

School Health Advisory Committee (SHAC)

Agenda

Wednesday, April 2, 2025

Parent Engagement Room

452 Hwy 85 East

Carrizo Springs, Texas 78834

1. Call meeting to order
No quorum established

Present: Carissa Munoz, Julia Cruz, Herald Ybiernas, Jose Talamantez, Brea Horton, Annette Guerra, Mary Gonzalez, Yolanda Samaniego, Karen Marroquin

2. Public Forum: No Public Forum
3. No discussion and approval of SHAC Minutes of Meeting held on January 16, 2025 due to no quorum.
4. Mr. Michael Rodriguez, Healthy Futures of Texas – gave a brief presentation on “Big Decisions” and “on My Way” sex education curriculums. The presentations overview – Their mission: to improve the wellbeing of young Texans through equitable access to sexual health information, contraception, and resources. Their vision: every woman and young Texan has access to the information and resources needed to make well-informed sexual healthy decisions. Their programs offer age-appropriate, medically accurate, inclusive, and trauma-informed sexual health curricula for different target audience:
 - o Big Decisions: 7th - 12th grade
 - o On My Way: 4th – 6th grade
 - o Key Conversations: Parents and caregivers
 - a. Teen Pregnancy prevention programs
 - i. Delay sexual initiation
 - ii. Reduce recent sexual activity
 - iii. Reduce number of sexual partners
 - iv. Improve contraceptive use
 - v. Decrease sexually transmitted infections, including HIV
 - vi. Prevent pregnancy
 - b. Abstinence-plus sex education to be used in 7th to 12th grade
 - i. Developed beginning in 2006 by Dr. Janet Realini
 - ii. Study funded by the Office of Population Affairs named it a “Successful Strategy”
 - iii. Approved for use in more than 40 Texas school districts.
 - iv. Compatible with TEC §28.004
 1. Focuses on abstinence first and more than any other pregnancy prevention method.
 - v. Meets a high percentage of the Health TEKS
 - c. The Curriculum

- i. Instruction time
 - 1. 10 lessons
 - 2. 45 minutes each
 - ii. Reviewed for
 - 1. Medical accuracy
 - 2. Trauma-informed approach
 - 3. Inclusivity
 - 4. Age-appropriateness
 - d. On My Way Overview:
 - i. Emotional changes
 - 1. Increase in emotional capacity
 - 2. New need to name and navigate complex emotions
 - 3. Emergence of romantic feelings and crushes
 - ii. Social changes
 - 1. Changing meanings of friendship and new social patterns
 - 2. Shifting relationships with family
 - iii. Physical changes
 - 1. Understanding reproduction
 - 2. Menstruation and hygiene
 - iv. The curriculum consists of 4 lessons 45 minutes each
 - 1. Lesson 1: Starting the Journey
 - 2. Lesson 2: Boundaries & Respect
 - 3. Lesson 3: Anatomy & Reproduction
 - 4. Lesson 4: On My Way
 - e. Both curriculums align with expectations in 4th, 5th & 6th grade
- 5. Student Nutrition:
 - a. Healthy Recipes and Snacks
 - i. Cafeteria managers: Annette Guerra, CSHS & Mary Gonzalez, CSI whipped up a healthy recipe called: Cucumber Kimchi
 - b. NSLP Statistics – in Texas

i. Average number of Breakfasts Served Per Day	1,740,684
ii. Average number of Lunch Served Per Day	3,179,542
iii. Breakfast Served for the Year	299,499,362
iv. Lunches Served for the Year	545,432,642
v. Federal Reimbursement for Breakfast	\$729,930,966
vi. Federal Reimbursement for Lunch	\$1,958,035,729
vii. State Reimbursement (Public Schools)	\$ 13,854,835
- 6. Adjournment
Time: 6:02 p.m.