



Aledo ISD SHAC meeting minutes – March 7, 2022

Welcome ~ Meeting began at 5:34pm, 15 members were present including 13 voting members and 2 non-voting members. It was noted that the meeting was being recorded and the recording would be available on the AISD website following the meeting. The recording is available for viewing [here](#).

- I. **SHAC Purpose & Mission** ~ Purpose and Mission of the SHAC Committee were reviewed – the purpose of the SHAC is to reflect local community values in the District’s health curriculum and instruction and the mission is *to establish and communicate guidelines and age-appropriate strategies to implement ongoing programs empowering students at all levels to make informed choices for a healthy lifestyle reflective of our community’s values.*
- II. **Public Comment** ~ SHAC meetings are open to the public. Public Comment is part of the agenda at each meeting. No public comment was requested for this meeting.
- III. **Future meeting dates / times** ~ Future meeting date of April 25 was reviewed.
- IV. **Minutes from January 24 meeting** ~ The minutes from the prior meeting of the SHAC on 1.24.22 were shared with the members before the meeting. Opportunity was given for membership to discuss or suggest revisions to the minutes. No suggestions or revisions were made.

- V. **Child Nutrition Report** ~ Patty Willhite, AISD Child Nutrition Director, brought food samples and shared a presentation to give an overview of the Child Nutrition Program in the District this school year. Patty shared the requirements for school programs as directed by the USDA and TDA as well as some operational aspects, like how some foods are prepared, how student lunch accounts work, etc.

- VI. **COVID-19 Update** ~ A short overview on COVID-19 cases and the AISD dashboard was presented and reviewed and included recent trends related to case counts.

- VII. **Positivity Project – content updates** ~ Information was shared with the group related to the content updates that have been made by the Positivity Project since it was implemented by Aledo ISD. P2 staff has created, and shared with anyone requesting access, a spreadsheet which denotes changes to resource-types, videos, which correspond to different Character Strengths and are sorted by grade band, etc. Such updates were requested by AISD staff following questions raised during the initial preview period back in September/October by district parents about the evolving scope of resources P2 was employing and sharing with its partners. SHAC members will be granted access to the shared spreadsheet for access to review content updates in real time.

- VIII. **Subcommittee on Physical Fitness** ~ At the first SHAC meeting of this year (parent) Dr. Carolyn Rekerdres, (teacher) Sue Spreier, and (parent) Ahsley Ihle all volunteered to serve on this required subcommittee. The purpose is to review relevant data and make recommendations to the larger SHAC related to the physical activity and physical fitness of district students. The FitnessGram physical fitness assessment instrument is approved by the state of Texas and is utilized for this purpose. However, since the FitnessGram has not been reported for each of the last two years due to COVID, our

subcommittee does not have any data to review. The FitnessGram is being completed this year and data is to be submitted no later than April 8. The subcommittee will have the opportunity to review data and consider recommendations after that time.

- IX. **Potential Speaker** ~ An opportunity was presented to the group – originally brought by a parent – for a potential speaker to speak to students at some point later this school year. This agenda item had previously been discussed at the January 24 SHAC meeting. At that point the district has already reserved the speaker to present to parents on the evening of Wednesday, March 30 at a Parenting University event. The name of the speaker, Nathan Harmon, and his organization, Your Life Speaks, were shared with SHAC members, along with links to video clips of him speaking, prior to the meeting. The follow-up discussion at this meeting focused on the benefits of having a dynamic speaker talk to AISD students about overcoming adversity (especially coming out of a pandemic), about their overall health and wellness, and promoting healthy behaviors. Additional discussion ensued regarding other means of intervention and support opportunities for staff and students to get access to mental health resources both through the school district and in the surrounding community.
- X. **Student Wellness Survey** ~ It was shared that, in recent days, the district has been communicating about an upcoming student wellness survey. Details about the survey, the nature of the questions, the confidentiality of the responses, and use of the aggregate outcome data were all shared with the SHAC group. It was reinforced that parents would have the opportunity to choose for their children to not take the survey and that parents would be able to request to see their child’s individual responses upon request. Students in grades 5 – 12 would be completing a web-based survey during the week of March 21-25.

- XI. **Bylaws** ~ An initial re-review of the SHAC bylaws was brought forward for consideration and possible vote during April meeting. Due to the shifting of McAnally Intermediate from a single-grade Intermediate campus to a 3-grade Middle School campus, as well as the opening of the Early Childhood Academy, there is need to review and revisit the bylaws as it pertains to membership and campus representation. Members were asked to review and reflect on potential needed adjustments to the bylaws to consider prior to next school year and to bring thoughts and/or ideas to the April 25 meeting.
- XII. **New Business** ~ This agenda item is included to give the opportunity for any SHAC members to bring new ideas, thoughts, suggestions, questions, etc. to the group for consideration or discussion. The purpose of this new item was reviewed and the floor was opened for any comments or input from members. Nothing was brought forward by the group at this meeting.

Adjournment ~ Meeting adjourned at 7:03pm