

Northside Independent School District
San Antonio, Texas 78238

Regular Meeting of the School Health Advisory Council
April 28, 2011
6:30 pm

MINUTES

I. Call Meeting To Order

Members Present: Bryce Chatland, Robin Clark, Lisa Delgado, Patrick Dempsey, Julie Eversole, Alice Fiedler, Mike Galvan, Dr. Deborah Healy, Jennifer Krueger, Liset Leal-Vasquez, Suzanne Levan, Lydia Martinez, Michele Maxwell, Amy Newman, Lisa Patterson, Carol Pett, Heather Ruth, Rudy Sanchez, Shirley Schreiber, Linda Seewald, Kathy Shields, Cynthia Thomas Nicole Townsley Marina Tucker, Dr. Jeannie Von Stultz, Thomas Wherry. Visitor: Robert San Miguel

II. Invocation and Pledge of Allegiance

III. Chairman's Report

- a. Last Month's Meeting Minutes
 - i. Minutes were reviewed.
 - ii. Julie Eversole motioned to approve meeting minutes.
 - iii. Suzanne Levan 2nd the motion.
 - iv. SHAC approved minutes from last meeting.
- b. Annual Report to the Board of Trustees
 - i. SHAC reviewed Annual Report letter that was submitted to the Board of Trustees
 - ii. It was noted that 2 questions were posed by the Board
 1. Board member was interested and pleased to hear about the possibility of including student members.
 2. Board member also inquired as to whether replacing RNs with LVNs would have an impact on the district.
 3. Dr. Folks also expressed appreciation for the efforts of Linda Seewald and her department in fostering the SHAC efforts.

IV. Presentation.

- a. Open Discussion Regarding Teen Pregnancy
 - i. SHAC members were encouraged to discuss their thoughts regarding the issue/impact of teen pregnancy within the district.

ii. Discussion included:

1. Questions regarding the impact of teen pregnancy on academic success and continued to enrollment.
 - a. It was estimated that 25% of those identified as an expectant parent (both females and males) discontinue enrollment.
2. Thoughts regarding gaining more information and understanding the trends within the district prior to developing strategies to address the issue.
3. Comments that teen pregnancy has been a long-standing issue and that challenges have consistently existed in regards to developing strategies and implementing efforts within the district.
 - a. It was noted that it may be difficult to find the “perfect” solution to teen pregnancy so instead we should be willing to settle for a partial solution.
4. Comments that the district does a lot to help children who are expectant parents but now needs to do more to prevent pregnancy.
 - a. It was noted that district is very data driven.
 - b. It was also noted that given the diverse population within the district, there will always be differences in opinion in regards to an acceptable approach and who should be responsible for the development of prevention strategies.
 - c. It was noted that perhaps more agreement would be present if we targeted character development vs solely sexual activity.
5. Questions were posed regarding whether we should target certain schools/areas of the district
 - a. Concerns were noted regarding whether that would create negative thoughts towards certain areas of town.
6. A desire to have this topic addressed more frequently (not just one dosage in middle school and partly in high school).
 - a. Discussed the challenges in increasing programming within a packed school schedule.
7. A new administrative regulation has been put in place (SUP-05) which requires that staff must report to parents if they suspect that a child is having sexual contact.
 - a. Concerns existed regarding whether that would discourage kids from talking to adults when they are in trouble.
8. Comments that prevention is important and should include the parents.

- a. It was noted that parent participation is relatively limited when invitations are offered to include parents in school-based activities.
 - b. It was noted that limited participation may not be indicative of parent's disinterest.
 - c. Parental forums are also an opportunity to provide this information.
 - i. It may also be a way to increase awareness and motivation in the district to address this issue.
 - ii. Emphasis could be placed on doing these forums with parents of younger students.
9. Discussion regarding raising the standard of modesty including dress code and public displays of affection.
- a. It was noted that PDAs by policy should already be addressed on a campus.
 - b. Dress codes are also in place on campuses.
 - c. Some campuses require uniforms.
 - d. Appropriate dress is a constant issue on a campus and campuses often times are faced with prioritizing what to address.
10. Expressed an interest in having peers speak to peers.
- a. Discussed about how powerful it would be for students to hear from other students how pregnancy affected their life.
 - b. It has been done on a limited-scale within the district when a campus has invited the SAP program.
 - c. It was suggested that this process be expanded through electronic media – webinars, video-taped interviews.
 - d. It was suggested to include parent testimonies in this and expand the presentation to parents (especially through electronic means).
11. Comments that SHAC present to the district the need to prioritize this effort and identify specific strategies.
- a. It was noted that a plan/timeline should be established.
 - b. And to target at-risk behaviors in general including drug use, etc.
12. Recommendations that the SHAC needs to think about current challenges experienced by the district regarding budgetary and staffing issues.
13. Comments regarding the importance of informing the parents of the district in regards to the issues and needs in regards to teen pregnancy.

- a. It was noted that this a good time given the Mayor's SA 2020 making a teen pregnancy a priority issue.
- b. It was also noted that it would be important to approach the district with strong data and then to try to reach out to parents through avenues such as PTAs.
- iii. In summary, the SHAC determined that they want to engage the community including parents and staff in increasing the awareness of this issue.

b. District Facilitator's Report

- i. Linda and Rudy met with Choosing the Best Path representative.
 1. Linda requested more information regarding whether the program is evidence-based.
 2. It was also noted to CBP that current educational trends appear to move towards a more comprehensive program.
- ii. School Health Index Update
 1. Initiated first run with the Elementary PE teachers.
 2. It is hoped that the School Health Index will be a resource for campus planning.
- iii. Several district departments are working to submit a PEP grant. The efforts include several community partners such as Metro Health, SA Cancer Society, SA Heart Association, etc.
 1. Purpose of grant is to restructure elementary health education.
 2. Develop a new scope and sequence related to physical activity curriculum and include healthy nutrition as part of that curriculum development.
 3. Grant will also focus on aligning the NISD afterschool program with the curriculum components that reinforce physical activity and healthy nutrition. These components would be presented to both students AND parents.

V. Committee Chairs' Report

Committee Chair's include:

- a. Campus Assessment Committee, Suzanne Levan, Chair
Linda Seewald reviewed the School Health Index as a part of the Facilitators report.
- b. Sexuality Education Committee, Rudy Sanchez, Chair
 - i. Meeting May 12th
 - ii. Will also ask members to review updated Choosing the Best Path Curriculum.

- c. Student Recruitment, Bryce Chatland, Chair
 - i. Next meeting the committee will present to the SHAC for approval:
 - 1. List of the point of contacts (for each high school).
 - 2. Draft letter explaining SHAC.
 - 3. Revised application for Student Members.
 - 4. Subcommittee feels as though it would be best to hand deliver the application to the school point of contacts and explain the process
 - ii. Recruitment Committee, Julie Eversole, Chair
 - 1. In the future, the committee will present information regarding how past efforts have been successful.
 - iii. Legislative Committee, Paul Tucker, Chair – No updates
- d. Health Report Card Committee, Jeannine Von Stultz, Chair
 - i. In line with the teen pregnancy discussion earlier, the Committee is working on identifying data regarding at-risk health issues.
 - ii. The committee will present that data to the overall SHAC.

VI. Members' and Advisors' Reports

- a. Nutrition Department would like to do a Taste of NISD for the SHAC.
 - i. Members will get to taste the food served to students at the next SHAC meeting in May.
- b. Learning Tree provided information regarding the Fit Family Challenge in association with SA Sports (flyers provided to SHAC members).
 - i. This will include a lecture series on nutrition and exercise.
- c. American Cancer Society
 - i. Relay for Life.
 - ii. National World No Tobacco Day – May 31st.

VII. Adjournment – Next meeting May 19th.