

SHAC and Wellness Meeting

Meeting: School Health Advisory Committee (SHAC)
District Wellness Committee

Date: January 25, 2022

Location: BIMS Media Center

Time: 2:00 pm

Chairperson: Sydney Hertel, Assistant Principal of BIS

In Attendance: Teresa Bodey, BISD Director of PEIMS
Joy Howard, Director of Child Nutrition
Nelly Lovato, Elementary Parent Involvement Coordinator
Ofelia Linares, Secondary Parent Involvement Coordinator
Marcy McDonald, Teacher
Kara Thompson, Parent
Susannah Dikes, Parent
Ashley Fox, Parent
Abbie Cano, Crockett Nurse
Alex Gowdy, Community Member
Callie Burleson, Community Member
Elia Smith, Community Member

- I. Sydney Hertel brought the meeting to order at 2:00
- II. Introductions of attendees
- III. Reminder of requirements for SHAC
- IV. Marcy McDonald reported on PE/Athletics in BISD. She spoke of alignment and TEKS based instruction, Fitnessgram requirements, activity minutes for PE classes at each grade level.
- V. Creation of Physical Activity and Fitness Planning Committee (Policy BDF and TEC 28.004-Ashley Fox and Marcy McDonald volunteered for Committee.
- VI. Recess minutes report given by Sydney Hertel for each grade level.
- VII. New TEKS Sub-Committee reports presented by Mrs. Hertel.
 - a. Child Abuse-Inquired about how this will be covered in new textbook...a chapter? A theme throughout?
 - b. Human Sexuality-Potential to need supplemental material from CareNet. Will discuss how the TEKS will be addressed.
 - c. Suicide Prevention/Warning Signs-Peer Support needed for students, community involvement needed, support from other counselors, mental health issues happening at younger ages, Supplemental program may be needed.

- d. Dating Violence-SB9-SHAC can help promote positive outlook. Give parents time to review curriculum, relationships and health, not a deep secret. Quavar- health version comes in Spanish.
 - e. Family Violence-Posters in schools for child abuse.
 - f. Sex Trafficking- Mindful of who will teach it. Possible online components-nervous about how kids will react if it turns into a lecture situation. Kids can create hands-on products from what they have learned...pamphlets, posters, etc. A21 Campaign- non-profit, world-wide free resources. In-person training for all staff. Cry-outs, what to do, Bridge from Amarillo or CareNet possibly involved in training? Kids need support and mindful of their social-emotional well-being.
- VIII. Vision Activity-What could SHAC do to make this community a better place to live? Better communication, mental and physical health, grants for funding. SHAC shorts for online information. What is the role of schools, families, our community, and this SHAC in helping children and youth grow up healthy, safe, and happy? Support ISD, help establish guidance to students, tools for wise decisions, encourage and guide.
- IX. Activities mentioned- Fun Run, Table Topics, SHAC Shorts
- X. Reviewed Wellness Policy
- XI. Next SHAC meeting will be March 29, 2022 at 2:00 at the BIS Media Center.
- XII. Motion to adjourn by Teresa Bodey, seconded by Marcy McDonald.
- XIII. Meeting adjourned by Sydney Hertel at 3:25.