

School Health Advisory Council Meeting Minutes November 14, 2024

Members in Attendance

Community Members:

- Essence Castro (Co-Chair)
- Naressa Mackinnon
- Teri Tidemore
- Monica Dean
- Brian O’Rear
- Elysa Ross
- Wendy Cowen
- Wendy Johnson
- Rob Paiva
- Lizza Harris

Guests:

- Elizabeth Bosquez, M.D.
- Bobbie Jones
- Anndrea Searby
- Sheila McMullin
- Heather Bergman
- Alyssa Gonzalez
- Jason Jones
- Ana Sierra
- Sharell Marlitz
- Linda Macias

District Committee Members:

- Emmy Durand
- Suzy Hunter
- Darin Crawford
- Deborah Bartholomew
- Elaine Waier
- Celia Weaver
- Scott Hudson
- Angela Williams-Thomas
- Melinda Hood
- Sarah Hoglund
- Chris Hecker

Facilitator:

- Christina Cole

Call to Order

Christina Cole called the meeting to order at 9:30AM.

Introductions

- Introduction of new members: Rob Pavia, Wendy Cowen, and Lizza Harris

Review and Approval of Minutes

- Led by Essence Castro
- Amendments to 11/12/24 meeting minutes
 - Corrected - Scott Henry from Sean Henry in attendance list.
 - Corrected - Naressa Mackinnon, not Lewis Mckinney, was the first to motion for new co-chair nominee.
- Motion to approve as corrected: Brian O’Rear
- Second: Rob Pavia
- All in favor

High School Health Education

Overview: Linda Macias explained that Health I is currently a local graduation requirement, not a state mandate. The school board is considering the possibility of removing it as a requirement. The SHAC (School Health Advisory Council) has been tasked with making a recommendation on whether to retain or eliminate the requirement. This recommendation will be presented to the board.

Survey Concerns: Several community members expressed concerns about the wording of the survey sent to parents regarding the potential removal of Health I. Linda clarified the rationale behind the survey language and explained how the data would be aggregated. She emphasized that the purpose of bringing the issue to SHAC was to provide a recommendation to the board and noted that the wording of the survey could not be altered at this stage.

Other ISD Comparisons: Community members inquired about how other ISDs are handling similar health requirements. A review of health-related graduation requirements and electives from several districts was shared for comparison.

SHAC Concerns: SHAC members raised concerns about the impact of removing the Health I requirement and discussed additional metrics related to students affected by health-related issues in recent years. Linda responded that the SHAC could recommend postponing a decision or requesting further information before making a final recommendation.

Timeline Concerns: In response to concerns about the compressed timeline for this decision, Linda explained the potential impacts on student schedules, hiring of teachers and the additional workload for guidance counselors if changes to the graduation requirements need to be made later in the school year.

Next Steps: Additional meeting will be held December 3rd to further review the topic.

Wellness Plan

Presented by Emmy Durand.

Wellness Policy Overview: The group reviewed KPIs for the district's Wellness Policy goals and recommended forming a subcommittee to develop SMART goals before the next meeting.

Nutrition Promotion:

Goal: Promote healthy nutrition messages across settings.

Measure: Monthly review of food items and principal surveys.

Results: 71% of principals knew students could bring leftover food to the classroom; 87% reported having a share table in cafeterias.

School Gardens & Farm-to-School:

Goal: Maintain school gardens and promote farm-to-school programs.

Measure: Review of nutrition-related social media and usage surveys.

Nutrition Education:

Goal: Deliver nutrition education through programs like Harvest of the Month.

Results: 66% of principals share nutrition education resources; visibility in cafeterias needs improvement.

Physical Activity Goals:

Before/After School Programs: 42% of schools offer non-UIL physical activity clubs.

Parental Involvement: 27% of schools host family fitness nights, 66% are open to using online resources to support physical activity.

Meal Time & Cafeteria Environment:

Goal: Ensure sufficient time for meals in safe, comfortable cafeterias.

Update: All schools report at least 30 minutes for meal time; further observations are needed to define "sufficient time."

Next Steps:

1. Form a subcommittee for SMART goal development.
2. Increase Texas-grown produce offerings and improve physical activity and nutrition program visibility.

Physical Education Subcommittee

Physical Education Elaine Waier reviewed the goals of the Physical Education subcommittee, focusing on strategies to increase student activity beyond regular P.E. classes. The distinction between the wellness plan and this subcommittee were reviewed. Elaine invited new members to join the subcommittee, noting that meetings are held immediately after SHAC meetings.

Adjournment

Meeting called for adjournment at 10:20AM.

Motion: Brian O'Rear

Second: Rob Pavia