School Health Advisory Council (SHAC)

WESLACO INDEPENDENT SCHOOL DISTRICT

Erica Garcia, Director of PFE, SHAC &
McKinney-Vento and Foster Care

April 27, 2022

2:00 pm

Agenda

- **Call meeting to order**
- **Roll Call**
- **Approval of Minutes**
  - **SHAC Minutes**
- **Report of Officers**
  - Health Education - Desi Rodriguez
  - Physical Education & Physical Activity - Joseph Carranza
  - Nutrition Environment & Services - Dora Pena
  - Counseling, Psychological & Social Services - Dr. Cindy Cid
  - Social & Emotional Climate - Dr. Cindy Cid
  - Health Services - Susan Coffman
  - Physical Environment - Michael DeLaRosa
  - Employee Wellness - Michael DeLaRosa
  - Community Involvement - Erica Garcia
  - Health Education - Desi Rodriguez
  - Physical Education & Physical Activity - Joseph Carranza
- **Old Business**
- **New Business**
- **Announcement**
- **Adjournment**

New Business

- House Bill 1525
  - Effective June 16, 2021
- Senate Bill 9
  - Effective December 2, 2021

Physical Education
Joseph Carranza, PE Coach
Memorial Elementary

Physical Education

Weslaco Independent School District

TEXAS STANDARD FOR PE

PE MUST BE OFFERED IN GRADES K - 12 AS PART OF THE REQUIRED CURRICULUM IN TEXAS SCHOOLS

THE CURRENT STANDARDS FOLLOWED FOR PE ARE CALLED THE TEKS

What are the PE requirements for the state of Texas

GRADES PRE K - GRADE 5

30 MINUTES PER DAY / 135 MINUTES PER WEEK

GRADES 6TH - 8TH

30 MINUTES PER DAY FOR A MINIMUM OF 4 SEMESTER

225 MINUTES PER TWO WEEK INCREMENTS

GRADES 9TH - 12

1.0 CREDIT TO SATISFY GRADUATION REQUIREMENT

WHAT ARE THE FOUR MAIN ELEMENTS OF PE

1. AEROBIC FITNESS
2. MUSCULAR FITNESS
3. FLEXIBILITY
4. BALANCE

PHYSICAL FITNESS ASSESSMENT INITIATIVE (FITNESSGRAM)

State law requires school districts to annually assess the physical fitness of students enrolled in grade three or higher and to provide the results of individual student performance on the administered physical fitness assessments to the Texas Education Agency (TEA). The Physical Fitness Assessment Initiative (PFAI) is a program designed to collect and analyze the required student physical fitness data.

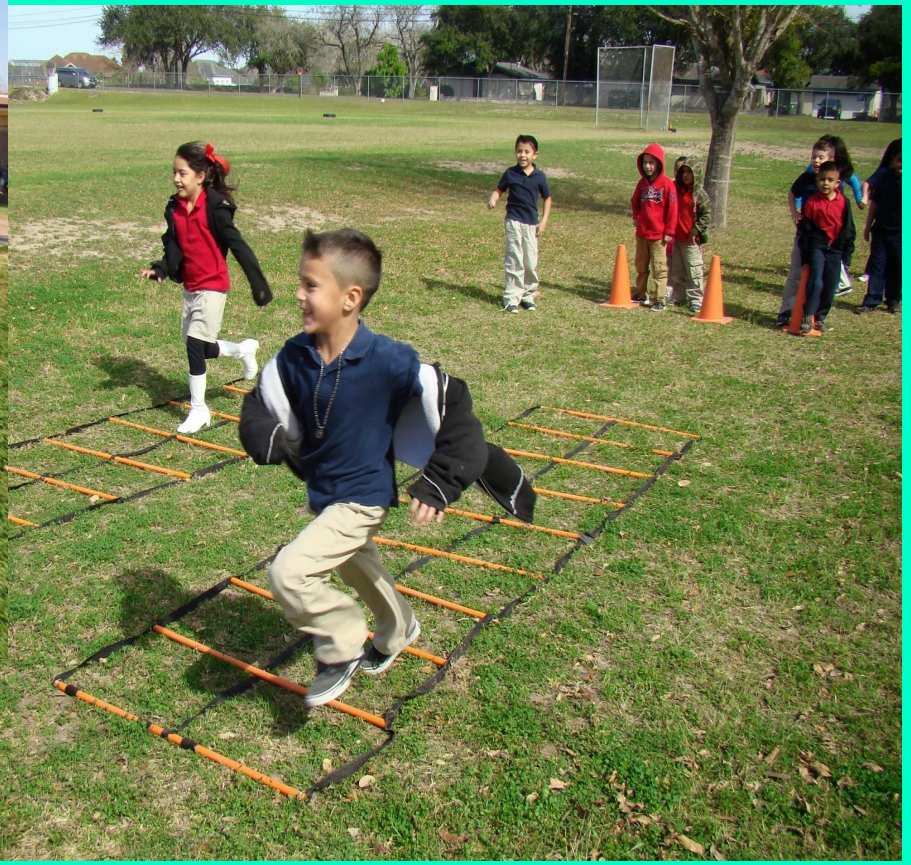
(TEA)

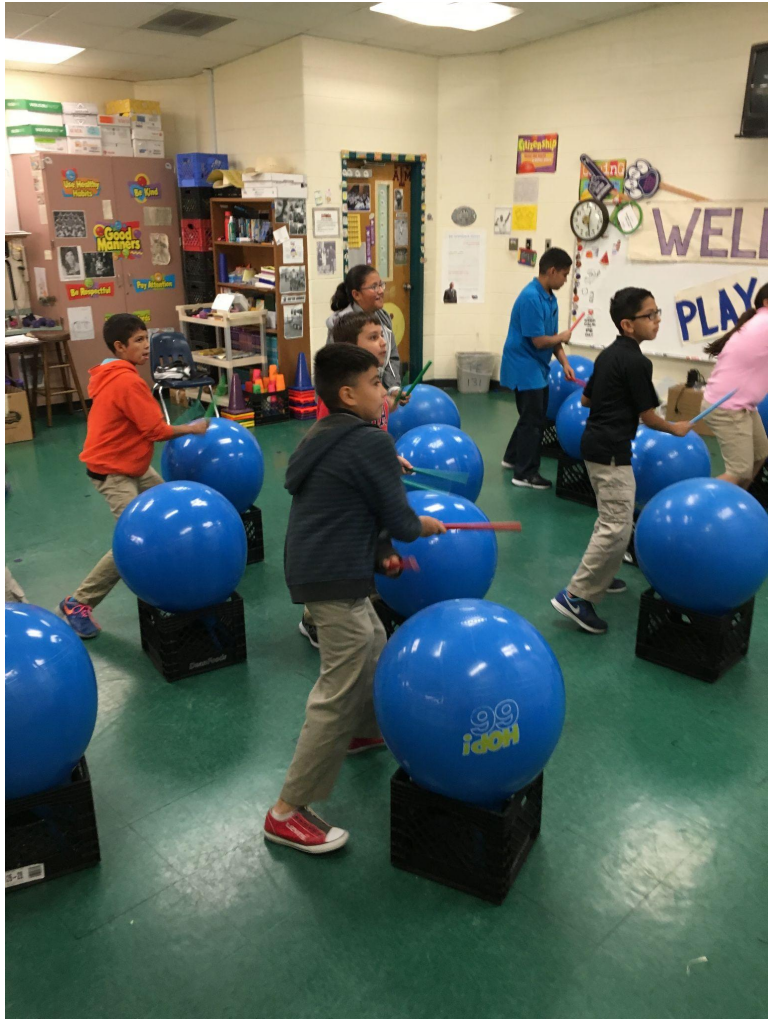
CURRICULUM/RESOURCES

- CATCH - Coordinated Approach to Child Health
- SPARK - Physical Education Curriculum
- OPEN - Online Physical Education Network

DISTRICT-WIDE EVENTS

- Kids’ Heart Challenge - American Heart Association
- Stomp Out Diabetes - STJ Diabetes Association
- Fitnessgram* - Cooper Institute*
- Lil’ Weslaco Relays - District-wide Track Meet

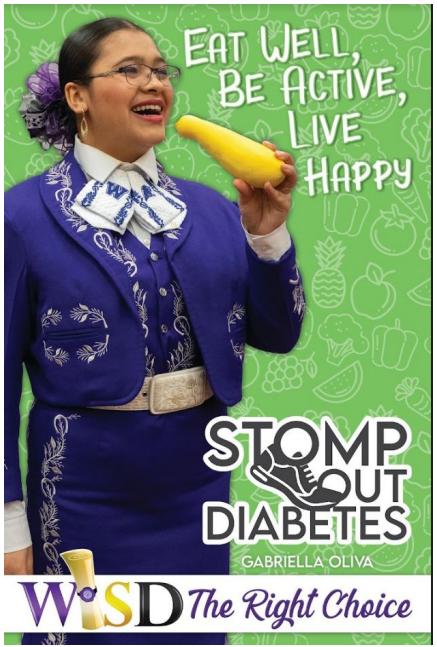



Good Manners
PLAY

MILLER
58

THANK YOU!

Stomp Out Diabetes Posters & Banners



Mental Health and Self Care Parent Conference

New Requirements

For each meeting, the council shall at least post 72 hours before the meeting:

- Post notice of date, hour, place and subject of the meeting on a bulletin board in the central administrative board in the central administrative office of each campus in the school district and on the district's website

New Requirements

You must prepare and maintain minutes of the meeting that state the subject and content of each deliberation and each vote, order, decision, or other action taken by the council during the meeting.

New Requirements

- Make an audio or video recording of the meeting;
- Not late than the 10th day after the meeting, submit the minutes and audio or video recording of the meeting to the district.

New Requirements

- As soon as practicable after receipt of the minutes and recording, the school district shall post the minutes and audio or video recordings on the district website.

Next SHAC Meeting May 11, 2022