



**Katy Independent School District
School Health Advisory Council
2020/21 Annual Report**

The first School Health Advisory Council (SHAC) meeting for the 2020/21 school year was held virtually via Zoom on Tuesday, October 13, 2020, from 9-10:30 AM. There were seven attendees present. H.C. Grimet, Coordinator of Physical Education, Health and the Outdoor Learning Center, began the meeting with a moment of silence in observation of member Officer James Grima. H.C. led introductions and began the meeting with a brief review of the SHAC meeting norms. Edie White, Coordinator of Bullying Prevention and Student Support, shared the KISD adoption of Character Strong in accordance with House Bill 1026. KISD has adopted this character education program which is submitted annually to the TEA. The Character Strong Program teaches positive character traits such as courage, trustworthiness, integrity, respect and courtesy, responsibility, fairness, caring, good citizenship, and school pride. Campus updates were shared, including Unity Day scheduled for October 21, 2020. Therese Highnote, Director of Health Services, shared information regarding the COVID dashboard and the district's goal in maintaining transparency for parents and staff. She reviewed the process for collecting the data for the dashboard and triggering notifications. She reported the individual's responsibility in self-reporting the information using the COVID reporting tile. The self-report will trigger a notification to district administration and campus administration. A contact tracing investigation will then take place and a general notification will go out to all parties involved. The meeting was closed by H.C. Grimet with future SHAC meeting dates outlined for 2020-21. The meeting was adjourned.

The second School Health Advisory Council (SHAC) meeting for the 2020/21 school year was held Thursday, November 19, 2020, at the Katy ISD Food & Nutrition Department from 11:30 AM-1 PM. There were thirteen members present. H.C. Grimet, Coordinator of Physical Education, Health and the Outdoor Learning Center, led introductions and began the meeting with a brief review of the SHAC meeting norms. Karen Thornton, from the Katy ISD Educational Foundation, provided information on Reason2Race and how it benefits the Katy Education Foundation and has raised 2 million to date. Karen reported on the importance of fundraising and its direct impact on campuses from grants provided by the Educational Foundation. Donna Pittenger, Executive Director of Nutrition and Food Services, gave an update on how the Food & Nutrition Department is working within state and federal guidelines to provide meals to families due to COVID. She reported 1.3 million curbside meals have been distributed to students of Katy ISD to provide nutrition to students which may not be provided otherwise. Kara Ihedigbo with Harris County Public Health shared her Healthy Living Matters program in Harris County, an initiative to understand the causes of childhood obesity in Harris County and find ways to reduce it. She reported their goal to reduce obesity rates, which is now 1 in 3 children. She reviewed the eat/plan/learn plan to help teach tools to live a healthy lifestyle. Anne McHale Miller, Coordinator of Social Work Services, shared information regarding the Katy has HEART program. The primary focus is to be self-care aware during these trying times,



with each month having specific emphasis on a practice. H.C. Grimet closed with a reminder of the next meeting.

The third School Health Advisory Council (SHAC) meeting was held Thursday, January 14, 2021, at the Food and Nutrition Department from 11:30AM-1:00PM. Eight members were present. H.C. Grimet, Coordinator of Physical Education, Health and the Outdoor Learning Center, led introductions and began the meeting with a brief review of the SHAC meeting norms. H.C. Grimet led the One Word Challenge activity, where each attendee chose and shared a one word goal for 2021, based on Jon Gordon's One Word Challenge. H.C. shared an update on FitnessGram which is part of Senate Bill 530. HC shared that the FitnessGram program contract through TEA and Cooper's Institute to enter the state required fitness data has not been signed to fund the data submission program. To date, the program has been suspended due to COVID. HC also highlighted challenges related to FitnessGram regarding safety protocols and procedures for students in virtual classes. Scott Power, elementary physical education teacher, shared updates on how campuses are handling social distancing and COVID protocols in elementary physical education classes. Scott shared examples of resources/lessons available for elementary physical education staff. He reviewed the safety protocols and how they are being implemented in elementary PE classes. Paul Dunk, OLC Specialist, shared updates on the progress of the renovation project at the Outdoor Learning Center facility. He provided an update on the suspension of activities due to the renovation project and COVID. He shared information regarding Nature Deficit Disorder, a condition affecting students across the country due to the lack of spending time playing outside in an unstructured manner. Students with Nature Deficit Disorder show diminished use of senses, attention difficulties and higher rates of physical and emotional illnesses. Information relating to studies supporting the benefits of the importance of outdoor education programs, like those provided at the OLC, was shared. H.C. Grimet closed the meeting with a reminder of the next meeting.

The fourth meeting was held Thursday, March 4, 2021, at the Food and Nutrition Department from 9:00AM-10:30AM. Eight members were present. H.C. Grimet, Coordinator of Physical Education, Health and the Outdoor Learning Center, led introductions and began the meeting with a brief review of the SHAC meeting norms. Vicky Quevedo, Program Coordinator of BOUNCE Healthy Lifestyle Program provided a presentation on the Abriendo Caminos Program and resources available. The program is a multi-site research project that aims to promote healthy eating and physical activity in Spanish speaking families. Carolyn Hembree from Harris County Public Health provided information on the current state of Coronavirus and the variants. The 2021 Annual SHAC report was reviewed by H.C. Grimet and agreed upon by the SHAC council. H.C. Grimet also guided a brainstorming discussion for future SHAC meeting dates, times, locations and possible topics for next year. Members were thanked for their service on the committee and the meeting was adjourned.