Aledo ISD SHAC meeting minutes – October 1, 2018

I. **Introduction of members** ~ Meeting started at 5:35, 28 members were present. Introductions were done to start the meeting.

II. **SHAC Purpose & Mission** ~ Purpose and Mission of the SHAC Committee were reviewed. This committee is required by law. The majority membership of this committee is parents who are not employed by the district. This group may examine different programs but does not serve as a regulatory group and will only make recommendations to the School Board.

III. **Meeting structure** ~ Purpose of the voting membership was reviewed. Voting members have an orange name tag and serve as the campus representative. District representatives serve at large and are not voting members and have a white name tag. Scott reviewed the meeting norms and ground rules for the group. Participation by everyone is crucial for the success of the group. Voting is electronic and voting members will vote with their phone and votes are anonymous.
IV. **Public Comment** ~ This is a Board approved group. Names are submitted by the campus principal and the Board approves/appoints. This meeting is open to the public. Public Comment is part of the agenda at each meeting. They may speak for 5 minutes and must talk to something on the agenda.

V. **Future meeting dates / times** ~ Districts are required to meet 4 times a year. AISD has 5 meetings scheduled for this school year. The committee voted on the following meeting dates. Committee approved these dates, 21-0. Members were asked to notify district liaison if they needed to miss a meeting. Future meeting dates will be November 5, January 28, March 18, April 29

VI. **Release of Information form** ~ The membership of the committee was informed that since this is a public committee their information would be released to anyone requesting that information through the Public Information Act. He explained the form and let everyone know that they can request only their name to be released. Time was allowed for everyone to complete the form.

VII. **Nomination/selection of parent Co-Chair** ~ The law requires that the committee nominate a parent to be Co-Chair of the SHAC along with the district liaison. One of the main roles of this position is to assist with the Board Meeting SHAC report at the end of the year. Jo Tilley, AHS Parent representative, volunteered to take the position. Committee approved 20-0.
VIII. **Mission Statement** ~ Scott read the statement and asked the group to read the current mission and see if there is anything they would like to change or do differently. Scott asked for comments. Janelle recommended to add ~ change enabling to empowering. Membership voted to approve by show of hands, 22-0. New SHAC Mission statement reads:

‘The Aledo ISD School Health Advisory Council (SHAC) will establish and communicate guidelines and age-appropriate strategies to implement ongoing programs enabling empowering students at all levels to make informed choices for a healthy lifestyle reflective of our community’s values.’

IX. **Subcommittee on Physical Fitness & Activity** ~ The requirement for a subcommittee on Physical Activity and Fitness was explained. The subcommittee will look at data and determine what percentage of our students are in the healthy fitness zone. He asked for 3-5 people that may be interested in serving in this capacity. Caitlin Zimmerman, Emma Tilley, Janelle Mosiello, Sue Spreier, Paige Dorsett and Rebecca Slemmons volunteered to participate. Initial meeting of subcommittee will be sometime in December.
Review Bylaws ~ The committee was asked to read the bylaws and see if they agree with what is currently in place. Dr. Fowler recommended the American Academy of Pediatrics be added to the 8 components listed at the bottom of page 1, referencing the eight components of Coordinated School Health. Rebecca Dority noted that mental health is not part of Section 3. Scott Kessel stated we could add a statement of our own at the bottom of that paragraph ~ physical and mental health. Father Atwood said to add it at the top of page 2. First sentence at top of page 2 would be an appropriate place to add ~ mental health education and mental health services. Scott Kessel recommended more research before making any final changes. He recommended to table this and allow him to do more research. He will communicate his findings by email to the committee with a proposed revision and allow online voting through Poll Everywhere.

UPDATE, as of 10.5.2018: Upon further research, Coordinated School Health is identified and codified in Texas Education Code and expanded upon in Department of State Health Services (DSHS) publications. The 8 components of Coordinated School Health are identified by DSHS and include: 1. Nutrition Services, 2. Health Services, 3. Healthy and Safe School Environment, 4. Counseling and Mental Health Services, 5. Staff Wellness Promotion, 6. Parent/Community Involvement, 7. Physical Education, and 8. Health Education. These are slightly different than what is written into the SHAC Bylaws. Based on these findings, it is proposed that the final paragraph of Article I, Section 3 read as follows:

The SHAC will make recommendations to the district on topics relating to health and the health education of AISD students and AISD employees. In advising the district, the SHAC will be guided by the eight components of Coordinated School Health as identified by the Centers of Disease Control and Prevention, the National Association of State Boards of Education, the National Association of School Board, and the American Cancer Society Department of State Health Services. These include student health services, physical education and activity, nutrition, counseling/psychological and social services, parent and community involvement, health education, health environment, and staff health promotion: 1. Nutrition Services, 2. Health Services, 3. Healthy and Safe School Environment, 4. Counseling and Mental Health Services, 5. Staff Wellness Promotion, 6. Parent/Community Involvement, 7. Physical Education, and 8. Health Education.
XI. **SHAC webpage** ~ Members were shown how to access the SHAC webpage on the district web site. Parts of the site and how the public could access any information they needed were also shared. All the information is posted for them to use as they need at any time during the school year. All members were made aware their name is posted on the website as a member of SHAC. Minutes will be sent to each member the same week of the meeting and then posted on the website.

XII. **Parental Consent letters** ~ The program “REAL Essentials” has already been approved. The committee is looking at the parent opt-out letter for this program. Every student in high school-credit health class will receive 4 sessions from “REAL Essentials” and parents have the option to “opt-out” of these sessions (clarification, 10.5.18 – the REAL Essentials curriculum is actually 10 lessons). Callie Caldwell suggested to change “utilizing” to “has adopted” in the opening sentence. Rebecca Berry stated that the 3rd paragraph need a “D” added to the word schedule to make it into scheduled and to add a period following the blank line to add dates.

The Lifelines Suicide Prevention Program has already been approved. AISD staff teaches this program. The group was asked to look over the parent letter which allows parents to “opt-out” their child from this training. Erin Finn suggested to change ‘preventable tragedy that often occurs...’; to ‘tragedy that can often be prevented when others are aware of warning signs and or risk factors.’ These will be sent out upon approval by the committee. Committee changes to both letters and approved 21-0.