Aledo ISD SHAC Minutes – April 29, 2019

I. **SHAC Mission and Purpose** were reviewed.

II. **Public Comment** – there was no public comment.

III. **Minutes from the March 18 meeting** were reviewed; no amendments were suggested. Minutes will be posted to website as presented to group.

IV. A report from the **Subcommittee on Physical Fitness** was shared and discussed; comparisons from all campuses for both the 2017-2018 and 2018-2019 school years were reviewed; aggregate data from all campuses for both year indicate AISD student completing the FitnessGram are below the Healthy Fitness Zone (HFZ) in the areas of Heart Health (*Aerobic Activity*) and Body Health (*Body Composition*); discussion revolved around the unreliability and lack of student incentives of the mechanisms to measure each of these indicators; in the areas of Muscle Fitness (*Upper Body Strength/Endurance, Abdominal Strength/Endurance, Trunk Extensor Strength, and Flexibility*) were all in the HFZ for all campuses for both years; no recommendations from the committee were made at this time.

V. A announcement regarding **Cook Children’s recognition for Aledo ISD** SHAC was shared; Aledo ISD’s SHAC is being honored by the Parker County Healthy Children’s Coalition for its strong efforts in advocating for and promoting healthy children in Parker County; the actual honor is the Green Crystal Award and is presented to Aledo ISD and our SHAC for being the first school district to adopt the Cook Children’s program 5-2-1-0 during the 2017-2018 school year; the actual presentation of the Green Crystal Award will take place at the Parker County Health Summit on May 15.
VI. A announcement regarding the It’s Time Texas SHAC in Action nomination for Aledo ISD’s SHAC was shared; The SHAC in Action Award is given to 5 nominated school districts across Texas whose School Health Advisory Councils do notable work to create and sustain healthy schools; Aledo ISD’s SHAC was nominated by member, and ESC Region 11 employee Jocelyn Karbo. The selections of the winning districts will be announced during the week of May 6

VII. A Membership preview for 2019-2020 took place; A roster indicating whose terms were expiring and who was scheduled to return to the group for 2019-2020 was shared

VIII. A Review of the Aledo ISD Wellness Plan took place. The reasons and requirements for the District Wellness Plan were reviewed and the reasons for solicitation of input was stated; Goals, objectives and action steps were all all shared and considerations for future changes were sought from SHAC members; suggestions included adding more water bottle filling stations at campuses, starting a health fair, summer programs related to nutrition, and coordinating with the Aledo Farmer’s Market

IX. The SHAC membership reviewed Parental Consent letters for the “REAL Essentials” human sexuality program as well as the LifeLines Suicide Prevention program. ~ 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 10 sessions from “REAL Essentials” and parents have the option to “opt-out” of these sessions. 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. Both letters were approved for use during the 2019-2020 school year by a vote of 16-0.

X. The SHAC Annual Report was discussed and Callie Caldwell, teacher at Stuard, plus Jocelyn Karbo, ESC Region 11 representative, both agreed to participate in the presentation by sharing their experiences as members of the SHAC during the 2018-2019 school year; the annual presentation will take place at the May 21 Regular Meeting of the Board of Trustees and all SHAC members were invited to be in attendance and be recognized for their service