

Abilene ISD

School Health Advisory Committee

September 23, 2019
6:00 pm

Committee Members Present: Elizabeth Wilson, Bruce Crook, Diane Russell, Steven Pracht, Olga Chavana, Leslie Holley (Boiles), Kristi McQueen, Jami Moss, Peter Norton, Dr. Bard Barham, Linda Langston, Aubri Ward, Carol Sanderson, Teresa Bentle and Susan Webb.

Teresa Bentle called the meeting to order at 6:05 pm.

Minutes from April 22, 2019, were reviewed and approved.

Guest Speakers:

Gustavo Villanueva, Superintendent of Leadership and Student Services.

Allison Sims, AISD Executive Director of Elementary Education

Allison Sims reported to the committee:

- AISD had hired 4 new social workers to help with family service needs
- Trina Fleet is the Lead Social Worker.
- The focus will be on the Elementary. The purpose is to follow a child from Kindergarten through 12th grade. This will allow a continuity of services for each child.
- Head Start currently has social workers. With the addition of 4 new social workers, Abilene ISD is expecting that there is a better continuity of services for the individual child. This will also enable a smooth transition from Early Childhood to K-12 grades.
 - The needs of the students outweigh support and has always been a problem.
 - Would like the new social workers to come to the some of the SHAC meeting to give an update to the committee.

Teresa had all SHAC members introduce themselves.

Carol Sanderson, AISD Facilitator for Physical Health and Wellness, discussed:

Physical Education/Recess

- Spoke about physical education in the District. Students are given opportunities for physical activity during the school day through physical education (PE) classes, daily recess periods for elementary school students, and the integration of physical activity into the academic curriculum.
- The Wellness Policy in AISD stresses that physical activity during the school day will not be withheld as punishment for any reason.

- All elementary schools will offer at least 20 minutes of recess on most days during the school year. Outdoor recess will be offered when weather is feasible for outdoor play.

Sex Education

Discussed how sex education was being taught in Abilene ISD.

Some of the suggestions were:

- Suggestion was made that the school nurses do the training. Other members mentioned the Science teachers.
- The ***Aim For Success*** program was used in the 2017-2018 and 2018-2019 school years. ***Aim for Success***, an abstinence speaker typically provides no information about basic anatomy and physiology, puberty, menstrual and ovulation cycles, pros and cons of various methods of birth control or any other basic sexuality education information.
- ***Worth the Wait*** curriculum was used in the 2017-2018 school year and taught by the PE teachers/coaches to the 8th graders. In the 2018-2019 school year, this curriculum was not taught.
- The SHAC had recommended an **Abstinence Plus** curriculum.
- The problem is that the parents can opt out and many parents don't want the school teaching anything of a sexual nature.
- Group brought up the possibility of the parent attending with their child?

Kristy McQueen, from the Abilene Taylor County Health Department told the members about a grant that the ATCHD had received on obesity.

- Spoke of the TexPAN Grant.
 - Taylor County has a higher than average rate of obesity.
 - Lack of Physical Activity
- 5 years grant including the 4 key area's.
 - Food Service Guidelines
 - Breastfeeding
 - Early Care and Education
 - Build communities.

Teresa Bentle, Wellness Plan was reviewed by the SHAC members. Suggestions were made about annually evaluating and measuring progress toward each of the goals set in the Wellness Plan.

Discussion on **vaping**. 68% of e-cigarette users in high school use flavors...menthol, alcohol, candy, fruit, chocolate and sweets. Scientists are still learning more about how e-cigarettes affect health. Would like to hear more about vaping at a future meeting.

Election of SHAC officers.

Chairman.....Diane Russell
 Vice-Chairman.....Teresa Bentle
 Secretary.....Jaclyn Connor

Meeting adjourned