

# **Grapevine-Colleyville ISD School Health Advisory Council**

Meeting Minutes

PDEC Mustang Corral

5800 Colleyville Ave.

Colleyville, TX

November 13, 2017

Members Present: Tanginika Cuascud (Parent; Chair), Mindy Matlack (Parent), Tony Bourgeois (District), Nicki Tieken, Parent), Dida Abrahams (Parent), Jennifer Ditto (Parent), Tara Caldwell (Parent), Ashli Hall (Parent), Staci Hougland (Parent), Laura Brookover-Ybarra (District), Tisha Ghormley (Parent), Sadi Leverett (Parent), Lisa Austin (Parent), JoAnna Avakian (Parent), Julie Touchstone (Parent), Ticia Terlouw (Parent), Ozioma Olowu (Parent), Demetria Parma (Parent), Jennifer Brown (Parent), Robin Davis (District), Rachel Harper (District), Megan Holladay (Parent, Vice-Chair), Amy Howard (District), Camille Matthews (District), Nicole Naja (Parent), Mary Newlun (District), Donna Price (Parent), Julie Touchstone (Parent), Joe Troutman (Parent, Secretary), Jennifer Lemke (District), Jennifer Dagnan (Parent), Emberly Hill (District)

Members Absent: Rachua Agrawal (District), Courtney Birdwell (Parent), Daulat Chagani (Parent), Anita Clayton (District), Kim Cooper (Parent), Emily Emmet (Parent), Sara Gergely (Parent), Annie Hedgpeth (Parent), Tamra King (Parent), Valerie Kunert (Parent), Marisa Livingston (District), Carissa Meyer (Parent), Jennifer Richard (Parent), Mindy Russell (Parent), Alex Thomas (Parent), Lisa Thorn (Parent),

Visitors Present: Mary Spencer Huber (Parent), Bridget Moore (Parent)

## **1. Welcome and Opening Remarks**

- A. Members and visitors signed in
- B. The Meeting was called to order at 8:38 by Dr. Tanginika Cuascud (Chair)
- C. Welcome and introduction of members and guests
- D. Approval of agenda
- E. Approval of minutes from the September 11th, 2017 meeting

## **2. Play it Safe Viewing for Pre-K**

- A. Presented by members of the Women's Center of Fort Worth
- B. Child Abuse prevention video was shown. This is an 11-minute video intended for a Pre-K audience.
- C. Floor was opened to questions about the video.
- D. There is not a Spanish version of the video, however there are trainers who are fluent in Spanish who will discuss the video in Spanish for Spanish-speaking students.
- E. Motion to approve the video for presentation to Pre-K students in GCISD; motion seconded; motion carries.

F. Parent preview will be held January 16, 2018, at 10:00 a.m., and 6:00 p.m. at the Admin. building in the board room.

### **3. Teen Screen Assessment**

- A. Jennifer Huynh of the Suicide and Crisis Center of North Texas presented on the mental health screening process in GCISD.
- B. Teen screen is offered from 6th grade through high school.
- C. Presentation of the Diagnostic Predictive Scales Summary Report
  - 1) Showed the symptom scale and the impairment scale regarding disorders that are screened for.
  - 2) Showed a representative selection of the questions that are asked of the students.
  - 3) Q & A period about the screening process
- D. Motion to approve recommendation that Teen Screen be given to 7th, 9th, and 11th grade students; motion seconded; motion carries.

### **4. Open Forum**

Due to lack of time and the unusual schedule for the meeting, there was no opportunity for open forum to take place.

### **5. SHAC en Espanol**

Bilingual inclusiveness initiative for Spanish Speaking Parents

### **6. Wellness Plan/policy Review**

- A. Laura Brookover-Ybarra, Registered Dietician, GCISD, presented a review of the wellness plan/policy for informational purposes.
- B. The assessment is available to anyone who would like to see it (it's a Google doc) online, and can be shared with anyone who requests it.

### **7. Sex Education Program**

Legislative Guidelines: SHAC needs to look at the 2018-19 Abstinence-based sex education program.

### **8. Electronics Screen Time**

- A. Report from the Electronics Screen Committee
- B. Initial finding is that not enough research has been done to determine the effects of blue light screen time on children.
- C. Recommendation of the committee is the "20-20-20 Rule": every 20 minutes take a 20 second break and look at something that is 20 feet away. Also, parents should turn off all of their children's devices 1-2 hours before going to bed. Also, parents should be aware of posture-issues because their children are often hunched over electronic devices.
- D. Eye-health month will be held at GCISD schools, with the recommendations presented to students on bulletin boards, handouts, etc.

### **9. SHAC Spokespersons at Meetings in Campuses**

- A. Volunteers to represent SHAC in parent meetings at GCISD campuses.
- B. Volunteers would give a 5-minute presentation on what SHAC is and what is involved in being a member.

**10. “SHAC for the Holidays”**

Holiday meet and greet/bring a friend will be held on December 8, 2017, from 8:30-10:30 a.m. in the Alamo Room at the Admin. Building. This is a come and go event.

**11. Next Meeting**

February 12, 2018

**12. Announcement about Nov. 29th, 6:30, Colleyville Heritage HS, auditorium. “Angst” video on anxiety.**

**13. Adjournment**

The meeting was adjourned at 10:25 by Dr. Tanginika Cuascud (Chair)

Respectfully Submitted,

Joe Troutman  
Secretary  
SHAC