

**Plano Independent School District
School Health Advisory Council
Regular Meeting Minutes (draft)
Monday, April 17, 2023**

A meeting of the Plano Independent School District School Health Advisory Council was held on Monday, April 17, 2023 virtually, via Zoom. The following members were in attendance: Co-Chair Jennifer Galvan; Co-Chair Jed Reed; Mike Bronsky; Colleen Tiller; Alpa Arora; Tarrah Lantz; Dr. Sireesha Mutyala; Chris Kerr; Lisa Smith; Linda Miller; Janet Howell; Laura Zimmer; Molly Pipak and Staci Antelo (staff liaisons).

I. Call to Order & Welcome

The audio/video recording of this meeting began at 12:00pm. The meeting was called to order at 12:04pm by co-chair Jennifer Galvan. Meeting norms were reviewed.

II. Meeting Minutes

Committee members were provided a copy of the minutes prior to the meeting, with a chance to review. There were no changes suggested by any member. A motion was made by committee member Mike Bronsky and seconded by committee member Tarrah Lantz to approve the meeting minutes from February 21, 2023 as presented. The motion passed by a vote of 12-0.

III. Agenda

A. Department Updates

- i. FANS (Food and Nutritional Services) – no updates
- ii. Counseling and Guidance- Laura Zimmer, Director for Guidance and Counseling Services, reported
- iii. Physical Education and Health updates- Molly Pipak, K-12 Health and PE Coordinator, reported
- iv. Health Services- Staci Antelo, Director of District Health Services, reported

B. Information Only Items

- i. AHA and Medical City updates- Jed Reed

Information was shared regarding adding wellness initiatives offered through American Heart Association and Medical City. The information has been presented to Superintendent's cabinet, with no objections. The information will next be shared with the Board of Trustees.

C. Information & Action Items

- i. Wellness Policy & Campus Wellness Plan Template – Molly Pipak

At the previous SHAC meeting, members were tasked with reviewing both items and bringing any recommendations for changes to this meeting. Committee was reminded that reviewing the wellness policy and plan template are annual tasks for SHAC.

Action- open discussion among members. Questions/comments by committee members:

- Jennifer Galvan asked if campuses can be encouraged to hold their own health/wellness event.

- Tarrah Lantz asked what happens at the end of the school year with unpaid balances on lunch accounts? Janet Howell explained that donations may help cover the cost; a total cost is sent to PISD Finance (will get further clarification on process to share with committee)

ii. 2023-2024 SHAC Goal Proposals- Jed Reed

Members reviewed the goals for the current school year. The committee has met the current year goals, and these will be included in the annual SHAC board report:

1. Review and make recommendations for resources and curriculum used in Physical Education, Health, and Health Services.
2. Review and make recommendations regarding campus wellness plans and policies.

Action- Members reviewed and discussed potential goals for the 23-24 school year. Chris Kerr asked if SHAC could delve deeper into mental health/counseling curriculum? Jed Reed and Laura Zimmer responded, and said there is a separate committee that reviews counseling curriculum, but the committee can review, as it applied to SHAC responsibilities. Lisa Smith added that she would like to see a presentation from Guidance/Counseling about what services are offered (similar to presentation from FANS at February meeting).

Proposed Goals for 2023-2024:

1. Review and make recommendations for resources and curriculum used in Physical Education, Health, and Health Services (continued from this year).
2. Review and make recommendations on district health and wellness initiatives (Bike to School Day, AHA, and 21 Day Challenge).
3. Review and make recommendations on any legislative actions that might directly impact SHAC.

Vote: Jennifer Galvan made a motion to accept proposed goals for the 23-24 school year; 2nd by Colleen Tiller. Motion passed unanimously, 11-0 (one voting member had already left the meeting).

iii. 2023-2024 SHAC Meeting Locations- Jed Reed

Members were asked to review options for meeting location, style (face-to-face vs. virtual), times, days for the next school year. Open discussion took place.

Proposed 2023-24 meeting details:

1. Location/style: all meetings in person

Vote: Chris Kerr made a motion to hold all meetings in person (no Zoom option); 2nd by Lisa Smith. Motion passed unanimously, 10-0 (two voting members had already left the meeting).

2. Times: 5:30pm

Vote: Mike Bronsky made a motion to hold all meetings at 5:30pm; 2nd by Colleen Tiller. Motion passed unanimously, 10-0.

3. Day of week: Wednesday

Vote: Linda Miller made a motion to hold all meeting on Wednesday; 2nd by Chris Kerr. Motion passed unanimously, 10-0.

iv. Wellness Subcommittee Update- Jennifer Galvan

Jennifer reports meeting with Bike Friendly Plano for discussion around Bike to School Day. Jennifer shared ideas and topics that were discussed for bike safety initiative. Follow-up in May to have plan ready by fall semester, when Bike to School Day is held.

IV. Adjournment

With no further agenda items nor any objections the meeting was adjourned at 1:16pm. This is the final meeting of the 2022-2023 school year.