



# School Health Advisory Council

## 2019-20 Report

### **2019-20 RECAP**

**The SHAC met five times during the 2019-2020 school year. The committee had previously recommended the relaunch of a district-wide Wellness Fair.**

The Inaugural Wellness Fair was held February 29, 2020. There were 35 vendors with offerings from medical, wellness, fitness, mental care, skincare, natural living, and more. Visitors to the fair were able to sample healthy foods prepared by the Culinary Arts students. Methodist Hospital had participants play a short educational game, with an Astros jersey as the prize. A blood drive was also conducted in the WHS parking lot, garnering more than 20 donations for the Gulf Coast Regional Blood Center.

**In response to a growing problem with student vaping and vapes being found on campuses, the Communications department assisted ITL with an anti-vaping campaign that was presented to all secondary students.**

The campaign included a video of a former student who had been hospitalized with lung issues due to vaping. Teachers were provided with a lesson plan including a PowerPoint on e-cigs, a poster campaign explaining the health and legal ramifications of “dab” pens, and a parent presentation by Dr. Crystal Collier, a social and emotional expert and counselor. National speaker Tony Hoffman also presented to secondary students on his experiences with drugs, vaping, addiction and recovery.

### **2020 RECOMMENDATIONS**

#### ***Coronavirus Pandemic***

The SHAC committee met virtually this summer to discuss the pandemic and its effect on schools and students. The committee would like to publish a monthly newsletter for the 2020 school year that will cover relevant health topics related to the virus, safety in wearing masks, how to stay healthy, etc.

**Recommendation:** Communication department will assist with the newsletter articles, and use for district-wide distribution.

#### ***Sex Education***

In 2019 the committee tabled the sex education presentations by an outside organization due to concerns with content. Despite research into other organizations offering in person lessons and video offerings, a decision was not made to move forward with any new programs. Although it is not required that schools teach sex ed, the committee recommends continued focus on this topic. The Texas State Board of Education is currently considering changes to its statewide sex education policy. State law currently requires schools teaching sex ed stress abstinence only. The change would include a move to abstinence-plus and teaching middle schoolers about birth control options beyond abstinence.

**Recommendation:** The committee requests assistance from the ITL department on identifying a sex education program for consideration by the SHAC and the School Board.

#### ***Health & Wellness Fair***

The committee has decided to cancel the planning of a wellness fair for the 2020-21 school year due to the current Coronavirus pandemic.

**Recommendation:** Postpone planning of a wellness fair until the pandemic is under control.