



Keller Independent School District

School Health Advisory Council Meeting

Meeting Minutes, April 18, 2019

The SHAC met on April 18, 2019 at 8:15 am at the Education Center. There were twelve members and one guest present.

Department Updates:

Health Services-

- All campuses have students enrolled in the Telemedicine program. Thirty-five % of the students enrolled are Medicaid/CHIPS. Forty-nine % of students with visits were able to remain in school. There are 1836 students enrolled in the program this year.
- Health Services will be partnering with Counseling to host a Back to School Bash on August 6, 2019 from 12:00 pm- 7:00 pm at Vista Ridge Middle School. There will be opportunities to receive immunizations, dental screenings, vision screenings and lots of resources. There will also be fun activities for the family. More information will be coming out to the campuses.

Employee Wellness-

- Mental Health Awareness Week will be May 13-17<sup>th</sup>. Activities and resources targeting mental health will be offered for employees.
- Million Mile Month- the goal is to increase physical activity by encouraging the community to reach a million miles of activity. Half of all KISD campuses have signed up to participate.
- Annual K-Fit challenge will be offered again this summer. This is an 8-week challenge. Employees can participate in groups of 2-10 to win prizes. There will be onsite fitness classes, yoga, lunch and learns etc.

Counseling-

- Counseling has been working with the Women's Center to provide TBRI (Trust Based Relational Interventions) training for counseling staff. TBRI is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to address physical needs, Connecting Principles for attachment needs, and Correcting Principles to disarm fear-based behaviors. While the intervention is based on years of attachment, sensory processing, and neuroscience research, the heartbeat of TBRI is connection.
- Rise Up conference will be held June 10-11. Free to families. Focus will be "Creating a Culture of Belonging". Lots of learning and resources regarding Social Emotional Learning will be offered. There will be an evening opportunity for the community on June 10<sup>th</sup>.
- 11<sup>th</sup> graders- 1<sup>st</sup> year for 11<sup>th</sup> graders to have the opportunity to participate in the suicide screening tool. This is an opt-in screening. The screening tool is offered as an opt-out tool for 6<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> graders across the district.

The Wellness Policy was discussed. The districts Wellness Policy was adopted in 2017. In June 2016, the CDC School Health and Safety Policies and Environmental Assessment tool was completed. In Sept 2016, the Smarter Lunchroom assessment tool was completed. The SHAC members were provided copies of the current Wellness Policy and Wellness Plan to review for the next SHAC meeting. The Wellness Policy Tri-ennial assessment will be discussed at the next SHAC meeting.