

Student Health Advisory Council (SHAC) meeting minutes – Feb 8, 2024

1. Introduction and welcome

Kathy Riojas called the SHAC meeting to order on Feb 8, 2024 at the Nancy Watten Center Ballroom 210 at 7:04pm with quorum met and secretary in attendance. Kathy welcomed everyone, and reminded attendees to sign-in.

The following SHAC members were in attendance: Kathy Riojas, April Hooper-Christensen, Sally Derrick, Semira Abdourezak, Cristal Retana, Kelley Taylor, Sandra Lieck, Linda Villemarette, Veronica Morales, Jonathan Wilk, Kim Graham, Betsy McKinney, Laura Brookover-Ybarra, Zoher Bharmal, and Sylvia Mazuera.

Other guests in attendance: Eliza Livingston and Nicole Page.

2. Review of SHAC Mission /Purpose

Kathy reviewed why we need a SHAC, the goals, the components of the coordinated school health program and the importance of parent participation. She also reminded the audience that only SHAC members appointed by the CFBISD school board are authorized to make and discuss motions and vote. Other people in attendance are considered visitors and they can ask questions during the program and address the SHAC during audience for guests.

3. Audience for Guests

Eliza Livingston spoke about her goal to help children of color with diabetes and high blood pressure.

4. Approve minutes from meeting on Oct 12, 2023

The minutes from the Oct 12, 2023 regular meeting were approved by general consent.

5. Presentation on school-based Asthma Management by Semira Abdourezak, MS Health educator from Chronic Disease Division of DCHHS

Semira presented on the Asthma Management programs that include the Open Airways program for children 8-11 years old and Kikkin' Asthma for children 11-16 years old. They also offer a Virtual Home visit program that does an environmental assessment.

6. Discussion and vote regarding Mental health Curriculum committee recommendations

Kathy Riojas presented the following report from the committee:

The following SHAC members were appointed to the curriculum review committee at the Sept 14, 2023 meeting: April Hooper-Christenson, Kathy Riojas, Victoria Whitley, Betsy McKinney, Jonathan Wilk and Sylvia Mazuera. Based on SB9 the committee was tasked to review public-school instruction and material regarding the prevention of child abuse, family violence, dating violence and sex trafficking. Parents have to opt-in for students to receive instruction on these topics.

The committee reviewed the curriculum provided by the CFBISD Counseling and Athletic Departments and met on Oct 23, 2023 and February 5, 2024 for discussion and a vote. The curriculum committee is recommending that SHAC approve the following curriculum:

SB9 Lesson Plans for SHAC Approval			
Item Number	Description	Materials	Additional Notes
1	Gr. K Personal Safety	Lesson Plan and Optional Slide Deck	This lesson addresses child abuse prevention
1.1	Gr. K Additional Personal Safety	Lesson plan	New lesson
2	Gr. 1 Personal Safety	Lesson Plan and Optional Slide Deck	This lesson addresses child abuse prevention
3	Gr. 2 Personal Safety	Lesson plan	This lesson addresses child abuse prevention
4	Gr. 3 Personal Safety	Lesson plan	This lesson addresses child abuse prevention
5	Gr. 4 Personal Safety	Lesson plan	This lesson addresses child abuse prevention
6	Gr. 5 Personal Safety	Lesson plan (approved last year)	Lesson plan that was approved last year for 4 th and 5 th grades will be used for 5 th grade moving forward
7	Gr. 6 Personal Safety	Lesson plan and Slide Deck	This lesson addresses child abuse, domestic violence, dating violence, and trafficking prevention
8	Gr. 7 Personal Safety	Lesson plan and Slide Deck	This lesson addresses child abuse, domestic violence, dating violence, and trafficking prevention
9	Gr. 8 Personal Safety	Lesson plan and Slide Deck	This lesson addresses child abuse, domestic violence, dating violence, and trafficking prevention
10	Gr. 9 Personal Safety	Lesson plan and Slide Deck	Lesson addresses child abuse, domestic violence, dating violence, and trafficking.
11	Gr. 10 Personal Safety	Lesson plan and Slide Deck	Lesson addresses child abuse, domestic violence, dating violence, and trafficking.
12	Gr. 11 Personal Safety	Lesson plan and Slide Deck	Lesson addresses child abuse, domestic violence, dating violence, and trafficking.
13	Gr. 12 Personal Safety	Lesson plan (approved last year)	Lesson plan that was approved last year for 9-12 grades and will be used for 12 th grade moving forward
14	Gr. K-1 Supplemental Digital Citizenship and Personal Boundaries	Lesson plan with embedded slide deck	Lesson created by NetSmartz, a program of the National Center for Missing and

			Exploited Children, also reviewed by Dr. Megan Garza, CFBISD's Senior Director of Digital Learning
15	Gr. 2-3 Supplemental Digital Citizenship and Personal Boundaries	Lesson plan with embedded slide deck	Lesson created by NetSmartz, a program of the National Center for Missing and Exploited Children, also reviewed by Dr. Megan Garza, CFBISD's Senior Director of Digital Learning
16	Gr. 4 Supplemental Digital Citizenship and Personal Boundaries (Sexting Prevention)	Lesson plan and Slide Deck	This is a separate, supplemental lesson for sexting prevention that may be provided to opted-in students for prevention, or when a need is demonstrated on campus. It was also reviewed by Dr. Megan Garza, CFBISD's Senior Director of Digital Learning.
17	Gr. 5 Supplemental Digital Citizenship and Personal Boundaries (Sexting Prevention)	Lesson plan	This is a separate, supplemental lesson for sexting prevention that may be provided to opted-in students for prevention, or when a need is demonstrated on campus. It was also reviewed by Dr. Megan Garza, CFBISD's Senior Director of Digital Learning.
18	Gr. 6-8 Supplemental Digital Citizenship and Personal Boundaries (Sexting Prevention)	Lesson plan and Slide Deck	This is a separate, supplemental lesson for sexting prevention that may be provided to opted-in students for prevention, or when a need is demonstrated on campus. It was also reviewed by Dr. Megan Garza, CFBISD's Senior Director of Digital Learning.
19	Gr. 9-12 Supplemental Digital Citizenship and Personal Boundaries (Sexting Prevention)	Lesson plan and Slide Deck	This is a separate, supplemental lesson for sexting prevention that may be provided to opted-in students for prevention, or when a need is demonstrated on campus

20	Gr. 6-12 Separate Lesson Child Abuse Prevention	Lesson plan and Slide Deck	Instead of all four SB9 topics, this lesson only addresses child abuse prevention, in case of a parent request
21	Gr. 6-12 Separate Lesson Family Violence Prevention	Lesson plan and Slide Deck	Instead of all four SB9 topics, this lesson only addresses domestic violence prevention, in case of a parent request.
22	Gr. 6-12 Separate Lesson Trafficking Prevention	Lesson plan and Slide Deck	Instead of all four SB9 topics, this lesson only addresses trafficking prevention, in case of a parent request
23	Gr. 6-8 Separate Lesson Dating Violence Prevention	Lesson plan and Slide Deck	Instead of all four SB9 topics, this lesson only addresses dating violence prevention for middle school, in case of a parent request
24	Gr. 9-12 Separate Lesson Dating Violence Prevention	Lesson plan and Slide Deck	Instead of all four SB9 topics, this lesson only addresses dating violence prevention for high school, in case of a parent request
25	Mental Health America's We Help Ourselves Program Lessons (WHO). We were told last year from an MHA representative that we could apply for free access to the program through MHA. Upon approval from SHAC and the school board, we will apply for the scholarship each year if available.	Lesson plan, video and video script K-2 grades, and Lesson Plan and video 5 grade	This content consists of one lesson for K-2 and one lesson for 5th grade.
26	Gr.9-12 in Health course – NEST curriculum	Curriculum	These are new requirements from SB114 (opt-in). This curriculum meets the TEKS for the course.

Some of the curriculum reviewed was written by CFB counselors and some is purchased from vendors. The CFB written curriculum is available online for parents to review in advance and the curriculum that is from other vendors can be reviewed by parents by contacting the school counselor. This curriculum will be used at all schools so there is consistency in what is presented to students. All of this curriculum requires parental opt-in. Some of the opt-in documents were included in the enrollment paperwork for the 2023-24 school year. Schools may send it out again to parents for another chance to opt-in. Schools have to give parents a 14-day advance notice prior to presenting the curriculum to students. April Hooper-Christenson moved on behalf of the curriculum committee to approve the curriculum recommendation as presented. It was approved with a unanimous vote in favor.

7. Discussion and vote regarding Physical Activity and Fitness planning subcommittee recommendations

The following SHAC members volunteered to be part of the Physical Activity and Fitness planning subcommittee in September 2023: Kathy Riojas, Victoria Whitley, Kelley Taylor, Zohar Bharmal and Cristal Retana. On behalf of the district, Sandra Lieck, Jonathan Wilk and Michael Ramriez provided the subcommittee information related to physical education and fitness district policies and offerings.

The goal of the subcommittee was to provide recommendations that could potentially increase or improve physical education and fitness opportunities within the district. The committee met January 30th to discuss and offer recommendations. The recommendations were approved by the subcommittee on February 6.

The following are the recommendations the subcommittee would like to propose tonight:

1. We propose that the district send out a survey to students at the secondary level that would capture student data about physical education courses students would want to see offered at their campuses. Capturing student data would allow for the district to identify the ways in which students want to increase their physical activity and fitness.
2. We propose that the district consider a Summer Physical Activity and Fitness challenge (similar to reading challenges) that promote physical activity during the summertime when school is not in session. Research based out of other communities has shown that asking students to be more active in the summertime also provides opportunities for families to engage in these activities together.
3. We propose that the physical education offerings at each middle school campus be more consistent throughout the district. While each campus has the mandated physical education offerings, some campuses offer martial arts as an option for physical education.
4. We propose that the district review the guidelines and resources for teachers regarding indoor recess expectations that still promote movement and physical activity when outdoor recess is not an option. The subcommittee wants to ensure that teachers know where to access and how to implement to their best ability the indoor recess protocol.
5. We propose that the district consider sharing more information through regular parent communication channels regarding physical fitness tips, suggestions and resources.
6. We propose that the district consider creating opportunities for middle school students to engage in physical activity in a supervised setting before the school day begins by offering walking time on the track occasionally throughout the school year. It is recommended that the track only be used for walking during this time, not as an opportunity for students to congregate and stand nor as an opportunity to engage in competitive sports. It is encouraged that campuses utilize parent volunteers to man the walking on the track to alleviate staffing concerns during this time of the day.

April Hooper-Christenson moved to approve the recommendations for physical activity and fitness planning as presented by the subcommittee. The motion was seconded by Kelley Taylor and it was unanimously approved with a vote.

8. New topics for SHAC meetings this year

Suggestion to review data from student mandated guidance lessons that are now opt-in and compare to prior years where parents had to opt-out and evaluate if there was an impact from the change.

9. **Adjourn**

The next SHAC meeting will be on April 18, 2024 at 7pm with the location to be determined. There being no further business, the meeting was adjourned at 8:02pm

Sylvia Mazuera, SHAC Secretary