

## SHAC Meeting Agenda

Date: February 23, 2023 Time: 12:00pm

Location: Atrium 4421 Conference Room 100

Meeting Attendees: Iринi McCarthy, Monica Adamian, Carrie Huberty, There Dunton-Forbes, Keith Kraemer, Andrew Romberger, Yvette Watson, Treva Johnson, Debbie Brinckman, Rosy Crumpton, Shanique Parker, Jessica Jacobs, Alex Britt, Susan Bond, Cotrane Penn, Fran Collins, Latisha Hensley

### 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	
SHAC Grant Funding & DNR Policy (Monica Adamian)	<p>SHAC Funding: CMS eligible for funding through COVID Testing initiative to support SHAC mental health and well-being initiatives</p> <ul style="list-style-type: none"> <li>● Schools apply for funding to convert a space into calming room for staff or students</li> <li>● Receive <a href="#">Reconnect for Resilience</a> Training</li> <li>● Participate in follow-up evaluation of calming rooms</li> <li>● SHAC may assist in reviewing applications</li> </ul> <p>DNR Policy: Original board policy from 2011 P-DNR</p> <ul style="list-style-type: none"> <li>● Current policy does not accept or honor a DNR</li> <li>● 2019 proposed revisions shared and reviewed by SHAC, recommend incorporating DNR orders into student's IHP</li> <li>● Will go to board policy committee               <ul style="list-style-type: none"> <li>○ Superintendent wants to confirm SHAC and MCPH still support revisions</li> </ul> </li> </ul>
Social Emotional Learning Specialist (SEL)- SEL from an Employee Lens (Carrie Huberty)	<p>What is SEL?</p> <ul style="list-style-type: none"> <li>● It's a human, life-long experience for us to change and grow and evolve as the humans we are</li> </ul> <p>How is SEL integrated in the WSCC Model?</p> <ul style="list-style-type: none"> <li>● Social &amp; Emotional Climate: social and emotional skills integrated and embedded within school culture, curriculum for all students, practiced across multiple settings, adult SEL as well</li> <li>● Family Engagement: incorporated within the evidence-based SEL curriculum of Caring School Community and 7 Mindsets - another way to practice in new settings, share what learning, build relationships school/family and also bring in inclusiveness - share various cultures of families within classrooms (get to know you better activities)</li> <li>● Community Involvement: community partnerships, practicing skills in community and across multiple settings, for example</li> <li>● Employee Wellness: Adult SEL is expected as part of implementation of the SEL curriculum, and often supports the adult climate, relationships and wellness in each building when adults engage with SEL regularly such as practicing/connecting at staff meetings</li> <li>● Counseling, Psychological and Social Services: These are considered our SEL experts in the building and they often offer additional support for SEL in addition to what is in place for all students</li> </ul> <p>CASEL offers the “3 Signature Practices” that is often used with adults, although it could be used with students also, to practice SEL.</p> <p>These 3 strategies can be used as a standing way to open/close a meeting or facilitate engagement.</p> <ol style="list-style-type: none"> <li>1. Welcoming Inclusion Activity (already practiced earlier - Opening “icebreaker” or greeting</li> </ol>

	<p>Question)</p> <ol style="list-style-type: none"> <li>2. Engaging Strategies - embedded throughout a meeting or lesson</li> <li>3. Optimistic Closure - we will do at very end to bring closure to something being discussed, which helps with understanding, reflection and integration of the experiences.</li> </ol>
<p>Sophrosyne Wellness-Health &amp; Wellness Overview(Rosy Crumpton)</p>	<p>What is health and wellness coaching?</p> <ul style="list-style-type: none"> <li>● Partners with clients to enhance health and well-being through self-directed lasting changes, aligned with their values</li> </ul> <p>What do they do?</p> <ul style="list-style-type: none"> <li>● Support clients in defining their wellness vision</li> <li>● Meet the client where they are in the context of their whole life</li> <li>● Help clients identify their desired changes</li> <li>● Inspire and build clients' confidence in their ability to change</li> <li>● Help clients identify solutions to work through obstacles that may arise</li> </ul> <p>Health and Wellness Coaching Draws from Multiple Theories</p> <ul style="list-style-type: none"> <li>● Neuroscience</li> <li>● Motivational Interviewing</li> <li>● Positive Psychology</li> <li>● Mindfulness</li> <li>● Social Cognition</li> </ul>
<p>Sub-committee Reports-Wellness Plan Progress (Treva Johnson)</p>	<p><b>Health Education /Physical Education &amp; Physical Activity:</b></p> <ul style="list-style-type: none"> <li>● CMS gatherings (Breweries, Whitewater Center, etc...) and or Community Partnership Department</li> <li>● Intramurals</li> <li>● Adult Field Days (training for events)</li> <li>● Fitness Challenges (Sponsorships and incentives)</li> <li>● Student/Teacher wellness games and activities</li> <li>● Gym memberships (YMCA/Parks and Rec Facilities)</li> <li>● Calming room</li> <li>● Flex time to explore interests</li> <li>● Healthy vending/snack options</li> <li>● Staff Cookbook</li> </ul> <p><b>Social &amp; Emotional Climate/Counseling Psychological &amp; Social Services:</b></p> <p>What quick initiatives/activities could schools implement to support staff in the above areas?</p> <ul style="list-style-type: none"> <li>● <a href="#">Staff Bingo Self-Care</a></li> <li>● <a href="#">Kindness At Work Calendars</a></li> </ul> <p>What are longer term initiatives/activities schools could implement to support staff in the above areas?</p> <ul style="list-style-type: none"> <li>● Sunshine Committee - staff birthday recognitions, staff shoutout notes, secret teacher, etc.</li> <li>● <a href="#">Calm - Free for Schools</a> - schoolwide download or usage challenge</li> </ul> <p>Current free available resources:</p> <ul style="list-style-type: none"> <li>● <a href="#">DeerOaks EAP</a></li> <li>● CMS Wellness Webinars (that shared currently in EmployeeWellness' monthly newsletter)</li> <li>● <a href="#">CMS Navigate Wellbeing Portal</a></li> </ul> <p><b>Community Involvement/Family Engagement:</b></p> <p>Ideas for wellness related to Family Engagement- incorporate staff, students and families</p> <ul style="list-style-type: none"> <li>● Families will be aware that staff are being taken care mentally,</li> <li>● Connect Partners that will provide resources</li> <li>● Monthly challenges families can do. Report to the school.</li> </ul> <p>Ideas for Monthly Challenges</p> <ul style="list-style-type: none"> <li>● Calming Room</li> <li>● Harris Teeter-families shop to pick out healthy meals.</li> <li>● Bring bikes for family rides</li> <li>● Cooking classes-nutritionist or dietician will do a class with families via Zoom</li> <li>● Sleep Challenge-track the number of hours of sleep</li> <li>● Family Walk Challenges</li> <li>● Education Awareness for students with diabetes</li> </ul> <p>District-wide initiatives</p> <ul style="list-style-type: none"> <li>● Fun Family Walk-5K(School Teams)-Hot Chocolate Run (runners, volunteer services-monetary donations given to SHAC)</li> <li>● Parent University???</li> </ul>

	<ul style="list-style-type: none"> <li>● Partner with Mecklenburg PTA Council- Present workshops centered around health and wellness-Conferences</li> <li>● School Improvement Plan</li> <li>● Summer Leadership Conference-conduct a class on integrating School Health Teams as a sub-committee of the School Improvement Team.</li> <li>● Partner with the State Child Nutrition to create a tasting of healthy meals for students.</li> <li>● Culinary students create healthy meals competition “Cooking Up Change” (partner with PTA Conference)</li> </ul> <p><b>Employee Wellness/Physical Environment:</b>  Navigate Wellbeing Portal offers recipes, and has opportunities for wellness challenges. Find Your Stride Challenge recently launched. Deer Oaks App. Monthly wellness letter and opportunities for live dialogue on key wellness topics. Discount partnerships with various organizations within the community and nationally (i.e. YMCA, Car Rentals, Banks, Fitness Centers, etc.). Quick links to wellness resources on the intranet.</p> <p><b>Health Services/Nutrition:</b>  Nutrition:</p> <ul style="list-style-type: none"> <li>● Recipes-access to a recipe base; meal planning; meal prep</li> <li>● Access to meal services (fresh 20, hello fresh etc)-paid services that maybe discounted</li> <li>● Information about restaurants with healthy foods close to our offices-healthy dining options</li> </ul> <p>Health Services:</p> <ul style="list-style-type: none"> <li>● Preventative health reminders for checkups-physicals, mammograms, prostate checks;</li> <li>● Mobile mammogram van; flu shot clinics etc. on-site services at office</li> <li>● Providing information or reminders to employees about what preventative services are available to them (many don’t know what is out there or offered by insurance): coaching, nutrition coaching etc</li> <li>● Break up the sedentary office environment-make walking meetings part of the culture</li> <li>● Sharing information about exercise venues that are near the office, how to access any discounts; advertise local runs or running clubs/groups</li> </ul> <p>Ideas:</p> <ul style="list-style-type: none"> <li>● Connecting wellness goals to a greater cause or events/observances</li> <li>● Use the information as a support system-daily/weekly reminder;</li> <li>● Use of health coaches</li> <li>● Health and Nutrition Monthly Communication or a Quarterly Newsletter</li> <li>● Identify a cheerleader or health ambassador to share the information</li> <li>● Highlight schools that are participating, connect with CMS Communications Department and social media</li> <li>● Develop a list of monthly observances/awareness months that we can connect to student health and employee wellness</li> </ul>
Workgroup Sub-committee Assignment (Treva Johnson)	<p><b>Wellness Plan Discussion:</b></p> <ul style="list-style-type: none"> <li>● SHAC sub-committees present at Summer Leadership Conference</li> <li>● Present in front of the Board. Ask Dr. Penn</li> <li>● Ask Dr. Penn about Strategy Management</li> <li>● Staff Meetup groups to promote SHAC initiatives and Navigate Wellbeing Portal</li> <li>● Right Moves for Youth 5K. Create a CMS group to promote wellness</li> <li>● Summer wellness initiatives for staff</li> <li>● Internal website for health</li> <li>● Need financial backing</li> <li>● Need incentives</li> </ul>
Updates/Announcements: <ul style="list-style-type: none"> <li>● Virtual Clinics</li> <li>● School Nursing Staffing Updates</li> <li>● Other Announcements</li> </ul>	None
Next meeting	<ul style="list-style-type: none"> <li>● NEXT MEETING May 25, 2023 2:00 p.m.</li> </ul>

**Thank You!**