

MERKEL INDEPENDENT SCHOOL DISTRICT

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Joseph O'Malley, Superintendent

Minutes for the Student Health Advisory Council (SHAC) Meeting on 4-5-23

The Merkel ISD Student Health Advisory Council met for the fourth and final time during the 2022-2023 school year on April 5, 2023, at 4:30 a.m. in the Merkel ISD Administration Conference Room.

The following members were present:

Joseph O'Malley, Superintendent
Kelli Pedone, MHS, BSN, RN - District RN and SHAC Coordinator/Co-Chair
K'rin Young, MMS Principal
Daniel Kotara, MES Principal
Brin Reed, MISD Food Service Director
Rachelle Rister, RN, MMS Nurse
Carol Dunn, MES Health Aide

The minutes from the last meeting were reviewed by the SHAC members. Motion to approve by Brin Reed. Motion seconded by Mr. O'Malley. All in favor.

The council members discussed the MHS and MMS student representatives' suggestions regarding school health. The council members liked the idea of social media presentations to educate students on proper etiquette and the consequences of posting to prevent issues with inappropriate things being on social media and affecting other students in a negative way. The students also expressed that this training should include cyber-bullying and showing respect for others. The members also recommended the teens leading teens mentoring to help other students.

Staff wellness update provided by Kelli Pedone. The last StepBet game is completed and no other wellness events planned for this school year. There were no KitFit classes taught by Kenzie Aguilar after January due to staff's busy schedules. We will see if she is interested in teaching next school year.

Kelli Pedone gave an update regarding the pilot program through TASA, who is partnering with Apple and Concentrix Catalyst, to develop a wellness app built for teachers and school leaders to support the mental and physical health of educators. The app has a check-in prompt in the morning and evening and gathers data based on the apple watch metrics. There has been one short survey since the start of the pilot, which ends in May.

Brin Reed gave an update about school menus and the need for accurate carbohydrate counts for diabetics to ensure their safety. Brin stated that a Google Doc has been created with accurate carbohydrate counts of the foods offered to elementary and middle school students. Carol Dunn, MES Health Aide, stated that the Google Doc is very helpful and helps to manage blood sugars better with accurate carbohydrate information.

The TEA School Health Survey for 2023 was reviewed by all council members and questions were answered with input from the principals, food service director and superintendent.

The council members reviewed the school board annual report from last year and suggestions for board recommendations for this school year were provided, such as social media presentations for students and teens leading teens mentoring.

Mrs. Young, MMS Principal, stated that middle school had a vaping presentation for all students in March.

Meeting adjourned at 5:43 p.m.