



Aledo ISD SHAC meeting minutes – September 29, 2022

- I. Welcome from Dr. Bohn** ~ Meeting began at 5:34pm, 38 members were present including 30 voting members and 8 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. Introduction of members** ~ Introductions were done to start the meeting, participants stated their name, their role on the SHAC, the campus they represent, how long they have been affiliated with the district and any student association they have. Meeting norms were reviewed.
- III. 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.
- IV. Review Mission & Purpose of SHAC and bylaws** ~ 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*. Bylaws were reviewed.
- V. Nomination/selection of parent Co-Chair** ~ Parent Co-chair role & responsibilities explained. Kristin Robbins, AHS parent, volunteered for the position. No other individuals volunteered or were nominated, no vote necessary. Kristin Robbins named as parent Co-chair.

- VI. Subcommittee on Physical Fitness & Activity** ~ Sub-committees were explained. Fitnessgram is a required sub-committee. Volunteers for membership were solicited. Jeff Wade, Matt Weaver, Trish Watson, and Jennifer Watkins. The Fitnessgram sub-committee will meet in December/January.
- VII. SHAC webpage** ~ Explained location and how to access the SHAC website. Link to SHAC website provided [here](#).
- VIII. Spring 2022 student Wellness survey results, summary of responses** ~ Scott Kessel, Executive Director of Student Services, introduced the student wellness survey results of our 5th-12th grade student population. The survey was conducted in the Spring 2021 and Spring 2022. Student responses were compared to student responses in a national sample. The schools we were compared against were of similar composition - a non-urban school setting with a low free and reduced lunch population (bottom 20% of national average).

6th-12th grade questions were different from 5th grade set. There were two surveys given, one elementary (5th grade only) and one secondary (all questions the same grades 6-12). We had an increase in almost all areas, however compared to the national averages we at the bottom of the bell curve. Discussion surrounded an explanation of the methodology of the survey and the results and how it applied to our student population. It was determined that it would be beneficial to have additional explanation provided to students and parents prior to participating about how the survey data will be used to increase student well-being. Information will be conveyed to parents and students via the Bearcat Blast, Facebook, campus communication, and email.

Strategies moving forward to increase our students' sense of belonging is incorporating programs like "Start with Hello" and the new Bearcat Ambassador program. Bearcat Ambassadors are 65 students, at all campuses across the district who welcome new students and try to support their connectedness as they transition into their new environment.

IX. **Opioid Awareness curriculum options** ~ SB 435 directs that SHAC's must recommend appropriate grade level curriculum & instruction for Opioid Addiction & Abuse. TEA provided a list of resources that public schools shall choose from to deliver to students to increase awareness and reduce opioid use and abuse. Committee members were asked to research the options provided by TEA and utilize the provided rubric to evaluate options for discussion at future meetings.

X. **Future Meeting dates/times**

a. 10.20.22, 11.10.22, 1.23.23, 3.6.23, 4.24.23

Adjournment Time: 7:11 PM