

SHAC Meeting Minutes

Date: August 25, 2022 Time: 2:00pm

Location: Atrium 4421 Conference Room 100

Meeting Attendees: Treva Johnson, Monica Adamian, Tuere Dunton-Forbes, Michael Eastwood, Susan Bond (Argenti), Alex Britt, Laura Rheault, Andrew Romburger, Jenn Vedder, Keith Kraemer, Ruby Jones, Sashine Davis, Anna Priester, Latisha Hensley, Irini McCarthy, Yvette Watson, Cotrane Penn, Ashley Shapiro, Harold Dixon

School Health Advisory Council: Our Charge

A School Health Advisory Council (SHAC) is required by NC State Board of Education Healthy Active Children Policy (HRS-E-000) and CMS Student Wellness Policy and Regulation (JL, JL-R).

Responsibility #1: Work in conjunction with CMS leadership to plan, implement and monitor compliance with CMS Policy JL – Student Wellness and other CMS policies, regulations, and programs related to health and wellness.

Responsibility #2: Review CMS annual progress report related to compliance with Policy JL.

Responsibility #3: Develop resources for staff, students, and parents about CMS health policies and regulations that impact student mental and physical health.

Responsibility #4: Promote student-centered programs intended to positively impact health, wellness and safety.

Agenda Items	Notes
Welcome, Introductions, and Icebreaker	The Health and PE Department introduced Jenn Vedder, HPE Specialist
Review Priority areas from survey (Monica Adamian)	Monica provided the results from the survey that was conducted. The priority areas that we should focus on are 1) Family Engagement 2) Counseling and Psychological and Social Services 3) Social Emotional Climate
Alliance for a Healthier Generation (Ryan Monroe, Program Manager)	Ryan Monroe provided some information on how to help formulate School Health Teams. He spoke about Integrate Health & Learning through policies, practices, systems, and environments. The whole child model is more than physical & nutrition. How to improve health and learning? continuous improvement and sustainability through a 6 step process: build support, assess policies practices, develop a plan, explore resources, take action and celebrate success. The Thriving School Integrated Assessment mimics the whole child model. District and school will have access. Thriving Schools Integrated Assessment Alliance for a Healthier Generation
CMS Wellness Ambassadors (Tuere Dunton-Forbes)	Tuere provided some updates on where the CMS Wellness Ambassadors left off before the departure of the Health and Wellness Manager. An Employee Wellbeing Interest Survey was conducted and she provided the following results: topics of interests; financial wellbeing, physical wellbeing, and social and emotional wellbeing. Engagement preference ; in-person, online, recorded webinars and wellbeing platform/App. The following considerations were made for the key wellness program components and concepts: comprehensive programming, biometric and preventative screenings, consumerism and savings, disease management, telemedicine, and family involvement.

<p>Employee Wellness Activity (Treva Johnson)</p>	<p>Members participated in an activity where they had to think about the following questions:1) What are the current health and wellness support you have access to or know about in the district? supportive supervisor, EAP, newsletter, insurance covered services, and respect and trust in my department that needs to be district wide.</p> <p>2)What could the district do to improve employee wellness promotion in the district? incentive programs, mental health days, self-care programs, partnership with local fitness center (YMCA) for discounts, bring in community partners to run fitness classes/challenges, walk/run clubs for teachers and students, pay for local races, start employee intramurals, use of school fitness facilities, pay for employee wellness-LiveWell Wellness, programs at each school that are tied to points, department representative on district-wide team, encourage collaboration amongst departments, offer time to exercise, yoga classes, make principals aware (they can't promote what they don't know), staff appreciation, make parents aware of how we are taking care of staff, make a promotion a standard requirement in every staff meeting, ensure staff, families, & community has access to information that will support wellness and also have an understanding of the information/multi languages</p> <p>3)What do you think are the employee wellness needs in the workplace?wellness day off, partnership with holistic providers (i.e. massage therapy, yoga), knowledge, communication, mental and physical health options, meetup groups, mental health days built in the calendar, more supportive administrative teams, more movement opportunities built into school day for adults and students, mental health protected breaks, calming rooms for staff, occurred wellness times, organized events (in person & virtual), assessment of role demands +feasibility by position, more how to's, listserv of resources available under specific categories.</p>
<p>Virtual Calming Library (Ashley Shapiro)</p>	<p>Ashley gave us a demonstration of how the calming library works and where we can access it. We need to make sure more staff and families are aware of this resource. Virtual Calming Library (google.com)</p>
<p>Updates/Announcements:</p> <ul style="list-style-type: none"> ● Virtual Clinics ● School Nursing Staffing Updates ● Other Announcements 	<p>Harold Dixon reported that the Male Empowerment Network Mentoring Initiative / Back to School Bash held on Saturday, August 13, 2022, at Marie G. Davis IB Schools was a huge success.</p>
<p>Next meeting</p>	<p>We will have to move the November 17th meeting due to conflict in schedules. The next meeting will be November 10th at 2pm.</p>

Thank You!