

## Abilene ISD

### School Health Advisory Committee (SHAC) meeting

May 10, 2021

Committee members present: Diane Russell, Jaclyn Conner, Linda Langston, Teresa Bentle, Kelly White, Paige LeMasters, Susan Webb, Elizabeth Wilson, Olga Chavana, Aubri Ward, Reagan Van Coutren, Jami Moss, Chelse Diaz, Carol Sanderson, Ashley Simpson, Becky Almanza

Meeting called to order at 6:04 pm by Diane Russell.

Minutes for September 28, 2020 will have some changes.

- Carol Sanderson submitted some changes she wants to have updated, and she has sent those changes to Linda and reviewed them during this meeting. Linda motioned for these changes to be accepted and Elizabeth Wilson made the second motion. All in favor.

#### Overview of Sex Education

- The course was taught by Kelly White to all of 7<sup>th</sup> grade in the science classrooms. She started at Clack and finished at Mann middle school.
- It was recommended this course be 5 days at each campus instead of 6, to help the science teachers.
- Birth control was talked about briefly at each campus just depending on how far they got through each topic.
- Parent involvement was not great. There was some miscommunication at a campus between the admin and the parents.
- Ms. White felt it was very beneficial and that it will continue to do well. She feels it could even begin as early as 5<sup>th</sup> grade.
- It was recommended to make a health class a requirement for graduation to help this be taught in a class to cover many other topics and to add this to the letter will be presented to the board.

#### Wellness Policy

- Carol Sanderson gave an update on AISD's Local school Wellness Policy. It was sent out to review by SHAC members for any suggestions or changes that need to be made.
- SHAC members can be a part of the wellness committee that will be starting up as well. It was suggested to have a student on the committee and a representative from each campus that will form the wellness committee and meet 3-4 times a year, and each campus can give updates on how they are following this policy. SHAC members can also join this committee as well.
- Jump Rope for heart doesn't exist any longer. Will have the name corrected.
- It is listed that "Physical activity not be withheld as punishment for any reason" – asked for this to be expanded because students are being taken out for tutoring. "say physical education should not be withheld for any reason i.e. for punishment, tutoring

etc.” Work on the wording to help meet timelines if students are absent and have testing to make up.

- All District elementary students will receive at least 30 min a day at least 135 min/week. Suggested adding “structured activity” 4 semesters only in middle school. High School must earn one credit for graduation. There are some changes being made currently.
- The current policy states “All PE classes in AISD are taught by licensed teachers who are certified or endorsed to teach physical education” – Should teachers have more education/ training than one course in the elementary level. Take out “or endorsed” and say they have to be certified to teach physical education. Are there courses they can do to help current teachers that are teaching physical education at this time. There is a test they can do to see if they are a good fit for coaching. It takes 4 years to get certified in physical education.
- Under the Community Health promotion and engagement section, it states the use tracks, fields and playgrounds for those in the community – the campuses were closed due to Covid-19. Linda will check to see if they will allow the facilities to be utilized of if the policy will need to be revised.

\*Please send any other questions or suggestions to Carol and Linda for the Wellness Policy and they will send out to the group for approval.

SHAC Annual Report – Asked for recommendations from SHAC members for the board. Linda wants to thank the board for supporting the guidelines on COVID, following the guidelines and still requiring masks, cleaning and social distancing. Recommend the Sex Ed program be continued and expanded to other grade levels. Kelly White recommended changing the program to 5 days. It was recommended that we can do a few days with 5<sup>th</sup> grade and do a longer time with the older students. This year was 7<sup>th</sup> grade only. (In the past it was taught 5<sup>th</sup>-8<sup>th</sup> grade and 2 week course. Middle school it was during science and elementary it was scheduled at different times according to the principal.) The current curriculum is from 2017. Students should be reminded every year and even go into the freshman year. Puberty education may need to start earlier than 5<sup>th</sup> grade, because some students are starting earlier now. It was recommended to make a health class a requirement for graduation to help this be taught in a class to cover many other topics and to add this to the letter will be presented to the board.

No decisions have been made for next fall and what the policy will be for masks.

Email Linda with any changes or suggestions you may have for the yearly letter.

Meeting adjourned at 6:58 pm by Diane Russell.

Next SHAC meeting will be on September 27, 2021.