

School Health Advisory Committee (SHAC)

Meeting Notes

Tuesday, January 29, 2019

12:00 PM to 2:00 PM

In attendance: Suzanne Ardila, Larissa Bennett, Samantha Buttari, Sandra Ford, Skye Grundy, Jeanne Hashey, Shirley Hurley, Bill Kelley, Teresa Masterson, Carla McGill, Michele Messina, Tima Midyette, Ro Mohamed, Kyra Montague, Carol Peters, Kim Ross, Laura Schuyler, Deborah Stevens, Debbie Subbiondo, Regina Thoma, Charles Whitfield & Skip Wilhoit.

Welcome and Introductions:

Charles Whitfield asked if there were any questions concerning the meeting minutes from September 11, 2018. There were none. We then went around the table with each person introducing themselves & where they work.

Re-establish Sub-Committees:

Teresa Masterson discussed the need for everyone on the committee to participate in at least one Sub-Committee. Below are listed the Sub-Committees and who volunteered at this meeting to join them.

- 1) Nutrition: Regina Thoma, Skye Grundy & Laura Schuyler
- 2) Mental Health: Michele Messina, Shirley Hurley, Suzy Ardila, Debbie Subbiondo, Larissa Bennett, Charles Whitfield & Samantha Buttari
- 3) School Health: Teresa Masterson, Carol Peters, Jeanne Hashey, Debbie Subbiondo, Carla McGill & Suzy Ardila
- 4) Employee Health: Ro Mohamed, Tima Midyette & Jeanne Hashey
- 5) Safe Environment: Bill Kelley, Skip Wilhoit, Charles Whitfield, Suzy Ardila & Debbie Subbiondo
- 6) Health & PE: Deborah Stevens, Skip Wilhoit, Teresa Masterson, Suzy Ardila & Carla McGill
- 7) Family & Community Involvement: Tima Midyette, Kim Ross, Carol Peters & Kyra Montague. It was discussed that we need to determine what department will be chairing this group – it was chaired previously by Sheila Halpin.

Review and Update Goals: Need to check these against the School Health Plan goals.

- 1) Increase SHAC participation – Skye stated that we need to have some Pediatricians involved & determine who the correct Curriculum people should be.
- 2) Guest Speaker Guidelines – Skip said we need to be sure that any information coming in is evidence based and safe for our students. Once a speaker is approved they can be placed on an approved list for the District. The suggestion was made that we need to be sure that the Cabinet agrees with the need for this. Suzy Ardila says she has some speakers that are already approved & will get these to Teresa. Skip would like for SHAC to be able to iron out all the details so this can go live for the 2019/2020 school year. Kyra asked for guidance as to what Selah Freedom needs to do to get on the approved list.
- 3) Flu Shots – this is part of the School Health Plan too. Ro explained some issues with getting set up for employee flu shots. She was told by the legal department that there needed to be a

contract with any provider that would be coming on District campus or sites. CVS was the only provider that agreed to do this and has been approved. Ro tried to get a # of staff that received the flu shot through the District, but this was very difficult to determine. Over 2,600 students did receive flu shots @ school. It was offered to all ages this year & was successful with a few “tweeks” needed for next time. We also need to do the shots earlier in the school year next time.

- 4) New Employee Assistance Program – Optum. This new program needs to be promoted. Ro said that Optum offers on-site help for up to 25 hours if needed. This program includes working with any needs of an employee’s household including students away at college.

Regina Thoma said that we need to have more flyers, brochures, etc. to inform employees of the new program. Ro said that if we want to use different flyers than already provided, SDMC would have to create & print them.

Skye suggested that this is something that the School Nurses & Clinic Nurses could help promote to each school’s staff.

Charles Whitfield said that @ Centerstone a quarterly notice is sent out (seasonal) with other information and includes a reminder each time of what is available for employees. Also, it is very important to assure employees that this is confidential!

- 5) Nutrition Education – Skye said that materials have already been provided to School Nurses to use in the clinic for teaching. Carol Peters stated that we do BMI screenings in 1st grade, 3rd grade & 6th grade & this information is sent home to parents on screening forms. We really don’t have any clear directives as to the next step for students that need help with this. We need to have a list of resources to provide to parents.

A Nutrition Learning Conference will be in July and Ro suggested incorporating the Nutrition Education information into the conference.

- 6) Youth Mental Health – Everyone that works with students should have this training. School Nurses have already been trained. Michele Messina has been training Student Services. Charles Whitfield is a trainer! Participants in the training do have to take a book which costs \$17.00.

Brainstorming: - Who should be invited to our next meeting(s):

Pediatricians, Rural Health, Parents, Pam Craig, School Administrators from Elementary, Middle & High Schools, Healthy Teen Coalition.

Kyra from Selah Freedom spoke – this is an Anti Sex Trafficking Organization – she provided a handout.

Next meeting to be in May, 2019. Date to follow.