Hall)	2021-2023
Underdown, Robin – PARENT (Tom Green)	2020-2022
Waller, Lacy – PARENT (Pflugler)	2020-2022
Zavala, Alex – PARENT (Negley, Hays)	2021-2023
Bell, Kaaren – PARENT (Tom Green)	2021-2023
Mercado, Felix – PARENT (Camino Real)	2021-2023
Hooton, Stephanie – PARENT (Tobias, Wallace), CIS Impact	2020-2022
Kiester, Bret - YMCA	2021-2023
Curl, Marquet – Community Pastor	2020-2022
Hartman, Nicole – Community Pediatrician	2021-2023
Contreras, Renee – HCISD Outreach Counselor Lehman	2020-2022
Morgan, Wendy - HCISD PE Teacher Tobias	2020-2022
Lorentzen, Whitney - HCISD PE Teacher Camino Real	2021-2023
Campbell, Katie – HCISD PEP	2021-2023
Echternach, Erin - HCISD Child Nutrition	2020-2022
Thomas, Lisa - HCISD Employee Services	2021-2023



McCorkle, Justin - HCISD Student Health – CO-CHAIR	2021-2023
Skrocki, Jeri - HCISD Safety and Security	2021-2023
Maritza Gonzalez - HCISD Director of Guidance and Counseling	2021-2023

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 1, 2021	February 16, 2022
October 20, 2021	April 20, 2022
November 17, 2021	May 18, 2022
January 19, 2022	July 20, 2022

## Anticipated Activities of Committee for Next Year

The following are slated for review and or recommendation in the 2021-2022 School year:

- Pandemic-related mental health/emotional health
- Wellness Plan review and revision
- Social Emotional Wellness
- Staff wellness and promotion
- Girl Talk/Boy Talk review and evolution
- Opioid prevention review and update

## 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.