

**Student Health Advisory Council**

**Mission** – Edgewood ISD provides an exceptional learning experience that engages, empowers, and prepares students to compete and reach their highest potential in an ever-changing World.

**SHAC Meeting Agenda**  
 Wednesday, February 22, 2023  
 District Conference Center  
 11:30 a.m. – 1:00 p.m.

**ITEMS FOR DISCUSSION – NEW ITEMS**

Agenda Topic	Time	Notes
A. Physical Fitness Assessment <b>Old Business</b>	15 minutes	<b>Purpose:</b> To share the requirements of the <a href="#">Physical Fitness Assessment Initiative</a> (PFAI).  <b>Presenter:</b> Laura Garza, Assistant Athletic Director

**Notes:**

The district Physical Fitness Assessments are due June 9<sup>th</sup>.

Students go through six tests to place them in a Fitness Zone.

Aggie requested that this information be made available in the Parent Portal. Mr. Chavez agreed and mentioned he would explore to add this access to Frontline. Teachers can have a report for the parent.

Parent asked if there was a sample report. Mr. Chavez will make the recommendation at the next meeting.

Parent asked if Frontline has a component? Mr. Chavez will look into this.

**11/30/2022 Notes:**

State law requires school districts to annually assess the physical fitness of students enrolled in grade three or higher and to provide the results of individual student performance on the administered physical fitness assessments to the Texas Education Agency (TEA). The Physical Fitness Assessment Initiative (PFAI) is a program designed to collect and analyze the required student physical fitness data.

In accordance with [Texas Education Code §§38.101- 38.104](#), TEA is required to complete the following objectives:

1. Adopt an assessment instrument to be used by all Texas public school districts
2. Compile the results of the physical fitness assessment captured by school districts and provide summary results
3. Analyze the results received for each school district to determine whether a relationship exists between student academic achievement levels, attendance levels, obesity, student discipline problems, and school meal programs

**DELIVERABLE:**

Mr. Chavez will make the recommendation of a sample report and a Frontline component.

[FFAA \(LEGAL\)](#) - Wellness and Health Services: Physical Examinations  
[FFAA \(LOCAL\)](#) - Wellness and Health Services: Physical Examinations

<p>B. Bienestar – Coordinated Health Program <b>Old Business</b></p>	<p>30 minutes</p>	<p><b>Purpose:</b> To review the Bienestar Coordinated Health Program curriculum for grades K-8.  <b>Presenter:</b> David Saldana, Bienestar</p>
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**Notes:**

The meeting was presented with the website that teachers will use for the coordinated school health. The website is available in both English and Spanish.

Mrs. Chapa also introduced the My Family Mi Familia Newsletters. The organization will be working with Family Engagement to create this newsletter; in hopes to have it available at the next Abuelos Unidos.

Parent asked if the newsletters also have recipes? Deputy Director Carla Cortez responded that the Healthy Bites Newsletter includes recipes.

Parent asked if the website and newsletters can also include other languages other than English and Spanish.

Mr. Chavez asked if he can meet with the team about adding the resources and login information for families. I.T. will work on setting up the program on Class Link to access from home. Carla is the contact; she will get with I.T. on a solution for access.

Campuses will be asked to post on their platforms to make families aware of login. Mr. Chavez will work with Communications Department to add an announcement to the website.

**11/30/2022 Notes:**

<https://sahrc.org/childrens-programs/>

The agency is required by law to make available to each school district one or more coordinated health programs. Each program is designed to prevent obesity, cardiovascular disease, and Type 2 diabetes in elementary school, middle school, and junior high school students. Each program must coordinate health education, including oral health education, physical education and physical activity, nutrition services, and parental involvement.

**Coordinated Health Programs – EHAA (LEGAL)**

TEA shall make available to each district one or more coordinated health programs in elementary, middle, and junior high school. Each program must provide for coordinating education and services related to:

1. Physical health education, including programs designed to prevent obesity, cardiovascular disease, oral diseases, and Type 2 diabetes and programs designed to promote the role of proper nutrition;
2. Mental health education, including education about mental health conditions, mental health well-being, skills to manage emotions, establishing and maintaining positive relationships, and responsible decision-making;
3. Substance abuse education, including education about alcohol abuse, prescription drug abuse, and abuse of other controlled substances;
4. Physical education and physical activity; and
5. Parental involvement.

**Education Code 38.013; 19 TAC 102.1031(a)**

A district shall participate in appropriate training to implement TEA's coordinated health program and shall implement the program in each elementary, middle, and junior high school in the district. **Education Code 38.014**

Coordinated school health programs that are developed by districts and that meet TEA criteria may be approved and made available as approved programs. Districts must use materials that are proven effective, such as TEA-approved textbooks or materials developed by nationally recognized and/or government-approved entities. *19 TAC 102.1031(c)*

[Approved Coordinated School Health Programs](#)

**DELIVERABLE:**

The organization will work with Family Engagement to create this newsletter  
Mr. Chavez will meet with the organization and I.T. regarding family access.

C. Human Sexuality Curriculum Grades 6-12	0 minutes	<p><b>Purpose:</b> : To share the Human Sexuality Training curriculum developed by the University of Texas Health Science Center at San Antonio, Dr. Plastino, lead researcher.</p> <ul style="list-style-type: none"> <li>• Grades 6-8: “Drawing the Line, Respect the Line” is a 4-week program</li> <li>• Grades 9-12: “Reducing the Risk” is a 4-8 week program</li> </ul> <p><b>Presenter:</b> Jennifer San Pedro Todd, JD, RN, Project Manager UT Teen Health</p>
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**Note:**

*Mrs. Todd is not in attendance. This item will be moved to the May 24<sup>th</sup> meeting.*

[UT Teen Health](#)

**DELIVERABLE:**

D. 5 <sup>th</sup> Grade Puberty Video	40 minutes	<p><b>Purpose:</b> To present the 5<sup>th</sup> grade male and female puberty videos to the SHAC.</p> <p><b>Presenter:</b> Jennifer Alaniz, R.N., Nurse Coordinator</p>
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**Notes:**

Nurse Jennifer Alaniz presented a video that will be provided at all Elementary Campuses. Parents will receive a Permission Slip allowing students to attend the video presentation.

Parent asked when the videos will be shared. Nurse Alaniz explained that all campuses will show in May, after all exams are completed. This is a preferable time since students will not have coursework. Parent asked if the videos can be shown in August and to younger grades, such as 4<sup>th</sup> and even 3<sup>rd</sup> since the beginning age for puberty starts as early at that grade age. Nurse Alaniz agreed.

Parent asked if it would be possible for the parents to view the videos before students. Mr. Chavez asked if all campuses have the videos. Nurse Alaniz confirmed that all campuses have a copy of the videos in English only.

Mr. Chavez suggested that the campuses host a viewing meeting for these videos for parents to be given the opportunity to educate themselves as well. Mr. Chavez also asked if the district would also provide a list of resources to be sent to the parents on this topic.

Mr. Chavez asked Mr. Garnica if it were better to host collectively or at each campus. Mr. Garnica replied that Family Engagement can host a collective meeting for parents to attend after 5pm. The consensus voted that 5:30pm – 6:30pm is the best time.

Parent asked if campus nurses have supplies. Nurse Alaniz replied that campuses receive donations and Edgewood has a Community Resource Center that offers hygiene products.

[Health Services Power Point](#)

Puberty: A Girl's Journey Through the Physical, Emotional, and Social Changes

Puberty: A Boy's Journey Through the Physical, Emotional, and Social Changes

**DELIVERABLE**

Family Engagement will host viewing of the videos in the future at 5:30pm – 6:30pm.

**ADDITIONAL NOTES:**

Gabriela Lara was selected as the SHAC Chair. Ms. Moucoulis is no longer the SHAC Co-Chair. Gabriela Lara called the meeting to order as the Chair. Co-Chair Rachel Salazar had missed this meeting and the last due to unforeseen issues. We thank her for her service.

Mr. Chavez introduced the [School Health Survey Summary 2022-2023](#). This survey will be shared and due in May 2023.

**Future Topics:**

Parent asked if we could look into "Brighter Bites" – Harlandale ISD has a program.

Mr. Chavez will speak with Memorial Culinary about offering more produce. There are campuses in Dallas that grow their own produce.

Mr. Garnica mentioned we could have Food Demonstrations to show a recipe and bring the items.

Parent asked if we could follow up with Mental Health opportunities in the district. Mr. Chavez will check; it should be available now on the website. Another parent asked how else can parents sign up if they do not have internet access? Mr. Chavez will ask if there are flyers that can be delivered to parents.

Parent asked if we can email to get an item added to the Agenda. Mr. Chavez will look at how SHAC recommends we communicate.

Mrs. Navarro will email the link to the SHAC Website to everyone that provided their email addresses.

Meeting Adjourned: 12:52pm

**Next Meeting:** Wednesday, May 24, 2023  
District Conference Center