

# School Health Advisory Council (SHAC)

May 8, 2023

## MEETING MINUTES

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### Attendance:

John Daileanes, Lynne Bennett, Maura Gray, Zillie Bhujju, Jacki Dubois, Laurie Zywiak, Meredith Shaw

### Time:

8:30am – 10:00am

### Agenda:

1. Develop the goal for SY 24
2. Create a meeting schedule for SY 24
3. Front load meetings Fall / Winter

### Discussion:

Start of mtg: Welcome and checked in with group members. Discussion moved into concern about adult anger, poor behavior exhibit by adults, bullying actions by some parents, and some staff not enjoying teacher appreciation acknowledgement. Different group members shared recent experiences of witnessing poor adult behavior and feeling the negative impact. How does the adult negative behavior impact the students? Staff?

Group Work: Group was invited to take part in a protocol which brought them to a place in which they identified the focus area for SY 2024. The protocol uses was “5 W” in which each group (1) individually identified 3 areas they would like focus (2) each individual shared out their focus areas (3) each group identified two focus areas to present.

### Group Focus Area Identification

Group #1: (a) Data driven concerns (for ex from YRBS on vaping) and build a campaign around topic chosen. (b) Create and hold a unifying wellness activity for staff which brings people together and helps morale and builds bridges

Group #2: (a) Working with students on what anxiety actually is and learning the difference between stress (healthy and productive stress) and diagnostically anxiety disorders. Helping students understand what is appropriate mental health, challenges, and not everything or everyone is in crisis. This is true for adults and students alike.

### Finalizing the Focus Area:

After a long discussion between and amongst members, there was a reoccurring theme: adults who experience stress / low morale impart this on students even without realizing it. As a result, how can adults increase their sense of joy, excitement about work, and manage their own stress/challenges in a way which allows them to be more fully available to teaching.

Theme's included unifying staff, understanding good tension and stress vs. unhealthy tension and stress, and develop health coping mechanisms.

### Next Steps:

The group agreed to meet every 2<sup>nd</sup> Monday of the month concluding SY 23 on June 12, 2023. The group agreed to meet every 2<sup>nd</sup> Monday of the month, for SY 24, starting Monday, September 11, 2023 – December 18, 2023.

December 18, 2023 members will review meeting progress and adjust meeting schedule as required.

Focus area for SY 2024:           After school staff Yoga opportunities in which central office, and staff can all take part.

June 12, 2023:                   Develop a framework for how the committee will address adding Yoga to the school year for all staff to access if they choose.

### **Shared Resources:**

- Link to article I referenced: [Is Mental Health Awareness Counterproductive?](#)
- Link to Ted Talk :[Don't Call People Out, Call Them In: Loretta J. Ross](#)