**GISD and Hunt Co. Head Start SHAC Meeting Minutes**

April 14th (Virtual)

Welcome

Accepted Minutes from February Meeting.

New Business/Presentations

Student Mental Health – Deedra Peck, Counselor Carver Elementary :

This year more than ever, I have focused on Social Emotional Competency and Awareness in my guidance curriculum and promoted it as a schoolwide culture and climate. This included teaching about the Power of Positive Thinking, having a Growth Mindset, Perseverance, Determination, Grit and Resilience, along with our "Character Traits of the Month," which includes Kindness, Integrity, Self-control, and Responsibility, among others.

In individual counseling with students, I have seen an increase in anxiety, fearfulness, and depression during this year of social distancing, quarantining, and grief. I have spent a lot of time teaching calming strategies, Deep Breathing, Mindfulness (Being in the Moment), Guided Imagery and Self-care: maintaining a routine even when doing at home learning, getting enough rest and exercise, and healthy eating.

This is a year where many of our annual "fun" events have gone by the wayside; no assemblies, Valentine Dance, PTA programs, fall festival, field day and many of the usual Red Ribbon Drug Awareness activities. We have been able to do our Red Ribbon Dress up days, annual community service project (Funds 4 FISH), a Virtual Career Day, Book Character dress up parade and the upcoming Arbor Day Poster Contest.

During a year of many challenges, we have done our best to keep the motivation and "can do" attitude, even when things get tough, with continually Growth Mindset reminders: Things may be hard, but we can do hard things! We may not be where we want to be YET, but we will keep on giving our best until we get there!

COVID-19 Operations- Noel Bares:

Cases are down and vaccination rates are up. No changes to GISD COVID protocols.

Quarantine rates are also down from February although a slight up tick this month from March rates.

Hunt County 20.6% vaccinated-double from one month ago and many more vaccine administration sites are available for those desiring to be vaccinated.

202 GISD employees were vaccinated as of March 16th and a new survey is underway to gather current data.

Members were thanked for their participation this year and invited to return to the SHAC for the 21-22 SY.

Returning Members:

Roger and Jessica Livingston Candelyn Coats

Penni Perkins Jeanette Rowland

Les Albritton Michelle Cameron

Adjourn and Next Meeting

* October