

Quick recap

The School Health Advisory Council (SHAC) meeting focused on setting goals and planning health education initiatives for the current school year. The group discussed implementing a drinking and driving prevention program featuring a speaker who lost a child to such an incident, tentatively scheduled for April 15th. They reviewed plans to teach the Big Decisions curriculum in May for 8th and 10th graders, along with a new puberty education program for 4th and 6th graders that requires parental permission. The council also explored adding Stop the Bleed training for students, with UMH offering to provide training and DSHS offering additional kits. They discussed a financial literacy program for juniors and seniors, and considered expanding CPR training to elementary students. The conversation ended with a discussion about fentanyl prevention programming, with plans to explore resources from UT Health Science Center and local law enforcement.

Next steps

- Cecilia: Confirm with Ms. Dean about preferred dates and times for the drinking and driving speaker (including possibility of activities with drunk goggles) for juniors and seniors, and send confirmation email to Molly.
- Molly: Fill out and send required form for the drinking and driving speaker event once dates/times are confirmed.
- Cecilia: Get with Ms. Dean to determine the best time for the "It's Your Money" financial simulation/curriculum for juniors and seniors, and discuss with Cody Clark (math teacher) about incorporating it into the financial class.
- Cecilia: Send parent letters by April 1st to inform about Big Decisions program in May for 8th and 10th grade students.
- Cecilia: Send parent letters 14 days in advance for the new puberty curriculum ("I'm On My Way") for 4th and 6th grade students in May.
- Rolla: Provide Stop the Bleed kits to supplement current supplies for student training.
- Rolla: Get with Alicia (Wesley nurse) to explore Friends and Family CPR program for 3rd-6th grade, and coordinate with Molly and others to deliver the training, including arranging for mannequins.
- Rolla: Contact AirLife and Miss Abigail to check for available CPR training resources or materials.
- Rolla and Molly: Investigate with UT Teen Health (or similar group) about available fentanyl prevention programs suitable for 6th-12th grade.
- Cecilia: Contact Ruben Nolasco (Sheriff) to inquire about available fentanyl prevention resources or programs.
- Rolla: Review Narcan training content with Cecilia and selected staff to determine appropriateness for high school seniors.
- Cecilia: Coordinate with Ms. Dean to review and approve Narcan training for high school seniors if appropriate.
- Cecilia: Schedule and send reminders for next SHAC subcommittee meeting (April 6 via Zoom) and main meeting (April 17 at 1:30pm at high school).

Summary

School Health Advisory Council Meeting

The School Health Advisory Council (SHAC) meeting began with technical difficulties as Cecilia struggled to record the session properly. Several participants joined via Zoom, including

Jacee, Krista, Bradie, Rolla and Molly, The meeting started at 7:36 PM on March 2nd, 2026, with Cecilia noting that this was only their second meeting of the year and they needed to schedule three more meetings to meet their requirement of four annual meetings. The discussion began with reviewing goals for the year, including providing students with programs on drinking and driving.

Health Education Initiatives Planning Meeting

The SHAC meeting focused on planning health education initiatives for the school year. Cecilia discussed organizing a presentation about drinking and driving, with Molly confirming the potential speaker and requesting specific dates and times. They also discussed moving the "Big Decisions" program to May due to testing schedules, with parent consent required 14 days in advance. Additionally, a new puberty education curriculum called "On My Way" will be implemented in May for 4th and 6th grades, also requiring parental permission.

Student Health and Safety Programs

The group discussed several health and safety programs for students. Cecilia and Rolla confirmed they have 8-10 DSHS kits available for hands-on training, and discussed the need for additional resources. Molly presented a financial literacy program partnership with Capital Farm Credit that includes a simulation involving career choices, housing, and unexpected expenses, though they need to determine if students can use Chromebooks with cameras to access QR codes. The group also noted that CPR training for seniors and juniors had already been completed around President's Day, with only a few students still needing to complete it.

CPR and Fentanyl Prevention Planning

The group discussed implementing CPR training for students in grades 3-6 during PE classes, with Rolla offering to coordinate with Alicia and potentially provide mannequins. They also addressed the need for fentanyl prevention programming for grades 6-12, with Rolla suggesting to contact UT Teen Health in Uvalde for resources and offering to provide Narcan training for high school seniors. The next subcommittee meeting was scheduled for April 6 via Zoom, while the main SHAC and CTE meeting will be held on April 17 at 1:30 PM at the high school.