

**Fredericksburg ISD  
School Health Advisory Council Meeting Minutes  
October 23, 2024 4:30pm  
Fredericksburg ISD - District Office  
234 Friendship Lane  
Fredericksburg, TX 78624**

**SHAC Members Present:** David Pedregon, Patricia Smith, Alma Trujillo, Amy Beicker, Kristi Stafford, Shelee Padgett, and John Willome

**SHAC Members Absent:** None

**Staff Present:** Sarah Southard, District Coordinator

**Others Present:** Hattie Allen (Grace Center), Sonja Gutierrez (Grace Center), Susan Becmer (QPR Suicide Prevention)

## Agenda Topic

Welcome and Opening Remarks

- A. Call to Order  
David Pedregon called the meeting to order at 4:34.
- B. Documentation of Attendance and Quorum  
David noted that six of the seven members were present at the beginning of the meeting, so the meeting attained a quorum. Kristi Stafford was not present initially, but able to join after the meeting started.

Agenda Item #1 – Approval of the August 28, 2024 Meeting Minutes

Patricia Smith made a motion to approve the minutes. Shelee Padgett then seconded the motion to approve the minutes as amended. The motion passed unanimously.

Agenda Item #2 – The Grace Center – Teen Dating Violence Curriculum for high school students

Representatives from the Grace Center, Hattie Allen (executive director) and Sonja Gutierrez (program director) returned to present to the SHAC about bringing in a state-approved teen dating violence curriculum into the Fredericksburg High School called “Healthy Relationships.” There was a lot of discussion about how such a program would be implemented at the high school level. Additionally, the actual curriculum was not presented for review. SHAC Chair, David Pedregon, will follow up with FISD Superintendent to see what role the school board wants SHAC to play in reviewing and possibly implementing this program. We will possibly follow up on this at the November 13, 2024, meeting.

No action items were voted on.

Agenda Item #3 – Hill Country Veterans – Suicide Prevention

Susan Becmer gave the Council an over view of the QPR Suicide Prevention seminar she conducts for various ages. There is a “Youth” version. Similar to the Teen Dating violence presentation, there was a lot of discussion about how this would be implemented. There were also questions about the existing state-approved program FHS is using, teen Mental Health First Aid. Is it still in use? It is state-approved and aligned to the TEKS. There was suspicion that the QPR materials are not aligned to the TEKS or TEA-approved. There were also questions from SHAC members as to how much pressure the QPR program could put on the student to prevent the suicide and have difficult conversations with their peers. Similar to the Teen Dating Violence presentation, SHAC Chair, David Pedregon, will follow up with FISD Superintendent to see what role the school board wants SHAC to play in reviewing and possibly implementing this program.

Sarah Southard clarified for the SHAC that while educational lessons with sexual content are still an “opt-in” for parents to give consent, other items like suicide prevention and teen dating violence are an “opt-out” for parents, meaning the default will be to include students in the lessons unless parents explicitly say they want to opt to *NOT* include their children in the lessons.

No action items were voted on.

#### Agenda Item #4 - Subcommittee Updates

- Physical Activity and Fitness Planning: This is not a currently functioning subcommittee.
- Family Communications and Support: John Willome reported that the subcommittee brings four recommendations to the SHAC to consider suggesting to the Fisd board. Quoting the report:
  - We suggest Fisd do a needs assessment survey of parents/guardians to get a feel for where they are struggling. A survey should also be done of teachers and staff as to their perspective of the kind of support and help parents/guardians are needing.
  - We suggest Fisd maintain an updated web page with parent/guardian resources (English and Spanish). This could include links to articles, videos, or other parenting resources.
  - We suggest Fisd publicize the web page in item two at events parents/guardians attend such as student programs, meet the teacher night, etc. This could be a QR code in programs. It could also be a link as part of a signature that goes at the bottom of emails Fisd sends to parents/guardians. The email signature was not discussed at the meeting, but an idea that came up after the last meeting.
  - We suggest Fisd have a “parenting station” at family engagement events. This could possibly be staffed by counselors and social workers as well as representatives from Caritas Family Assistance Network.
- Sarah Southard will present these suggestions to the Fisd Superintendent and determine if any of these things are already being done and how these recommendations should be presented to the board.

No action items were voted on.

#### Next Meeting

- A. Next Meeting Date/Time  
November 13, 2024 at 4:30 p.m.

Additional Discussion: David expressed a concern that the SHAC is being asked to review materials without context including but not limited to the origin of why the materials we are reviewing are being brought to us, having the actual materials to review, an explanation from Fisd administrators on how the materials will be implemented in the school, and what materials will the newly considered items be replacing. David will include this concern in his conversation with the Fisd Superintendent.

#### Adjourn

John Willome made a motion to adjourn the meeting. Amy Beicker seconded the motion. The motion passed unanimously and the meeting adjourned at 6:12.

Respectfully submitted by John Willome on October 24, 2024