

Minutes: February 24, 2016

Ms. Kelly Cline, Director of Federal and State Programs called the meeting to order at 4:01 pm and posted the agenda on the screen and showcased the new Spring ISD website and where the SHAC meeting minutes would be posted.

Purpose:

- *To review the Suicide Prevention Training updates and provide feedback and recommendations*
- *To review the work of the Wellness Policy Sub-Committee and provide recommendations to the Wellness Policy and Plan*
- *To review the work of the PE/Health Sub-Committee and provide feedback*

Ms Cline introduced Dr. Daniel Lopez, Executive Director of Student Support Services to discuss the updates to the Suicide Manual which is a state mandated initiative.

Suicide Prevention Training Updates

Dr. Lopez commented that a district committee was formed (teachers, community members, administrators, coordinators, Student Support Specialists and district level managers) to develop a training manual to address *Suicide Prevention* and *Suicide Prevention Training for Educators in Public Schools* as mandated by the state, House Bill 2186. The committee has met several times during the year.

Ms Cline reiterated that: “School districts and open-enrollment charter schools are encouraged to involve a school health advisory council or a similar advisory group with the selection of a suicide prevention training program” TEA correspondence.

Dr. Lopez presented the manual in draft form and asked the SHAC for input as he went through a few of the main manual components:

Introduction

- Purpose: Contagion Rumor Control, What Is Best for the Student, Duty, Responsibility and Liability
- Definitions
- Risk Factors And Protective Factors
- Prevention : Direct Verbal Cues ,Indirect “Coded” Verbal Cues ,Behavioral Clues, Situational Clues
- Prevention: Suicidal Ideation and Threats
- Intervention: Suicide Attempt on School Property or at a School Event
- Intervention: Significant Suicide Attempt by a Student Which Occurs Off School Property
- Postvention: After a Student Death by Suicide Postvention: Student Death by Suicide During School Break/Summer
- Parent Risk Assessment Questionnaire
- Parent Notification Of Emergency Conference
- Sample Referral Letter to Physician/Mental Health Professional/Psychologist

Ms. Cline suggested that the committee review the parent component in more depth at the next SHAC meeting. Dr. Lopez asked the SHAC if they had any questions and provided them with his contact information.

Dr. Hinojosa welcomed the SHAC and thanked them for their commitment to the health and wellness of Spring ISD students as well as for all the work they have done this year on the SHAC. She reiterated the importance of the SHAC's feedback into the district's Suicide Prevention Manual and training for educators.

Wellness Policy Sub-Committee and provide recommendations to the Wellness Policy and Plan

Ms. Cline introduced the Wellness Plan Sub Committee:

- Shelly Copeland
- Kevin Truong
- David Baxter
- Jeanie Parker

She explained that the Wellness Plan Sub Committee has been working on the Wellness Plan for the past several months but also wanted the input from the entire SHAC. She also commented that the Wellness Policy has already been approved by the Board of Trustees and implemented in all Spring ISD schools. However, under new ruling by the State, the Policy must have an accountability measures which is the development and implementation of a plan with measureable objectives and outcomes. Ms. Cline also commented that the State would provide more guidance in April.

Ms. Cline asked that the SHAC committee members refer to their resources-Wellness Policy and *DRAFT* Wellness Plan within their handouts. Ms. Cline provided an overview of the adopted Wellness Policy and *DRAFT* Wellness Plan. She asked that members take note and highlight that the Policy and the Plan are completely aligned and cover the 4 major components:

1. Nutrition Promotion and Guidelines
2. Nutrition Education
3. Physical Education
4. Other School Based Activities

Ms. Cline asked that each member of the Wellness Plan Sub Committee provide an update to the Wellness Plan.

- Ms. Copeland and Mr. Truong (Child Nutrition Department) provided an overview of the Nutrition Promotion and Guidelines and Nutrition Education. They commented that nothing was being added but they had just captured all the great work that they schools were already doing and added measurable objectives.
- David Baxter-commented on the CATCH program and suggested that all schools re-visit this program and attain more training
- Ms. Parker introduced her 'pilot' project with Hoyland ES- Provided by HCPHES (follows NIH CATCH Kids Club Curriculum). Five 1-hour sessions during school: ½ hour nutrition education, ½ hour physical activities. Starting Spring of 2016.

Due to time constraints, Ms. Cline asked if the group would review the Wellness Plan and provide any feedback through email. She would send out an assignment email.

Assignment given:

1. Please review the DRAFT Wellness Plan that was introduced at the SHAC meeting
2. Highlight in :
 - a. RED-areas that you would like to remove/delete
 - b. YELLOW-Areas that you need clarified or want more information
 - c. GREEN-Areas that you really like and feel would have a strong impact on the Wellness Plan and on student's health and wellness
 - d. BLUE-if you want to add any other items, simply write them in the matrix and highlight them in BLUE

Please send the *DRAFT* Wellness Plan back to Kelly Cline by March 30th (with the highlights) so it can be compile with everyone's comments/suggestions/recommendations. The revised *DRAFT* will be presented to the Wellness Sub Committee.

Updates from PE/Health Sub-Committee

Ms. Cline asked the SHAC to table this item as Dr. Watson is in the midst of developing a Safety Committee to discuss sidewalk safety. We will wait to see how we can support those efforts.

Ms. Cline adjourned the meeting at 5:01pm and reminded the SHAC of their Wellness Plan assignment and that she would be sending an email with instructions the following week.