

**14 Members in Attendance****CALL TO ORDER**

The Call to Order was made by SHAC Committee Chair, Misty Harrison. The minutes from the previous SHAC Committee Meeting held on 9/26/22 were reviewed and a call to approve was initiated by Elizabeth Wilson seconded by Sierra Greenwood

Welcome and introductions of new as well as existing members were made according to the order of the agenda.

**PRESENTATION**

Guest presenter for the evening was Andrew Dillard who spoke to the committee on the topic of Physical Education and Recess guidelines within AISD.

Included in Mr. Dillard's discussion were the positive relationships and the changing role of PE teachers in today's schools. Mr. Dillard challenged the group to consider how principals might see PE teachers in a different role, possibly taking on more responsibility in teaching SEL as well as other areas that help build relationships with students.

Mr. Dillard also discussed general guidelines concerning recess being an integral portion of a student's day at the local level which encompass the following:

- Physical activity during the school day will not be withheld as punishment for any reason
- Recess will compliment, not substitute, physical education class

Mr. Dillard asked for feedback from the committee on these guidelines and if the committee felt they were being enforced districtwide. The committee responded in a mainly positive manner with most feeling that most teachers were following guidelines and that overall, the enforcement of this policy had improved. Some members did feel that there were at least a few outliers who still used withholding of recess as a punitive measure or as time for students to catch up on missed academic time. A few members commented that they felt as a punitive measure, recess was rarely utilized and only in very extreme circumstances—mainly when safety for the individual student or the safety of others was a concern.

In response to the question of withholding recess and AISD policy, the question was raised, "How do we get classroom teachers to remember and follow this with continuity?" Excluding extreme behaviors which may occur sporadically, the committee agreed this needed to be something that was consistent and other options should be considered unless there is a safety issue. Even if there is an extreme behavior, an attempt to find alternatives to make sure kids are getting their minutes should always be the first tier of intervention. The committee then discussed when are times that staff can be reminded that district policy is to not keep students from recess/PE? Kim Brumley suggested during district PD/campus PD for staff and during summer professional learning PE staff.

Mr. Dillard then reviewed minutes as well as requirements mandated for Physical Education Programming:

**Elementary Req:** 90-149 mins per wk. throughout the school year (local). The state requires 30 mins daily or the district may as an alternative require 135 mins during each school week (KG full or ½ or GL below 6)—mod to vigorous activity.

**Middle Req:** same

**High School Req:** TBD

**Active Academics:** (Local)

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g. science, math, ELA, social studies, etc) and do their part to limit sedentary behavior during the day.

The district offers opportunities for students to participate in physical activity either before and/or after the school day (or both) through a variety of methods

**Assessment:**

Fitnessgram

Possibly increase to twice per year which would give documentation and more data. Once in the fall which would be a mock test and then the full test in the spring. Cap students in the fall at 25 and challenge students to beat their scores.

Linda Langston brought up that parents are required to write to get scores and that she would like to see this changed. Kim Brumley asked if there was a way to print those reports directly much like the screeners. Mr. Dillard said that there is a way. Ms. Brumley asked if an age level norm is also provided, and Mr. Dillard said that he believes that there is and that this would be possible.

In summary, Mr. Dillard reviewed that elementary campuses need to get their 135 and that recess cannot be withheld. He emphasized that ways to communicate this to teachers/staff will be explored.

Mr. Dillard asked if the committee had any final questions or comments. The following comments were made by the committee:

Students are taught exercises at school, but they are not using them at home. It would be a good idea to find ways to motivate students to use these exercises at home while they are sitting watching tv (sit-ups during commercial breaks). Are there incentives that can be offered? How to get them to do them on their own at home? Maybe emphasize and inform them that they can do them at home.

The music teachers are usually active at the elementary level—there is a bit of a gap between elementary and high school music programs. How do we bridge that gap?

If we move to 5<sup>th</sup>/6<sup>th</sup> GL school this should help keep the high structure level of PE where there can sometimes be a gap between elementary and middle structure.

The weather that determines recess inside or outside recess is determined by a chart located on the AISD website—wind chill can affect this. If a flex space is available this space can be utilized instead of the classroom. Ms. Langston provided a link to the AISD website which provides guidance to weather

making decisions. <https://www.abileneisd.org/wp-content/uploads/2018/06/Web-page-Weather-Guidelines.pdf>

It was emphasized that all elementary students receive 20 minutes of recess and that recess is separate from PE minutes.

If other questions come up, Linda Langston or Andy Dillard can be contacted via emailed.

The presentation was concluded.

#### **ADJOURNMENT**

Ms. Langston asked if the committee had an final business prior to concluding the meeting including topics that might be of interest for future meetings.

In the last meeting, COVID absences were brought up and Ms. Langston is working on getting a knowledgeable speaker to come in and discuss policies.

Narcam may also be a future topic of discussions. Ms. Langston is meeting with detectives to discuss the status in Abilene. Fentanyl is in Abilene. There are Narcam kits available, and she will look at funding as well as possible future need.

The next meeting will February 27<sup>th</sup>, 2023.

Misty Harrison adjourned the meeting.