

School Health Advisory Council (SHAC)
Meeting Minutes
11/19/2024
Virtual

In attendance: Kelly Clark, Wendy Duemmler, Kasha Giddins, Amy McAteer-Jones, Dan McCloskey, Jarrod McCraw, Colon Moore, Wendy Nielsen, Ashley Ponscheck, Christine Skrutowski, Dylan Stamey, Belle Walker, Charlee Williams, N'Dea Brown, Ava Chakra, Jacob Crowley, Linda O'Connor, Judith Garcia, Elizabeth Griffin, Denise Lamar, Simone Wilson, Christine Neal, Stephanie Starr, Susannah Stone-Gill, Maegan Trull.

Minutes Approved from meeting 9/17/2024

Goal 1 Community Collaborative regarding Drug/Tobacco Vaping and Substance Use Disorder

- Kasha Giddins. A substance abuse education pilot started at Porter Ridge Middle and High and Sun Valley Middle and High. The curriculum being used is 2Good for Drugs
- Data will be collected to assess the impact of preventative education.
- N'Dea Brown, student, mentioned more interactive education is preferred by students. The students also commented they feel substance abuse education is very important.

Goal 2- Establish and strengthen mental health support for UCPS student population. Goals to increase Mental Health Therapists, Social Workers, and expand teletherapy, and crisis response team efforts

- Kasha Giddins. Teletherapy has expanded to Parkwood Middle and Piedmont Middle this school year. Grant funding is being worked on in the hopes of expanding Teletherapy to all middle schools. We have one Our Play therapist splitting her time between 4 schools. We are still looking to hire a second play therapist.
- Linda O' Connor asked how a parent can receive or find resources for Mental Health Crisis at home after school hours or on the weekends. Belle Walker advised the main website does list resources for Mental Health. Parents can also reach out to their pediatricians, 911, or local resources as well.

Wellness policy reviewed

- Wendy Nielsen asked for feedback regarding the Wellness policy update. Noted that starting next year grades 9 -12 will be required to have 60 minutes of physical activity a week. Dylan Stamey commented this will be a benefit to the students. No plan yet as to how this will be implemented at the High School level.
- Denise Lamar and Simone Wilson are aware the Triennial Assessment will be due this coming summer 2025. They advised we do need a parent on SHAC. Per Denise this is a requirement.

General Discussion

- Judith Hernandez reviewed she is available for dietary education for students. Christina Neal stated the behavioral health collaborative is fully staffed and currently building an internship program.
- Charlee Williams asked about Hot Chips in the cafeteria and them possibly causing upset stomach in students. Denise Lamar advised Hot Chips have been in the schools for 10 yrs. They are packaged specifically for schools, not the commercial version sold in stores. As a group many questioned if perhaps the students are bringing much hotter chips from home ie: Carolina Reaper or Ghost pepper chips and doing challenges at school thus causing the upset stomachs.

Remaining SHAC meetings of 24/25 year will be held virtually on 3/18/25, and 5/20/25.