Aledo ISD SHAC meeting – February 3, 2020

I. **SHAC Mission and Purpose** ~ Meeting started at 5:33pm and 21 SHAC members were present. One member of the public was also present. The Purpose and Mission of the School Health Advisory Council were reviewed.

II. **Public Comment** ~ No public comment

III. **Future meeting dates / times** ~ Future meeting dates of March 9, and May 4 were confirmed

IV. **Minutes from November 11 meeting** ~ Minutes from previous meeting were distributed prior to the meeting; members were asked if there were any changes, questions or comments about the minutes. Nothing was amended and minutes from November 11 meeting will posted to website without changes

V. **Lifelines Suicide Prevention Curriculum** ~ Currently Aledo ISD, on the recommendation of the SHAC, employs the use of the LifeLines Suicide Prevention Program. This program is published by Hazelden and has been in use in high school-credit Health courses for 6 years in the district. Recently, Hazelden has created an update to the Lifelines Curriculum which include content and materials specific to grades 5/6 and grades 7/8. This revision was presented and reviewed, with attention given to the 5/6 curriculum for consideration to deliver to 6th grade students in Aledo ISD. Comments indicated initial support for recommending the revisions and taking the program down to 6th grade. An elementary teacher suggested the content would be best delivered by counselors, not teachers. An elementary parent concurred that
the real value will come in how it is presented. One high school student asked what can be done to share suicide awareness information with parents. Another student suggested the district consider celebrating a ‘Life Matters Week’ at elementary campuses, mixed with a Kindness Week to bring focus to the topic even before 6th grade. The consensus was to spend more time reviewing the materials provided before voting to recommend. This item was tabled until the next meeting.

VI. **Stanford Medicine Tobacco Prevention Toolkit** ~ A new resource, created and published by the Stanford University School of Medicine, was introduced and reviewed. The resource is wholly a Tobacco Prevention Toolkit. The portion of interest to review was specifically related to e-cigarettes and vaping awareness and prevention. A one-page summary of the resource as well as a couple of videos from the e-cigarette and vaping modules were viewed and discussed. The toolkit comes with several features for educators, including crash courses for the educators to learn more prior to sharing with students; power point lessons with notes; interactive activities to share with students; Kahoot online games; discussiono guides to send home with students and share with parents. One of the high school students in the group stated kids are becoming more aware of the dangers of vaping and many are moving more to using cigarettes. Principal input obtained prior to the meeting was to use the power points provided in the toolkit to create a voiceover video for streamlined delivery to students. Two high school students stated they believed the video idea was not a good one for high school students. They believed students at AHS tune out during such videos and that it would be more effective and interactive for teachers to deliver the power points provided. The high school students concurred the video idea may be effective for younger students, especially if high school students – who were well-known – were the ones doing the voiceover. One SHAC at-large member stated the belief that students are using vapes to deal with stress. Students and parents agreed stating that stress is a larger issue and kids and families need more skills to cope with stress. The consensus again was to spend more time reviewing the materials available for this toolkit online prior to voting to recommend. This item was tabled until the next meeting.

VII. **Adjournment** ~ Meeting adjourned at 7:04pm