**2020 - 2021**

**School Health Advisory Council**

**May 13, 2021**

1. Welcome/Introductions - Gina Peddy welcomed those in attendance.

Attendees: Joy Angeles, David Almand, Stephanie Carson - Henderson, Rachael Cayce, Jennifer Dooley, Karen Flexer, Andrea Gonterman, Reena Koppala, Eric Lannen, Shelby Lampley, Nicole Lenocker, Colin McDevitt, MaryBeth McMillon, Lisa Millman, Neena Patel, Gina Peddy, Carl Piel Jr., Scott Pilgrim, Tammy Pulse,Randy Robbins, Melanie Ringman, Carrie Sanders, Kelli Tate, Scott Walters and Susan Wilson.

1. Tammy Pulse provided a Mental Health and Wellness update. The focus for the 20-21 school year was to provide support and encouragement to parents, students and staff, create awareness of mental health factors that impact student behavior, and understand how trauma and adverse experiences affect student behavior and performance. In supporting parents, staff and students, the counselors taught ways to cope and manage stress and how to find balance. Moving to the 21-22 school year, counselors will continue to support all stakeholders and will help with the reentry process for students. They will focus on empathy, a growth mindset and students strengths.
2. Melanie Ringman presented the New Health TEKS that will go into effect in the 2022 - 2023 school year. There are five new strands in K - 3 Health TEKS. They are the following: Physical Health and Hygiene Education, Mental Health and Wellness, Healthy Eating and Physical Activity, Injury and Violence Prevention, and Safety Alcohol, Tobacco, and other Drugs. For 4 - 12 grades, the six strands are the following: Physical Health and Hygiene Education, Mental Health and Wellness, Healthy Eating and Physical Activity, Injury and Violence Prevention, and Safety Alcohol, Tobacco, and other Drugs, and Reproductive and Sexual Health. SHAC will collaborate with CISD with the implementation of the new TEKS.
3. Karen Flexer provided a CISD vaccination update. On May 24th there will be a Covid vaccine clinic for ages 12 and up. Information will be communicated through the district e-blast. This clinic will be first come, first serve.