School Health Advisory Committee [SHAC] Presentation of 2016-2017 Recommendations to the GISD Board of Trustees

The GISD SHAC, which serves as an advisory to the Board of Trustees, met 7 times during the 2016-2017 academic year to review suggestions and concerns regarding the following areas addressing the Whole Child: Health Education; Physical Education and Physical Activity; Nutrition Environment and Services; Health Services, Counseling, Psychological, and Social Services; Social and Emotional Climate, Physical Environment; and Employee Wellness.

This year we continued to work on two priority areas of need in the District; 1) Counseling and Mental Health, and 2) Student and Employee Wellness.

The School Health Advisory Committee recommends:

1) Evaluating the extra duties assigned to counselors to ensure their availability for just-in-time mental health support

2) Campuses explore calming opportunities for social and emotional support such as:
   a. Calming boxes with sensory items for classrooms
   b. Calming rooms for students and staff
   c. Yoga therapy instructional training for PE teachers
   d. EM Wave machines (personal stress reliever)

3) Consider evaluating the need for an additional interventionist services counselor

4) Continue to provide professional learning opportunities for staff related to social and emotional support to help be trauma informed

5) Conduct a self-assessment of the current GISD Wellness Plan and make recommendations for improvements needed

Vicki Barbosa, District Chair, GISD SHAC