

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