

SHAC Minutes – December 7, 2022

I. Welcome

The meeting was convened at 4:09 p.m. by Martha Rose. Agenda Reviewed.

II. District Vision, Mission and Beliefs

Martha Rose reviewed the mission, vision, and goals of the district and the priorities in the Balanced Scorecard and reviewed the agenda for the meeting.

Members in attendance: Barbie Ezell- Director/ Co-Chair; Michael Thieme – Exec Director, Ryan Kelley EC Co-Chair– EC Parent, SanJuanita “Annie” Marquis - SFA Parent, Karen Redden- GP High School

Members attending via Zoom:

Jennifer Gano – SFA PE, Stephen Kazanjian - EC Parent, Ruben Vela – TMC PE, Monica Lopez- WCA Nurse, Whitney Rodriguez- G.P.M.S. Nurse, DeeAnn Elizondo- G.P.H.S. Nurse, and Ally Honig - EC Nurse.

Denise Blanchard- recorded minutes

III. Review of Minutes

Members reviewed the minutes from the November 1, 2022, meeting. There were corrections needed on two spellings of member names. Karen Redden moved to approve the minutes and Michael Thieme seconded the motion. Minutes were approved as corrected.

IV. District Updates

Safety & Security: 3rd threat assessment team meeting will be held December 15, 2022. Discussed 5 students this year so far. Stop the Bleed MS training session has been canceled due to SRO availability. HS Stop the Bleed training being scheduled for January 23, 2023. Any secondary student will be able to participate in Stop the Bleed. Door audits continue to happen weekly now the doors audit has found include 220 issues. These door audits are occurring weekly to make sure when things come up, they are fixed in a timely manner.

V. Fitness Gram

Sharon Reckaway prepared a fitness gram report. Fitness Gram occurs from 2nd grade through grade 13. Most widely used physical fitness test used. The report included aerobic capacity, body composition, upper body strength and endurance, abdominal strength/endurance, trunk extensor strength, and flexibility. This is done annually and is

district wide. Stephen Kazanjian asked to put it in a line graph to see trends over time and Ms. Rose indicated she would speak with Mrs. Reckaway on that.

VI. Self-Responsibility Classes

Ms. Rose presented the dates of the self-responsibility classes for each campus. Mr. Kelley asked what the Self Responsibility classes include. Ms. Ezell indicated it is an Opt-in Program that has been done in GPISD since around 2014. It discusses how children's bodies change as they mature. Males and females are separated to go over this information. Mr. Kelley also asked about the curriculum being utilized for this class. Ms. Ezell reported the curriculum was available for review and is also reviewed in the parent meeting held by each campus. Mrs. Redden asked if this was the same as the Coastal Bend curriculum that was controversial. Ms. Rose and Ms. Ezell stated it was completely different.

W.C. Andrews- November 15-17, 2022
T.M. Clark- November 15-17, 2022;
East Cliff- February 22-24, 2023;
S.F. Austin- February 22-24, 2023;
G.P.M.S.- 8th grade November 29, December 1 & 2, 2022;
6th grade January 9-11, 2023;
7th grade March 7, 9 & 10, 2023.

VII. Wellness Plan

Ms. Rose indicated that TEA gives the guidelines that need to be discussed by the SHAC and then the district SHAC committee determines how they will get there.

Implementing goals for Nutrition promotion, Nutrition Education, Physical Activity and other school-based activities. Ms. Rose indicated she revised the plan with all the same information but structured it to be more user friendly when reading it.

The basic goals of the Wellness Plan were shared with the team in a gallery walk to collect feedback, ensure all are aware of the goals, and the goals are observable and obtainable.

Ms. Rose suggested that we be mindful on picking just a couple of strategies so they are able to be tracked and they are meaningful.

Look at the wellness plan goals and action steps and determine if they are meaningful and are obtainable.

Due small numbers of SHAC committee members both in person and online the previous goals members chose to be a part of at the 11/1/2022 meeting was not able to be adhered to.

Ms. Elizondo remarked in the chat that the HS does not offer snacks to the students during lunch times so it is not competing with the cafeteria.

Stephen Kazanjian asked if the committee is supposed to focus on the goals that do not have action steps in them. Ms. Rose indicated that would be very helpful. He additionally

asked About the number of children reached with the wellness plan and how the SHAC committee will know that the kids are healthier.

DeeAnn Elizondo suggested limiting caffeinated drinks being sold in the cafeteria such as kickstart that has 68mg of caffeine. She asked about a plan in place to limit how many the students purchase. One of the drinks is under the recommended about of caffeine per day but she asked what if the students are buying multiple drinks.

Additionally, Mr. Kazanjian asked about community health and how he likes to start to address it by looking at data and then allow the data to drive the program to move the needle on the data indicators selected. Ms. Rose agreed with him about how to address moving things in the direction of progress. Mr. Kazanjian stated it came down to 3 things How much are we doing (quantity), How good a job we are doing (quality), and are people better off because of what we are doing.

DeeAnn also suggested looking at Fitness Gram information as well as the Acanthosis Nigricans data.

VIII. Questions & Closing

Martha Rose noted the dates for the upcoming meetings:

February 15, 2023

April 19, 2023

The meeting was adjourned at 4:54 p.m.