



Manor ISD
School Health Advisory Council
Minutes
March 9, 2017

The mission of the Manor ISD SHAC is to build a healthy school community through a coordinated approach that ensures all children will graduate with the knowledge and skills to maintain a healthy lifestyle.

Members Present: Becky Lott, George Townsend, Jennifer Parks, Joanie Grace, Stephanie Rainbolt, Tabitha Donald, Anne Weir, Sedric Hudson, Scotland Rankine, Sue Cole, George Townsend, Yvette Meiche and Shechem Sauls

I. Meeting began with Welcome and Introductions
Review and Approval of December Minute

II. Mental Health Subcommittee

Hugh Simmons, Integral Care Director of Child and Family Services discussed the possibility in creating a Manor ISD Subcommittee and for one representative to service on the Integral Care Subcommittee.

Hugh was asked by the AISD SHAC to lead an initiative to reach out to other SHACS to explore willingness to engage in some coordination, specifically subcommittee coordination around joint messaging on mental health needs of students. Hugh's hope is to connect with six or so SHACs in contiguous areas.

This is important so districts can work on joint messaging regarding mental health support to students, share resources, create similar plans and stay connected regarding students, many of whom we often share due to mobility.

The next step is to invite ISD representatives to a workgroup meeting to discuss next steps.

The committee is in agreement, and Becky Lott will follow up with parent representatives who might be interested.

III. Drug-Free Grant and CATCH Grant

Gary Frye, Manor ISD Grant Writer was introduced and informed the group about a Drug-Free Schools Grant and also shared the proposal submitted for supplies for the CATCH Grant.

Fortunately, Stephanie Rainbolt with LifeWorks indicated that the Substance Abuse Coalition group was applying. Instead of the district applying, the district has partnered with the coalition, which included servicing students in Travis County.

CATCH Grant was submitted in April to request supplemental resources for teachers across the district.

IV. CPR Plan and ACC Extern Program

Health Services Coordinator Lynda Townsend partnered with Austin Community College Career and Technology Center to host students from the Medical Assistant Certification program. 6 Students will complete practicum hours in our school health clinics. The campus nurses and ACC instructors will be supervising these students in caring for the children in our schools. The students will be in the clinics several hours each day. They are responsible for their own transportation, have been educated in confidentiality and cleared to begin their working based instruction. The clinical hours will provide practical work experience with hands on training and assessment skills. The practicum coordinator will instruct the students in their responsibilities, professionalism and oversees their progression by maintaining weekly communication with the student during their extern experience. The campus nurse provides direct supervision and provides feedback to the coordinator during the extern instruction.

The following campuses are hosting externs: ShadowGlen Elementary, Manor Elementary, Decker Elementary, Blake Manor Elementary, Manor Middle School and Decker Middle School.

V. PURE Edge Professional Development

SFSS Director Becky Lott provided an overview of the Pure Edge professional development, which was provided on February 20 to the majority of PE teachers, social workers, counselors, registrars, food services staff and others and again to parents on February 21, 2017.

Pure Edge, Inc. believes that all students deserve to be taught strategies to help combat stress and develop social, emotional, and academic learning competencies with an open heart and an open mind.

This purpose of this experiential training is intended to help educators practice research-based strategies to reduce stress, calm the mind and achieve focus.

The following was covered and well received by the participants.

- Opening: Journaling check-in, chair movement and breath
- Slide Set: Pure Edge's Mindful Movement, Breath, and Rest
- Interactive Exercises and Guided Practice

The district will be expanding this professional development in the summer and fall of 2017 to additional educators.

IV. Food and Nutrition Update & Review of Wellness Policy

SFSS Director Becky Lott and Food Services Director George Townsend reviewed the draft of the Wellness Policy and Bylaws were reviewed and approved by the council. (See attached on Manor ISD Health Services Website)

Manor ISD is committed to the optimal development of every student. The District believes that for students to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health promoting learning environments at every level, in every setting, throughout the school year.

The plan outlines the District's approach to ensuring opportunities for all the students to practice healthy eating and physical activity behaviors throughout the school day while minimizing distraction.

No concerns noted by the committee.

The meeting adjourned at 7:15 p.m.