

Abilene ISD

School Health Advisory Committee

April 23, 2018

Committee members present: Jaclyn Conner, Rod Pruitt, Jami Moss, Diane Russell, Stacy Evans, Teresa Bentle, Olga Chavana, Misty Harrison, Dr. Peter Norton, Linda Langston, Leslie Boiles, Bruce Crook, Dr. Paige Lemasters and Dr. Brad Barham.

Meeting was called to order at 6:09 pm by Dr. Brad Barham and Linda Langston made the second motion. Minutes from last meeting (February 26, 2018) were reviewed and Dr. Peter Norton made a motion to accept the minutes as read and Linda Langston made the second motion. All present were in favor.

Guest Speaker - Rod Pruitt - Region XIV Safety and Drug Free Schools Consultant - Youth Mental Health First Aid

Linda presented updates regarding recess in the school and also passed out a handout with the approximate times that each elementary school receives throughout the day. Parents were worried that recess has been taken away from students, but campuses feel that recess is needed. It is up to the campus to decide what activities can be done during recess time. Parents do not want recess to be taken away as punishment and suggested having them walk during recess to get some exercise in. Younger grades need longer and more frequent times.

Here are some of the responses for the Wellness Policy:

- Form a wellness team which would include parents, teachers, the district's food service director, a school board member, a registered dietitian, school nurses, and administrators to look at 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.
- Survey the students to find out what physical activities most appeal to them and what they would enjoy doing every week.
- Add programs to increase student's physical activity levels throughout the day, both inside and outside of the classroom.
- Provide students and families with nutrition education opportunities. Have a curriculum in classes that would introduce nutrition standards and educate students about the health benefits. Students should learn about the health benefits. Students need to learn about food choices and the effects these choices have on their health.
- Look at offering yoga classes to students as a way to reduce stress and increase physical fitness.
- Try to involve parents and community members on the wellness meetings.
- Integrate nutrition education across the K-12 curriculum.

- Look at creating community gardens at campuses. This could provide hands on nutrition education to students.
- Look at the risk factors that are identified for the school district.

We received updates for the sex ed program from Sharon Wartes. An assembly was held for 7th/9th grades and feels that it went well and gave the coaches who taught the program with the powerpoint and hand out. Questions were sent home to the parents to have a conversation with their children about the topics discussed. Parents said the children had a lot of questions and they were very receptive of the program.

The committee's recommendation to the district for this year is regarding recess, mental health and sex education and we also want to give a statement of appreciation for the recommendations that were presented last year.

For recess, we ask that grades K-2 need a mandated time for recess.

For Sex Ed, we ask that the program to include contraceptives and also where they can go to for questions - Counselors, Nurses and Doctors.

Elections will be completed in the Fall.

Meeting was adjourned at 7:06 pm by Teresa Bentle.

Next meeting will be Monday, September 24, 2018 at 6:00 pm.