

SHAC Meeting Agenda

Date: November 10, 2022 Time: 2:00pm

Location: Zoom

Meeting Attendees: Irimi McCarthy, Monica Adamian, Kolette Rogers, Kerry Barbera, Ursula Douglas, Carrie Sargent, Laura Rheault, There Dunton-Forbes, Keith Kraemer, Andrew Romberger, Jen Veddar, LS Groves, Michael Estwood, Kayla DeMuth, Yvette Watson, Tiffany Brown, Treva Johnson

School Health Advisory Council: Our Charge

A School Health Advisory Council (SHAC) is required by NC State Board of Education Healthy Active Children Policy (HRS-E-000) and CMS Student Wellness Policy and Regulation (JL, JL-R).

Responsibility #1: Work in conjunction with CMS leadership to plan, implement and monitor compliance with CMS Policy JL – Student Wellness and other CMS policies, regulations, and programs related to health and wellness.

Responsibility #2: Review CMS annual progress report related to compliance with Policy JL.

Responsibility #3: Develop resources for staff, students, and parents about CMS health policies and regulations that impact student mental and physical health.

Responsibility #4: Promote student-centered programs intended to positively impact health, wellness and safety.

Agenda Items	Notes
Welcome, Introductions, and Icebreaker	Would You Rather? Thanksgiving Edition
Healthy Active Children Results (Monica Adamian)	<ul style="list-style-type: none"> ● DPI requires principals (except HS) attest to the HAC each year ● 136 schools completed the attestation for 2021-22 SY ● 100% reported providing at least 30 minutes of moderate to vigorous physical activity for all students EVERY DAY ● No schools reported any teachers withholding recess due to behavior or use exercise as punishment ● 64% of the Elementary schools reported students receive at least 150 minutes per week ● 87% of Middle School students receive 225 minutes per week of Healthful Living ● 61% of schools reported having a school health team <p><i>The PE Team mentioned no one really monitors whether schools are actually completing the physical activity. They know teachers are withholding recess; no repercussions. The report makes it look like PE teachers are getting all the support they need and that is furthest from the truth.</i></p>
Review Employee Wellness Results (Treva Johnson)	<p>What are the current health and wellness support you have access to or know about in the district? supportive supervisor, EAP, newsletter, insurance covered services, and respect and trust in my department that needs to be district wide.</p> <p>2)What could the district do to improve employee wellness promotion in the district? incentive programs, mental health days, self-care programs, partnership with local fitness center (YMCA) for discounts, bring in community partners to run fitness classes/challenges, walk/run clubs for teachers and students, pay for local races, start employee intramurals, use of school fitness facilities, pay for employee wellness-LiveWell Wellness, programs at each school that are tied to points, department representative on district-wide team, encourage collaboration amongst departments, offer time to exercise, yoga classes, make principals aware (they can't promote what they don't know), staff appreciation, make parents aware of how we are taking care of staff, make a promotion a standard requirement in every staff meeting, ensure staff, families, & community has access to information that will support wellness and also have an understanding of the information/multi languages</p> <p>3)What do you think are the employee wellness needs in the workplace?wellness day off, partnership with holistic providers (i.e. massage therapy, yoga), knowledge, communication, mental and physical health options, meetup groups, mental health days built in the calendar, more supportive administrative teams, more movement opportunities built into school day for adults and students, mental health protected breaks, calming rooms for staff, occurred wellness times, organized events (in person & virtual), assessment of role demands +feasibility by position, more how to's, listserv of resources available under specific categories.</p>
CMS HR Department Discussion-Employee Wellness (LS Groves)	<ul style="list-style-type: none"> ● Highlights of the Wellness Program, Deer Oaks, and Navigate Wellbeing ● On the Horizon: Wellness Ambassador Learning Track, Promote Navigate Wellbeing Platform, ● Increase EAP Utilization, Increase EAP Metrics & start tracking Wellness Metric

	<ul style="list-style-type: none"> Ways to Engage: Newsletters, Surveys, Incentives, Monthly Ambassador Meeting, Events, Networking, and Utilization Metrics.
SHAC Funding (Monica Adamian/Treva Johnson)	Districts and schools are eligible to receive reimbursement of up to \$60,000 of allowable expenses to support SHACs engaging in the following activities using evidence-based resources. We encourage SHACs to use the funding for activities that are cross-cutting and may have compounding positive impacts in multiple areas described in this document. CMS will provide the opportunity for nine schools throughout our district to create and support the use of a School Calming Room for staff and students. SHAC will determine which schools will receive the rooms from applications submitted.
Workgroups (Breakout rooms) (Treva Johnson)	<p>What does employee wellness look like from a _____ lens? Who will make-up your sub-committee?</p> <ul style="list-style-type: none"> Who will lead the sub-committee? When will you meet? <p>Members broke into groups to answer the questions. The purpose is to create subcommittees of SHAC that will work together to plan initiatives with an employee wellness focus. See the list below of the groups. If you were absent your name was added to a group. If your name is highlighted you are the lead for the group. Please reach out to your group members to determine your meeting dates.</p>
Workgroup Sub-committee Assignment (Treva Johnson)	<p>Create a wellness initiative plan that has an employee wellness focus based on the group WSCC component. Due: February 23, 2022</p> <p>Please complete the attached Wellness Plan with your sub-committee by February 23rd.</p>
Updates/Announcements: <ul style="list-style-type: none"> Virtual Clinics School Nursing Staffing Updates Other Announcements 	No updates at this time
Next meeting	<ul style="list-style-type: none"> NEXT MEETING February 23, 2023 2:00 p.m.

Thank You!

Group 1-Health Education/Physical Education & Physical Activity

Irini McCarthy
Keith Kraemer
Andrew Romberger
Jen Vedder
Michael Eastwood
Kim Bayha

Group 2-Social & Emotional Climate/Counseling, Psychological, & Social Services

Carrie Sargent
Anna Priester
Jessica Jacobs
John Concelman
Ashley Shapiro

Group 3-Community Involvement/Family Engagement

Harold Dixon
Latisha Hensley
Ruby Jones
Treva Johnson

Alex Burnett
Clint Grant

Group 4-Employee Wellness/Physical Environment-(Campus Beautification, Wellness Rooms)

Tuere Dunton-Forbes

LS Groves

Kayla DeMuth

Yvette Watson

Carol Sawyer

Group 5-Health Services/Nutrition

Kerry Barbera

Tiffany Brown

Laura Rheault

Ursala Douglas

Susan Argenti

Sahsine Davis

Monica Adamian

Treva Johnson