

**Northside Independent School District  
San Antonio, Texas 78238**

**Regular Meeting of the School Health Advisory Council  
September 15, 2011 - Central Office Board Room  
5900 Evers Road  
6:30 PM**

**Meeting Minutes**

**I. Call Meeting to Order – Suzanne Levan, Chair**

Members Present: Bryce Chatland, Robin Clark, Lisa Delgado, Patrick Dempsey, Alice Fiedler, Mike Galvan, Helen Huff, Jennifer Krueger, Suzane Levan, Laure Luce, Lydia Martinez, Sandra Nieto, Jackie Reyes, Heather Ruth, Rudy Sanchez, Shirley Schreiber, Linda Seewald, Kathy Shields, Paul Tucker, Jeannie Von Stultz, Thomas Wherry

**II. Invocation and Pledge of allegiance – Pat Dempsey, Past Chair**

**III. Chair’s Report – Suzanne Levan, Chair**

- a. Council approved Minutes from the May 19, 2011 meeting
- b. Introductions of New Members:
  - Mrs. Helen Huff – Advisor, Community
  - Mrs. Laura Luce - Member, Parent
  - Dr. Sandra Nieto – Member, Parent
- c. Introductions of Members and Advisors
- d. “What’s On Your Mind” –
  - Introduced new process for the SHAC where members can introduce relevant SHAC issues/thoughts/concerns through anonymous process
- e. Reviewed Important Documents included in SHAC notebook
  - 2011-2012 Member list
  - NISD Wellness Policy
  - Reviewed origins and purpose of wellness policy
  - School Health Advisory Council By Laws
  - Annual Board Report 2010-2011
- f. Reviewed officer roles within the SHAC
- g. Noted the various Committees within the SHAC
  - Health School Report
  - Sexuality Education
  - Legislative
  - Campus Assessment Committee – has met their goals so will be closing
  - Recruitment Committee – has met their goals so will be closing
  - Student Recruitment
- e. Council members were encouraged to participate in the meetings by sharing ideas and asking questions. It was emphasized that all Council members should be respectful and reflective when differing opinions may be expressed. These meetings will be forums where members should be comfortable sharing diverse views while giving and receiving constructive discussion and feedback.

**IV. 82<sup>nd</sup> Legislative Session Presentation and First Called Special Session; Related Bills to Health, Physical Education, Wellness, SHAC – Paul Tucker**

- a. "School Health Policies" Powerpoint presentation created by TEA Health and Physical Education representative
- b. Powerpoint was provided to SHAC members. Those components that are new are italicized within the powerpoint
- c. Losses:
  - Fitness Assessment (SB 8/ HB 400)
    - Challenges were in testing students who were not enrolled in PE or PE equivalent classes
    - The law now requires that only students who are enrolled in PE are tested in the fall and spring
  - Physical Activity and Corporal Punishment (HB 359)
  - Texas Fitness Now
- d. Gains:
  - Fitness Assessment
    - Will now be able to individual progress in students
  - Bullying and Suicide Prevention
  - Extracurricular Athletic law
  - Summer Nutrition Programs
- e. Reviewed Coordinated School Health and Campus Improvement Plans – no reported changes
- f. Reviewed Health Education requirements – no reported changes
- g. Healthy and Safe School Environment and Health Services
  - New Concussion management policy requirements
  - New football helmet safety regulations
  - New Severe food allergy notification requirements
- h. Mental Health and Counseling Services
  - New recommended list of best practices for suicide prevention for schools
  - New requirement for prescriptive bullying policies
- i. Nutrition Services and Education
  - New requirement that schools with 50% or more of students who qualify for free-reduced lunch must make available meals during the summer break
- j. Parent and Community
  - SHAC can now include member of violence prevention
- k. Physical Education
  - Students with severe disability/illness may take alternate course for physical education
  - Reasonable activity will not be viewed as corporal punishment
  - Students attending high school cannot get junior college PE credit while meeting high school graduation requirements
- l. Reviewed Physical Education and Activity requirements – no noted changes
- m. Reviewed Staff Wellness practices in NISD.

**V. District Facilitator Report**

- a. Step Out - Walk to stop diabetes – November 5th

- NISD Kick-off occurred today
- Set goal of \$50,000 fundraiser
- NISD teams have been developed including administrative divisions, campuses, etc.
- Information/flyers were provided to SHAC
- T-shirts are part of the fundraising efforts
- Discussed the possibility of SHAC registering as a team
  - Suzanne Levan will register as the team captain for a SHAC team
  - Information will be forwarded to SHAC members
- b. Alliance with Healthier Generation
  - Linda Seewald had meeting with that agency regarding possible partnership
  - Partnership would need to coordinate with existing requirement to complete School Health Index (SHI) on campuses
    - SHI is a required part of proposed grants
    - SHAC will be updated regarding the status of this partnership
- c. Texas Campaign to prevent Teen Pregnancy meeting in October
  - NISD will send representatives
- d. SHAC Member resignation – Karen Sanders resigned due to time conflicts

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

- a. If interested in joining a committee, SHAC members are encouraged to contact the specific committee chair.
- b. Committees had been meeting monthly on alternating Thursdays
- c. Health School Report – Dr. Jeannie Von Stultz
  - Committee is focused on developing a process to educate the district and district families on health issues that are present within the school district
  - Targeting areas such as teen pregnancy, substance use, health issues.
- d. Sexuality Education – Rudy Sanchez
  - Texas Freedom contacted NISD offering assistance in identifying evidence-based programs
  - It was noted that this year efforts will focus on determining whether “Choosing the Best Path” (CTBP) is an evidence-based program
    - NISD has requested empirical information from CTBP
  - Provided a brief review of how the “Choosing the Best Path” was implemented several years ago at NISD
- e. Legislative – Paul Tucker
  - Committee will be inactive during off legislative years
- f. Campus Assessment – Suzanne Levan
  - Committee has met their targets
  - As a result, committee will be closing.
- g. Recruitment – Chair, open
  - Past efforts have been successful in recruiting parents
  - Cards/brochures have been effective and will continue
  - As a result, committee will be closed
- h. Student Recruitment – Bryce Chatland
  - Efforts will focus on recruiting students to participate on the SHAC
  - Action plan was developed in regards to where/how to recruit students

- Application process was established
- Process will include discussion of roles/expectations
- Process is pending district administrative review
- It is hoped to have something in place by spring semester

**VII. Unfinished Business**

- a. "How to Talk to Kids About Sex" Seminar – Suzanne Levan
  - SHAC would like to focus on sponsoring a seminar for district parents regarding how to assist parents in talking with their children about human sexuality
  - Executive committee will meet to identify possible next steps and bring it before the entire SHAC
  - Instead of delegating this to a committee, SHAC would like to have all members be a part of the development/review process
- b. Update on Girls' Inc. – Lydia Martinez
  - Reviewed existing partnership with Girls Inc and NISD Learning Tree within 6 middle schools
  - Girls Inc has expressed interest in bringing pregnancy prevention curriculum to the afterschool programs on these campuses
  - The SHAC has supported this initiative. However, funding sources have currently not been identified. If funding is identified the Learning Tree will advise the SHAC and proceed
- c. School Health Index – Linda Seewald
  - Evaluation Tool offered by the Centers for Disease Control
  - 68 NISD campuses used the tool last school year
  - Action plans developed by these schools would be of interest to the SHAC

**VIII. New Business – No new business presented at this meeting**

**IX. Members' and Advisors' Reports**

- a. National Institute of Health initiative Diabetes Initiative– Alice
  - Pilot will occur at a yet to be determined elementary school, Zachary MS and Holmes HS
- b. Out of the Darkness Walk
  - Council members were made aware of the upcoming walk and encourage to participate
- c. Siclovia – October 2nd
  - 4 miles of Broadway will be closed for recreation/fun for families
  - Open streets for walking, bicycling, running, pets will be allowed
  - There will be sites along the road that encourage physical activity such as Zumba, Tai Chi, etc.
- d. Taste Testing
  - SHAC tasted NISD school menu items in May
  - Information was provided to the SHAC regarding 2011/2012 school menu
  - NISD is seeing an increase in the number of meals served

- e. Pat Dempsey noted how responsive the district was in regards to the loss of his wife.
  - He described how supportive teachers/staff were during the funeral and during his children's return to campus.

**X. Adjournment**

**XI. Next meeting**

- **October 20<sup>th</sup> at 6:30 at the Central Office Board Room**