

School Health Advisory Council

SHAC Meeting

May 14, 2025

CALL TO ORDER

Time	Topic	Presenters
10 min	Call Meeting to Order	LaKesha Mitchell, SHAC Chair
5 min	Review of Minutes from March 3,2025 Meeting	Sandra Shields, Secretary
20 min	Employee Wellness Update	Maelene Grant Noella Whavers
15 min	Health Screenings Updates	Maelene Grant Director of Nursing
20 min	Physical Activity and Coordinated Health	Alec Hawkins William Mitchell
20 min	Building A Restorative School Culture	Tijuana Hudson Director of Restorative Practices
10 min	Skillful Living	Helen Wilborn Shantrell Ross
	Adjournment	LaKesha Mitchell, SHAC Chair

SHAC Agenda - May 14, 2025 - 4:30 pm-6:00 pm

REVIEW OF MINUTES

3.3.25

EMPLOYEE WELLNESS UPDATE

HEALTH & WELLNESS CORNER

Nutrition Information Monthly



HEALTH & WELLNESS CORNER



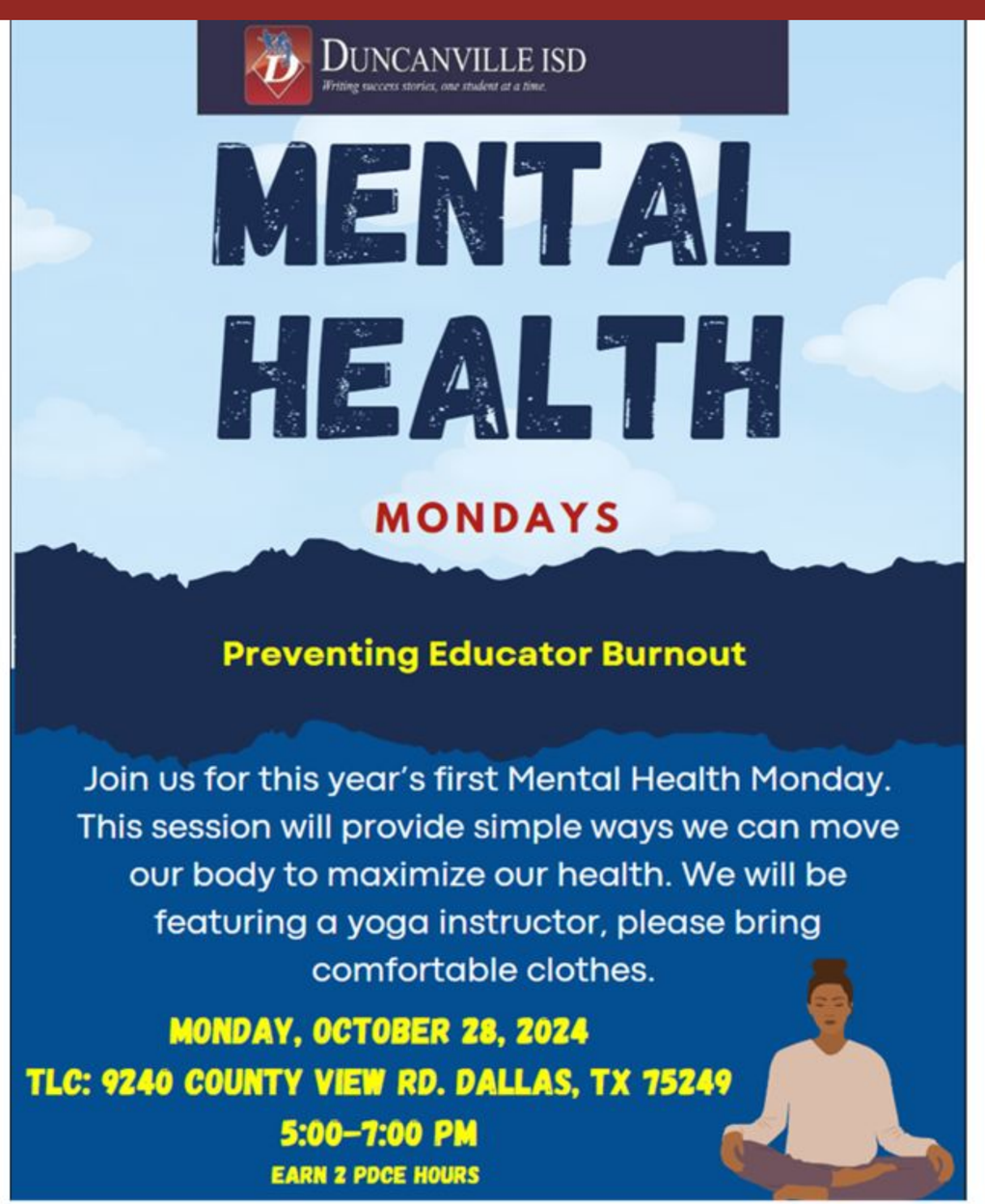
Line Dancing Monthly

Put on your dancing shoes and bring your moves!
Please join the Health and Wellness Committee for Line Dancing Class in the Education Plaza Boardroom on March 19, 2025 at 4:45PM until 5:45PM. Space is limited and signup is required.

Education Plaza Boardroom B103 and B104
710 S. Cedar Ridge Drive
Duncanville, Texas 75134

HEALTH & WELLNESS CORNER

Mental Health Mondays Monthly

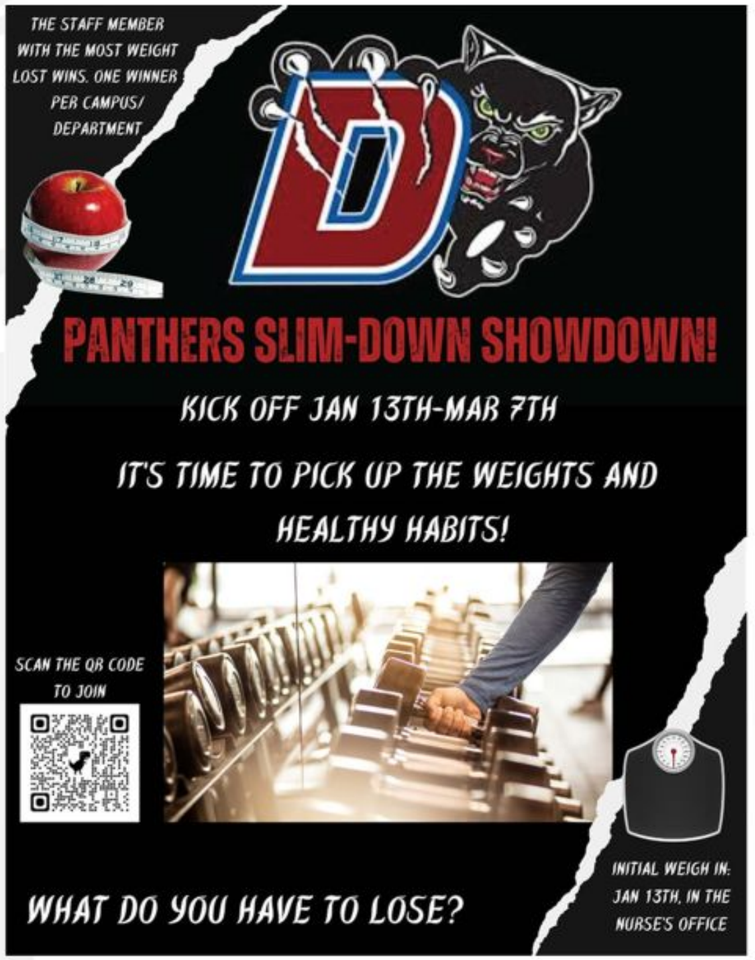


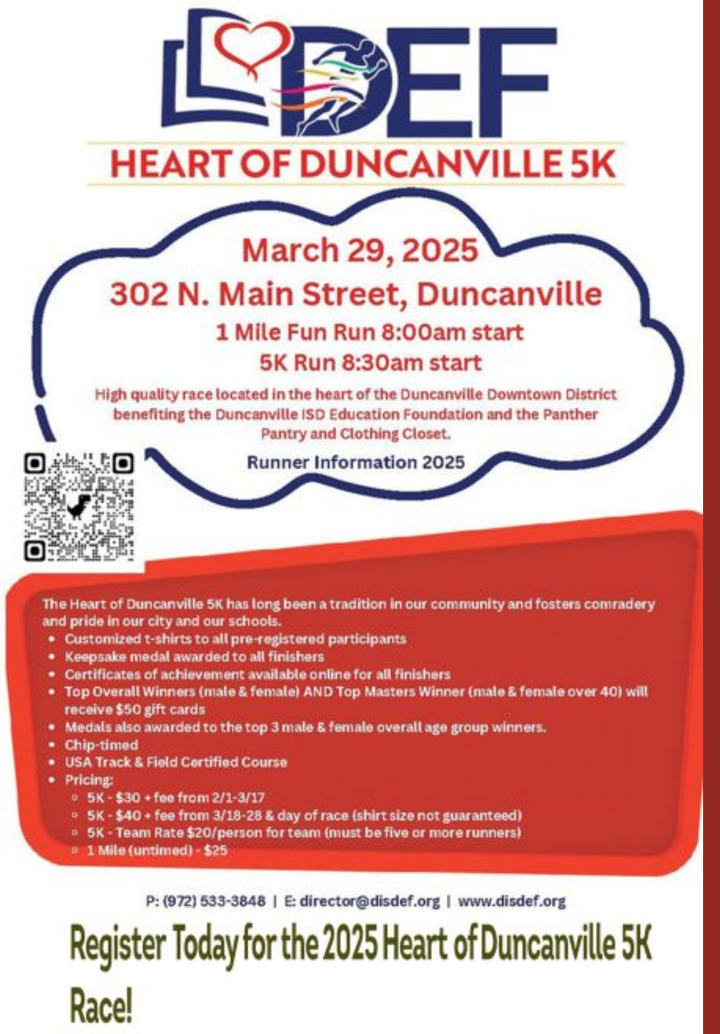
Mental Health Mondays – Preventing Educator Burnout

Join us for our third and final Mental Health Monday on March 31, 2025 at 5:00 to 7:00PM at the TLC: 9240 County View Rd. Dallas, Texas, 75249

HEALTH & WELLNESS CORNER

- Annual Chose to Lose/Panthers Slimdown Showdown
- Promotion of Annual Heart of Duncanville 5K





HEALTH & WELLNESS CORNER

- Annually American Heart Association Heart Health Awareness & Go Red
- Annually Blood Donations with Carter BloodCare



American Heart Association.

Healthy Heart, Healthy You Webinar

You are invited to attend a health education webinar hosted by TRS wellness consultant on **Wednesday, February 26th**. Please click one of the following links to register.

12PM to 12:45PM

5PM to 5:45PM

You will learn about:

- What is heart disease?
- Risk factors for heart disease
- High Blood Pressure – know your numbers
- Tips for improving your health



HEALTH & WELLNESS CORNER

- Breast Cancer Awareness along with Breast Cancer Screening in conjunction with the Methodist Health Mobile Mammography Unit



HEALTH & WELLNESS CORNER

- Bi-Annual Health and Wellness Campaigns
- Spring and Fall Campaigns sponsored by our insurer promoting various forms or health & wellness along with incentive giveaways for employee participation



Campaign Starts: **February 4, 2025**



Click Here to Register!

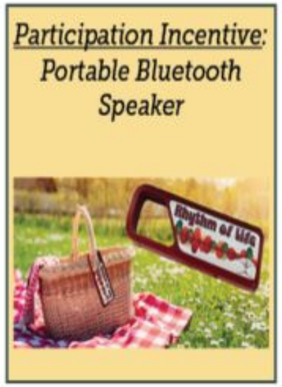
Register

Register by February 13th to ensure your participation prize!

Click Here to get the Tracking Sheet!

Tracking Sheet





HEALTH SCREENINGS AND UPDATES

SCHOOL HEALTH SERVICES UPDATES

School Nurses provide ongoing parent education regarding health updates and health processes throughout the School year:

- Medication Administration During School Hours Process
- Asthma Action Plan
- Diabetes Management Plan
- Seizure Action Plan
- Severe Allergic Reactions/Epi-Pen
- Immunization Requirements/Exemption Affidavit Process
- Flu Surveillance



SCHOOL HEALTH SERVICES UPDATES

School Nurses provide annual state mandated health screenings:

- Hearing and Vision Screenings: grades PK, K, 1, 3, 5 and 7; all new to district students
- Texas Risk Assessment for Type 2 Diabetes: grades 1, 3, 5, and 7
- Scoliosis Screening: girls ages 10 and 12 or (fall semester grades 5 and 7) and boys ages 13 or 14 or (fall semester of grade 8)
- Screening results are documented in Skyward
- Parents receive written notification if their child failed a screening
- School Nurses have vision vouchers available for students who need assistance in getting professional eye exam/glasses
- Every student enrolled in Duncanville is required to have an up to date immunization record or an exemption affidavit
- Reviewing immunization records is an ongoing process



CPR & First Aid

10 CPR/First Aid Classes
428 Certified in CPR/First Aid
344 Campus Emergency Trainings
45 Trained on how to use Narcan

Public Health Emergency Preparedness
Duncanville ISD POD Exercise
7 Nurses Completed Training



SAVE THE DATE

CHILDREN ON THE MEND, INC.



ANNUAL COMMUNITY

HEALTH FAIR

Saturday, June 14, 2025

Duncanville ISD - Gymnasium
900 W. Camp Wisdom Rd
Duncanville, TX 75116
10:00am - 1:00pm

Come to our Community Health Fair and find out information regarding your health state.

FREE HEALTH SCREENING

- Dental
- Cholesterol
- Diabetes
- Blood Pressure
- Behavioral Awareness
- Women's Health
- Other Community Resources

FOR MORE INFORMATION

Call: 469-693-8980 or
Email: childmend@aol.com

PHYSICAL ACTIVITY AND COORDINATED HEALTH

Physical Education

The Texas Education Code (TEC) §28.002(a)(2)(C) and State Board of Education (SBOE) rules in Texas Administrative Code (TAC) §74.1(a)(2)(C) identify PE as part of the required curriculum in Texas public schools. Additionally, SBOE rules in 19 TAC §74.2 and §74.3 require that a school district must provide instruction in all of the Texas Essential Knowledge and Skills (TEKS) for PE at elementary, middle, and high school.

Physical Education Requirements & Updates

State Requirements:

- **PE is part of the required curriculum** (TEC §28.002 & TAC §74.1).
- **Grades K–8:** Minimum 30 minutes/day of moderate to vigorous activity.
- **Grades 6–8:** Must participate in PE for **at least 4 semesters**.
- **Grades PK–5:** Activity may be met through PE or structured recess.

High School PE Credits:

- Only **1.0 PE credit required** for graduation.
- Max of **4.0 PE credits allowed** total.
- Elective PE credits may come from:
    - **Lifetime Fitness & Wellness Pursuits** (1.0 credit)
    - **Skill-Based Lifetime Activities** (1.0 credit)
    - **Approved substitutions** (e.g., athletics, JROTC, cheer, band)

PE Substitutions & Assessments

PE Substitutions:

- Must include **100+ minutes/week** of activity.
- No course credit may be earned more than once.
- Up to **4.0 substitution credits** allowed.

Physical Fitness Assessment: Fitnessgram (Sec. 38.102):

- State-mandated assessment includes:
  - **Pacer Test** (aerobic capacity)
  - **Height/Weight** (body composition)
  - **Push-ups, sit and reach, etc.** (muscular strength/flexibility)
- Standards based on **age and gender**.

Professional Development & Curriculum Support

Our teachers have received **professional development** through **OPEN PhysEd**
(Online Physical Education Network)

We are currently **using OPEN PhysEd curriculum** in our PE classes

- TEKS-aligned, inclusive, and skills-based
- Emphasizes social-emotional learning and student engagement

Ongoing training ensures **consistent, high-quality instruction** across campuses

New for 2025-2026: Pre Athletics for 6th Grade

Introduction of Pre-Athletics: Starting in the 2025–2026 school year, we will offer a Pre-Athletics program for 6th-grade students.

Program Highlights:

- Designed to prepare students for middle school athletics.
- Focus on developing fundamental skills, teamwork, and physical fitness.
- Encourages early engagement in school sports programs.

BUILDING A RESTORATIVE SCHOOL CULTURE

What is a Restorative School Culture?

- A restorative school culture emphasizes connection, accountability, and repairing harm over punishment.
- It creates safe, inclusive spaces for students and staff to thrive.



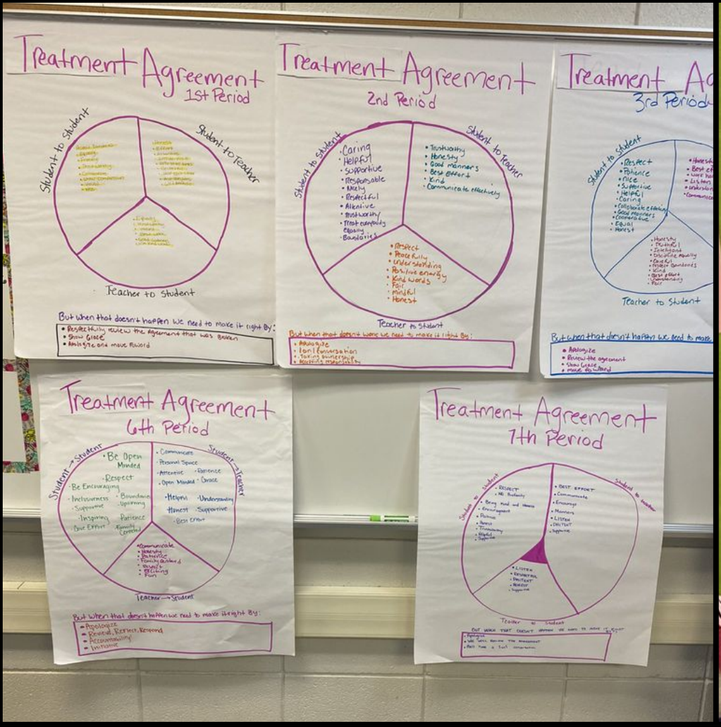
Components

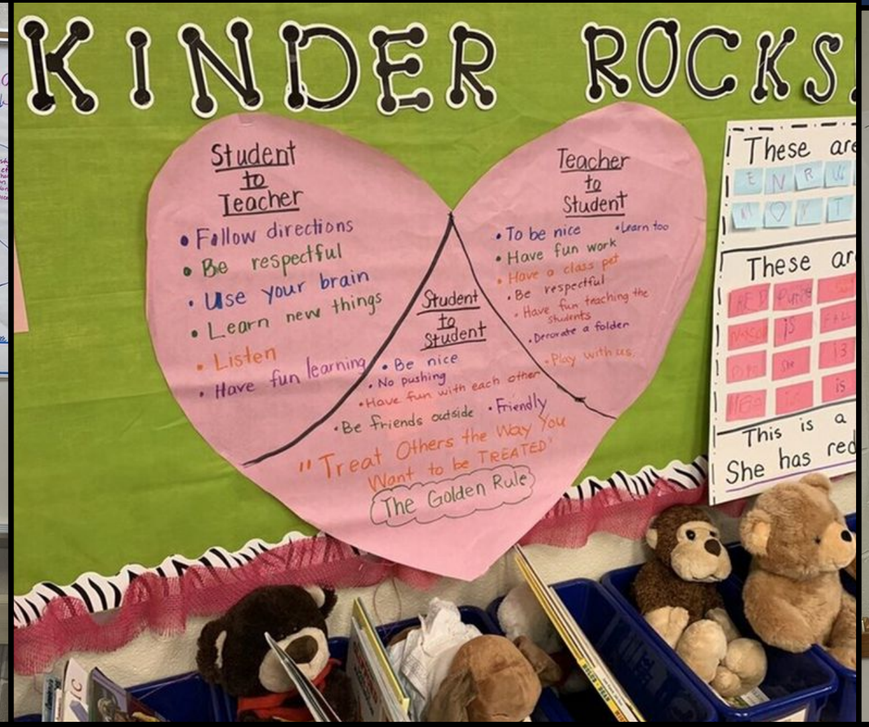
Restorative Conversations

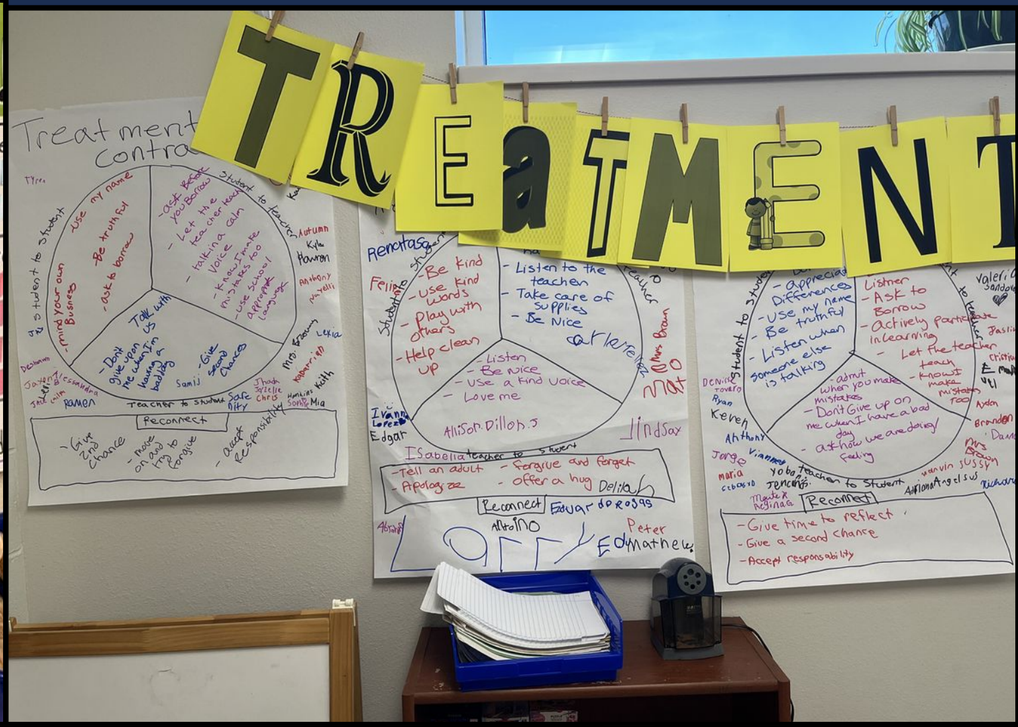
Community Building Circles

Respect Agreements

I-Statements


Treatment Agreement
1st Period
Student to Student
Student to Teacher
Teacher to Student
Treatment Agreement
2nd Period
Student to Student
Student to Teacher
Teacher to Student
Treatment Agreement
3rd Period
Student to Student
Teacher to Student
Treatment Agreement
6th Period
Student to Student
Student to Teacher
Teacher to Student
Treatment Agreement
7th Period
Student to Student
Student to Teacher
Teacher to Student


KINDER ROCKS
Student to Teacher
• Follow directions
• Be respectful
• Use your brain
• Learn new things
• Listen
• Have fun learning
Student to Student
• Be nice
• No pushing
• Have fun with each other
• Be friends outside
• Friendly
Teacher to Student
• To be nice
• Learn too
• Have fun work
• Have a class pet
• Be respectful
• Have fun teaching the students
• Decorate a folder
• Play with us
"Treat Others the Way You Want to be TREATED"
The Golden Rule


TREATMENT
Reconnect
Reconnect
Reconnect









Impact on Discipline

From 2023-2024 to the present time, across the district, we have reduced:

Out-of-School Suspensions by 17.8%

DAEP placements by 7.9%

7 campuses achieved exceptional milestones, including reductions of over 50% in punitive disciplinary actions.

TEA Recognition

- The Texas Education Agency awards Restorative Discipline Practices Badges to schools implementing restorative frameworks with fidelity.
- Recognition is based on data submissions and an evaluation tool called a Fidelity Continuum Scale.

Alexander

Central

Smith



Kahoot!

Join at **www.kahoot.it**
or with the **Kahoot! app**

Game PIN:

264 7921

Let’s test your Restorative Practices knowledge, based on the concepts we have covered in SHAC throughout the year!

SHAC SURVEY

FINAL MINUTES

ADJOURNMENT