

Northside Independent School District  
San Antonio, Texas 78238

**Regular Meeting of the School Health Advisory Council**  
**February 17, 2011**  
**6:30 pm**

**Meeting**

**I. Call Meeting To Order**

**Members Present:** Patrick Dempsey, Julie Eversole, Dr. Valeska Gonzalez, Deborah Healy, Jennifer Krueger, Lydia Martinez, Michele Maxwell, Lisa Patterson, Jackie Reyes, Christy Rupp, Rudy Sanchez, Nichole Townsley, Jeannie Von Stultz.

**II. Invocation and Pledge of Allegiance**

**III. Chairman's Report**

- a. Last Month's Meeting Minutes Reviewed
  - i. Committee members submitted suggested changes
  - ii. Lydia Martinez moved that the meeting minutes be approved with suggested changes made.
  - iii. Julie Eversole seconded the motion.
  - iv. SHAC approved minutes from last meeting
- b. Executive team is working on developing the brief report that will be submitted to the school board later this spring.

**IV. Presentation**

- a. Dr. Deborah Healy and Veronica Ball provided presentation entitled "Building Blocks of Healthy Youth Development, Fostering Protective Factors and Resiliency."
- b. Dr. Healy is the Director of Guidance and Counseling for Northside ISD. Veronica Ball is the Elementary Coordinator who oversees elementary school guidance and counseling
- c. TEA Code Chapter 33 requires school counselors to work in 4 component areas (handout was provided)

- i. Guidance Curriculum:
    - 1. 7 skills are targeted: responsible behavior; interpersonal effectiveness; communication skills; self-esteem development; motivation to achieve; cross-cultural effectiveness; decision-making & problem solving
    - 2. Dr. Healy noted that NISD is working to create a more visible/visual way to highlight these target areas
  - ii. Responsive Services
  - iii. Individual Planning
  - iv. System Support
- d. Utilizes the Search Institute's 40 Developmental Assets
- i. NISD does not implement a specific curriculum but utilizes this as a philosophy, a frame of reference
  - ii. <http://www.search-institute.org/content/what-are-developmental-assets>
  - iii. Dr. Healy played a video that provided information about the Developmental Assets
    - 1. The video noted that children who possess fewer assets are more at risk for risk-taking behaviors
    - 2. Dr. Healy also provided a handout regarding the Developmental Assets and the statistics associated
      - a. 62% of kids with 0-10 assets have engaged in violent behavior
      - b. 45% of kids with 0-10 assets have problems with alcohol use
      - c. 89% of kids with 31-40 assets value diversity
      - d. 88% of kids with 31-40 assets maintain good health
    - 3. Multiprong approach is essential. Meaning that NISD wants to target the continuum of ages and the continuum of needs.
- e. Veronica Ball Presented on the Elementary efforts
- i. 30% of counselor time is in the classroom. Minimum of 24 thirty minute lessons per year are experienced by each child. Possible techniques/strategies include:

1. Kelso Choices, which is a conflict resolution strategy, introduced in the classrooms
  2. Love & Logic techniques/philosophy may also be presented to parents
  3. The NISD 6 Pillars of Character is also a method of developing assets
  4. 7 Habits of Happy Kids – Adapted from the Covey model
  5. Career Exposure opportunities – Careers on Wheels, Career Day
  6. Bibliotherapy – Book bags with books that are focused on different topics (i.e., bully prevention, violence prevention, 40 developmental assets, currently working on a “transition” book bag, etc)
- ii. Responsive Services occupy 40% of Counselor’s time
    1. Small group sessions targeting a specific issues such as grief, parent deployment, etc. (6-8 sessions with parent permission)
  - iii. Individual Planning occupies 10% of Counselor’s Time
    1. Student Advisory Program targets the needs of a campus. Is driven by students with support of adult facilitators
    2. Also noted Service Learning opportunities which are volunteering programs made available to students
- f. When asked about what could be done to assist the efforts of Guidance & Counseling, Dr. Healy noted that the reduction/elimination of non-guidance tasks would be beneficial
  - g. Also discussed concerns regarding the current budget situation and how that may affect prevention efforts.

## **V. District Facilitator’s Report**

Rudy Sanchez reported on behalf of Linda Seewald:

- Valero Go! Kids Challenge 2011
  - Kicked off on February 9<sup>th</sup> here in NISD

- NISD did not receive enough Kid's Challenge tracking logs but they are working with San Antonio Sports Foundation to obtain more
- This year's major event will be a field-day format on Sunday April 10 from 12-3
- Mayor's Council On Fitness – Healthy School Summit on May 19, 2011
  - Paul Tucker is the NISD representative and is attending the council meetings
- Communities Putting Prevention To Work (CPPW)
  - Physical Education Workshops were provided for PE Teachers at Alamo Gym
  - Teachers who participated will also receive equipment for their classes

## **VI. Committee Chairs' Report**

Committee Chair's include:

- a. Campus Assessment Committee, Suzanne Levan, Chair (not present) – nothing to report
- b. Sexuality Education Committee, Rudy Sanchez, Chair
  - A meeting was scheduled with Girls Inc to discuss their programming and request. The Girls Inc representative did not make it to the meeting.
  - Rudy is still working to schedule a follow up meeting.
- c. Student Recruitment, Bryce Chatland, Chair (he was not in attendance but it was noted...)
  - a. A plan was outlined and the group will proceed according to the plan
  - b. Working to identify students who can participate as guests for the remainder of this academic year
  - c. Will then make nominations for official student participants next academic year.
- d. Recruitment Committee, Julie Eversole, Chair – nothing to report
- e. Legislative Committee, Paul Tucker, Chair (not present but...)

- Provided House Base Budget Bill handout
- f. Health Report Card Committee, Jeannie Von Stultz, Chair –
  - a. Linda is working to arrange a meeting with NISD admin and public relations
  - b. It was suggested that this subgroup proceed with continuing to gather and develop the information

## **VII. Members' and Advisors' Reports**

- Rudy Sanchez updated the SHAC on the percentage of students who have completed the Fitness Assessment for High School (non-PE Students)
  - A handout was provided
  - Participation has improved
  - It's primarily accredited to better follow up when a child was absent at the time of their initial assessment
- Nicole Townsley of the American Cancer Society provided information regarding Tobacco Free Kids Day ( March 23)
  - A guide is available for teachers who are interested in implementing activities during that day
  - Also provided information regarding Tackling Tobacco Use
  - Also provided information regarding Relay for Life
- Robert San Miguel (was invited to attend by Nicole Townsley)
  - Tooth Time Outreach – for-profit agency
  - Mobile Dental Program which works to eliminate barriers to dental health
  - Provides services regardless of ability to pay
  - Works with many different agencies including Communities in Schools, other school districts, etc
- Pat Dempsey noted March 26<sup>th</sup> NEF 5K Run/Walk @ Ferris Athletic Complex
  - A family rate will now be offered \$35 (up to 6 people – no shirts included)

**VIII. Next Meeting April 28 at 6:30**

**IX. Adjournment**