



Aledo ISD SHAC meeting minutes – April 24, 2023

- I. **Welcome** ~ Meeting began at 5:31 PM, 28 members were present including 23 voting members and 5 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](#).

- 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. **Review Mission & Purpose of SHAC** ~ 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.*

- IV. **Subcommittee on Physical Fitness Recommendations** ~ Reviewed purpose behind PE requirements set forth by the state and how they are applied to the district. Fitnessgram (the Cooper Institute) is now no longer in partnership with state of Texas and the assessment instrument is now known as the Physical Fitness Assessment Instrument (PFAI). The Cooper Institute (via Fitnessgram) provided individualized student data. The PFAI does not provide individual student data. It is used as a general tool to measure childhood

obesity. It measures 6 areas aerobic capacity (PACER); body composition (via height and weight – which parents may opt out of should they choose to do so); upper body strength; abdominal strength; trunk strength; and flexibility. Data was reviewed by the subcommittee and found that our students overall are very healthy. Recommendations that the subcommittee has made for our district (presented by Trish Watson and Matt Weaver) to promote additional physical activity outside of the school day (Cowtown Race; Glow Run). Conversation surrounded changing rotations of Art/PE/specials from daily to weekly to allow a greater concentration of time on each subject on the days that the specials occur.

V. AISD Employee Convocation – Wellness

a. Request for input

Convocation (school year kick-off event) this year will focus on Wellness for teachers and staff. Meeting participants tasked with providing ideas for naming the event and providing suggestions about making elective sessions that participants would enjoy and help make the event a success. Suggestions included:

- yoga
- mindfulness
- mental health
- safety
- vendors
- basic health screening
- spirituality (pastoral counseling)
- hobby development
- chair massages
- workplace mentorship
- parenting classes
- animal therapy
- plants/floral design (terrariums)/gardening
- Zumba/open gym

VI. Fentanyl Awareness

a. Parenting University

The Parenting University held in April focused on Fentanyl Awareness and had several speakers; Sheriff Bill Wayborn (Tarrant County Sheriff); Laura Montes (an Assistant United States Attorney for the Northern District of Texas) and several families from Aledo ISD who have been directly impacted by the death or addiction of a student.

VII. Input on proposed student awareness programs in 2023-2024

a. 2 @ MS and 4 @ AHS

Campuses will have the fentanyl posters from the TEA toolkit delivered to them before the end of the year. Discussed the possibility of large scale student assemblies, the appropriate topics and the frequency of those assemblies. Some ideas included:

- Anxiety/depression
- Resiliency
- Suicide Prevention
- Human Sex Trafficking
- Social Media Usage
- Social Skills (Making Connections)

VIII. Tentative SHAC roster for 2023-2024

Shared preliminary roster for next year. Discussed term limits and attendance requirements for continuing to serve on the committee.

IX. SHAC Board Report

a. All members invited to be recognized – June 19th

SHAC will present their annual report to board at this meeting.

X. New Business ~ No new business was presented.

Adjournment Time: 7:08 PM