

May 31, 2021

Dear Dr. Young,

The Abilene ISD School Health Advisory Council (SHAC) has met during the 2020-2021 school year via in-person meeting, zoom meeting, and internet correspondence due to the COVID-19 pandemic. As the district designee supporting the SHAC this year, I am submitting the 2020-2021 recommendations on behalf of the Abilene ISD SHAC. Diane Russell has served as the SHAC Chair throughout the 2020-2021 school year and Linda Langston, RN-C, Director of Health Services, has served as the facilitator for the SHAC this year.

A 2020-2021 Abilene ISD SHAC membership is attached. The following are dates that the SHAC has corresponded on topics pertaining to the health and wellness of our students.

- September 28, 2020 (in person)
- November 30, 2020 (canceled due to COVID-19)
- February 22, 2021 (email correspondence)
- May 10, 2021 (Zoom Meeting)
- May 24, 2021 (email correspondence)

First, the SHAC members would like to thank the Abilene ISD School Board and administrators for supporting the decision the CDC, as well as the American Academy of Pediatrics put forth information based on science based research evidence to continue to enforce mask wearing during the 2020-2021 school year. Listening to the facts from epidemiologists were the correct voices to follow during this pandemic.

Wellness and Sexual Health was presented to all seventh graders this school year successfully. Kelly White presented the program to all seventh grade students this school year alternating days for girls and boys. The students received a total of six lessons covering the curriculum.

The Wellness Policy survey was sent to every campus principal. Some of the areas which need to be reviewed and evaluated include:

- Abilene ISD will engage students, parents, teachers, food service personnel, health professionals, or other interested community members in developing, implementing, monitoring, and reviewing district-wide health, nutrition, and physical activity policies.
- Form a wellness committee with a representative from each campus to review the wellness policy and revise it as needed.
- Hosting a student recipe contest to get students excited about healthy eating. Students would have to submit low-fat, low-sodium recipes that could be added to school lunch menus. This contest could generate many new ideas, that students would be excited to try.
- Add programs to increase student's physical activity levels throughout the day, both inside and outside of the classroom.
- Look at offering yoga classes to students as a way to reduce stress and increase physical fitness.
- Integrate nutrition education across the K-12 curriculum.
- Behavioral Health Support for students.
- Look at the risk factors that are identified for the school district.

- The SHAC would like to re-emphasize the importance of recess in elementary grades. The SHAC continues to recommend that all elementary students are offered recess at least once a day and that a balance of structured and unstructured activities be provided to benefit the child in optimal child development. The SHAC highly encourages campuses to follow the *AISD Wellness Plan* that states, “the district will prohibit the use of physical activity as a form of discipline or punishment and ensure that physical education will not be withheld as a form of punishment.”

Based on the discussion and the priorities set by the SHAC membership during this school year, the SHAC would like to recommend for the following actions to be considered:

- Expand the Wellness and Sexual Health program to include the sixth grade students next year.
- Time frame for the seventh grade program to stay the same as this school year, which included six days of instructional time for boys and 6 days for the girls.
- Class instructional time would be in their science class.

The Abilene ISD SHAC continues to serve as a recommendation body centered on district health and wellness. The SHAC seeks to focus on the whole child while keeping community values at the center of its recommendations. Members of the SHAC will continue to focus on current concerns in the community such as a safety and social emotional learning.

Thank you so much for all your hard work during this difficult school year. It has not always been easy to withhold the whole purpose of the AISD reopening school plan in creating a safe environment during the COVID-19 pandemic that would foster to the overall health of children, adolescents, educators, staff and communities based on research and science based evidence.

Sincerely,

Linda Langston, RN

Director of Health Services

Abilene ISD SHAC Membership 2020-2021

Last Name	First Name	Phone	Mailing Address	Zip Code	E-Mail Address	Membership
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Barham	Dr. Brad	(817) 313-0143	1850 Hickory Street	79601	brad@pediatric-associates.com	Physician/Parent
Bentle	Teresa	(325) 260-7054			Teresa.bentle@amerigroup.com	Community Volunteer/Parent
Caddell	Misty	(325) 677-1444 ext. 8377	2341 Greenbriar Street	79605	Misty.caddell@abileneisd.org	AISD employee/Assistant Principal at Austin Elementary
Chavana	Olga	(325) 668-1059``	4926 Hialeah Drive	79606	Olga.chavana@BSWHealth.org	Community Volunteer/Parent
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Crook	Bruce	(325) 692-2777			dvqcrook@hotmail.com	Community Volunteer
Diaz (Johnston)	Chelsea	(325) 217-3443 ext. 7542	241 Pine Street	79601	Chelsea.diaz@abileneisd.org	AISD Employee/Student Nutrition
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Held	Ginger	(325) 677-1444 ext. 2936	3639 Sayles Blvd.	79605	Ginger.held@abileneisd.org	Counselor at Cooper High
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Langston	Linda	(325) 677-1444	241 Pine Street	79602	Linda.langston@abileneisd.org	AISD Employee/ Director of Health Services
LeMasters	Dr. Paige	(325) 669-5062	266 Elm Cove Circle	79605	phlemasters@gmail.com	Pediatrician
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Sanderson	Carol	(325) 677-1444 ext. 3183	241 Pine Street	79601	Carol.sanderson@abileneisd.org	Physical, Health and Wellness Education Facilitator- AISD
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