 November 28, 2023 SHAC Meeting

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| * **Welcome/Sign-In**
* **Fall Activities and Updates**
* **Review Human Sexuality Instruction**
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| * **Open Forum**
* **Closing**
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**Agenda**

**SHAC Meeting**

**Silverton ISD**

**11/28/22**

**3:15 PM**

Meeting started at 3:15 PM. Members present: Shandy Beedy, Cooper Mullins, Michelle Francis, Michale Hayes, Kylie Brock, Holly Cogdell, Elizabeth Adams, and Kaylee Rhoderick

The SHAC accepted the waiver for the 2023 summer feeding program. The SHAC agreed that the number of rural students, the lack of summer school and transportation, and the staffing shortage in the summer were all applicable reasons to accept the waiver.

The SHAC discussed various fall semester health and wellness activities. The kindergarten bicycle rodeo taught bicycle and street safety. 5th grade attended Ag Day. VHSS are completed and the annual immunization report was submitted on November 9th and the district was 100% compliant. Shandy updated the SHAC that extension agent, Stephanie Otis’s, Color Me Healthy program has ended and she has been offering Fresh Start program once a month to staff members.

Red Ribbon week was held October 23-31. The week focused on whole body wellness. Keeping our hearts and brains physically and mentally healthy. Everyday there was a health and wellness theme focusing on ways to keep our bodies healthy and strong and saying no to harmful substances. Mental health, physical health, nutrition, and adequate sleep and hydration were among the topics for the morning announcements. Kids Heart Challenge for elementary students raised $2,811.86 for the American Heart Association. The school in return received $360 to use towards PE equipment. We will be purchasing youth sized basketballs for PE class with this money. PK-12 students all learned Hands Only CPR and what to do if someone’s heart stops beating. In addition grades 7-12 were instructed in the Stop the Bleed course which is required by law to be offered. They also learned what an AED is, where the schools are located, and how to use them in an emergency. Deep breathing exercises and a method to reduce anxiety was taught to students for Mental Health Monday. A nutritious snack was also provided during the week to all students.

SHAC reviewed 9th grade sexual education curriculum, P.A.P.A, taught during 9th grade health class. The SHAC agreed this is evidence based, appropriate material and recommended to continue using it.

Mr. Hayes requested that we have some sort of program yearly like we have in the past focusing on either substance abuse or distracted driving. The NEIDS program was offered last spring to grades 6-12 and the SHAC would like to have her come back again possibly rotating every other year with another speaker/program. Kylie is going to check on some mental health programs she has seen. Michelle also suggested we contact Dan Buesing, DPS officer, to come back to speak with the students. The SHAC all recommended this as well.

No further items were discussed.

The next meeting will be in the spring semester.

Meeting closed at 3:40.