

# Minutes from S.H.A.C. Meeting September 18, 2024 10:00 a.m.

**Facilitator:** Stephanie Schuette

**Welcome/Introductions**

**Call To Order**

**Attendance**

**Members Present:**

- Christina Yi-Pregnancy Center of the Coastal Bend
- Nicole Tucker, 504 Director, Asst. DAEP Principal
- Rodney Acosta, Athletic Director
- Nancy Moreno, Communities in School
- Ruben Medrano, Truancy Liaison
- Sueann Martinez, Food Service Director
- Ariel Olivarez, Parent
- Mary Bueno, MHS ACE Site Coordinator
- Maria Flores, Director of ACE 21<sup>st</sup> Century
- Melodie Wallace, Secretary

\*Attendance qualifies for quorum

---

**S Schuette:** Instructed attendees to review contents of folders.

Acknowledgement of Handouts:

- Meeting Agenda
- WellSAT 3.0 District Scorecard
- WellSAT-I Wellness School Assessment Tool-Interview to Match WellSAT 3.0
- Worksheet 4: Summary of Findings
- MISD School District's Wellness Policies on Physical Activity and Nutrition
- MISD Social Emotional Learning (SEL) Monthly Promotions

---

**Discussion of Agenda Topics: Wellness Policies on Physical Activity and Nutrition**

**Athletic Director** Rodney Acosta discussed the following points:

- Mathis ISD is currently compliant with the 60 minutes of physical activity per day requirements
- Currently offers both Athletics and Physical Education classes
- Current initiative is to incorporate more physical activity into subject lessons throughout the day, anything from arm circles to standing and stretching
- Encourage brain breaks that would allow students to stand up and move
- Staff are voluntarily participating in weight-loss challenge

# Minutes from S.H.A.C. Meeting

## September 18, 2024 10:00 a.m.

- Currently aligned with Fitness Gram

Motion to Accept Current Physical Fitness Standards: Ariel Ortiz

2<sup>nd</sup>: Nicole Tucker

Motion Carried: Unanimous

---

**Community Outreach** Christina Yi with Pregnancy Center of the Coastal Bend introduced herself to Mathis ISD SHAC and presented handouts from She highlighted the many benefits of PCCB:

- PCCB program can be completely funded through grant money
- Offers ESTEEM curriculum choices outside the current CIS and Teen Truth programs
- Grant would start October 5<sup>th</sup> and has a 5-year cycle
- Covers cost of training teachers and materials
- TEKS approved
- Could offer live demonstrations including ultrasounds, or assist with Health Fair
- If Health class is a required credit, could offer ESTEEM curriculum and be TEKS compliant

Question A. Ortiz:

Can parents be aware of curriculum before introduction to students or could they be involved?

Answer: Yes, PCCB offers parent workshops and parent previews of all curriculums

Schuette: There should be an opt-in or opt-out option offered to parents

Yi: TEA recommends opt-in options via consent forms prior to program

Nancy Moreno: CIS mails out consent forms to parents and has only received (6) opt out requests from MMS

Ti: We offer a non-faith-based curriculum, TEA approved, medically correct program. If approved, the MOU could be in place by Spring.

Motion to formally consider MOU and grant application with Pregnancy Center of Coastal Bend to be presented to the board later: Stephanie Schuette

2<sup>nd</sup>: Nancy Moreno

Motion carried: unanimous

---

**Wellness Director** Stephanie Schuette presented the Triannual Assessment Policy and reviewed the WellSAT 3.0 Scorecard, WellSAT -I results to SHAC, and completed the Summary Findings worksheet with the quorum. SHAC also reviewed the current MISD Wellness Policies for Physical Activity and Nutrition and made changes to update language based on current offerings.

---

No further questions or comments.

Meeting Adjourned at 11 a.m.