

## SCHOOL HEALTH ADVISORY COUNCIL MEETING MINUTES

Thursday, February 13, 2020

11:30 a.m.

G.P.I.S.D. Administration Building

### Welcome/Introductions

Ms. Maria Juarez, current SHAC President, welcomed group members. A light and healthy lunch was served. Mr. Anthony Bass, Assistant Director of Safety and Training, offered a blessing of the meal. The discussion topic for the meeting was the Impact of Social Emotional Learning on Behavioral Concerns.

### New Business

Dr. Epps mentioned it was Counselors Appreciation week and recognized those in the group. Recent concerns of the COVID-19 Corona Virus were discussed. The illness mirrors influenza. She encouraged everyone getting an updated flu shot and common hygiene practices to curtail the spread. Mr. Bass made a motion to accept the last meeting's minutes; the motion was seconded by Mr. Lawrence Simmons and passed. Ms. Luz Lopez, HCSO volunteer, mentioned the upcoming Sheriff's Safety Forum at the local Grayson Community Center to be held the following Thursday 6:00-7:00p.m.

### Meeting Highlights

Ms. Vanessa Squirrel, Director of School Culture, was the featured speaker. A large part of learning has to do with empathy and understanding of others. Empathy, the ability to understand the feelings of another, is key in learning. Someone else's emotion has nothing to do with you; however, it does affect how we learn. Staff and students can better understand one another if they have: active monitoring, mentoring, global behavior, engagement and strategies. What any person may deal with on a personal level, at home or at school, has a lot to do with how they will learn. Meaningful relationships will make for meaningful work. Empathy and understanding of others makes for better interaction between staff and students. Campus Based PBIS (Positive Behavior Intervention Support) Teams can assist with: empathy, cultural responsiveness, equity and relational practices. To relate to a fellow student one might ask: what was good about today, what are you looking forward to tomorrow or what are you most proud of? This 60-second relate break will help meet our teachers and students where they are, for example, in Maslow's hierarchy of needs. All humans experience these levels of basic needs: physiological needs, safety needs, love and belonging, esteem and self-actualization. Understand each other will help each involved grow in these basic human needs. In social emotional learning, none are left behind: teachers, students or staff.

An exercise called a Closing Circle was performed. A closing circle is a strategy for bringing a peaceful end to the school day (end of meeting, class, etc.) It doesn't take very long to gather for two to five minutes to do a brief activity or two and then go onto dismissal/end of session. The group gathered into a large circle and participated in a question session by stepping forward and/or back.

### Adjournment

Ms. Juarez offered thanks to members in attendance. She reminded the group to submit the meeting Evaluation Form in their meeting packet. She also noted to submit meeting subject ideas for future meetings. The meeting adjourned at 12:35p.m.