

**Seguin Independent School District
School Health Advisory Council
SHAC**

Minutes, January 10th, 2018

- Lisa Burns called the meeting to order at 5:33
- All were welcomed to the meeting. In attendance- Allison Willemin, Trason Willemin, Whitney Bischoff, Michele Meehan, Kirsten Legore, Lisa Burns, Lyn Litchke, Luis Moreno, Alejandra Aguilar, Kristin Mueller, Dot Whitman, Pete Silvius.
- December SHAC meeting minutes were approved with a motion by Luis Moreno and second by Kristen Mueller
- The meeting agenda was approved with a motion by Whitney Bischoff and second by Lyn Litchke.
- Lisa presented the SHAC with a proposal/resolution drafted by Luis Moreno. The Proposal/Resolution requests the addition of a recess policy to be included in the SISD Wellness Policy. The proposal reads-

Seguin ISD shall require a student enrolled in elementary school to participate in unstructured and undirected recess for at least 20 minutes each school day throughout the school year. The period for play required by this policy may not be used to grant a reward or impose a punishment.

An additional 20 minute recess is recommended to be provided each day at teacher and principal discretion.

This agenda item was discussed at length at the last meeting and the SHAC reviewed this draft proposal prior to the meeting. Luis Moreno made a motion with a second by Allison Willemin to bring this recommendation to the Seguin ISD Administration and School Board. The motion was passed with unanimous support. Luis Moreno reminded that SHAC that if adopted this policy will need to be reflected in the Wellness Plan. Currently the Wellness Plan calls for 30 minutes of daily recess. Pete Silvius will take the resolution/proposal to the district administration and school board. Pete will report back to the SHAC when this agenda item will go before the school board.

- Lisa opened a discussion on the Human Sexuality Curriculum agenda item. Lisa explains that she is concerned about the lack of knowledge our students appear to have related to sexual health. Lisa explained that she would like the SHAC to take up the issue and to assess the currently adopted curriculum, identifying where and when the curriculum is taught and reviewing other curriculum options that might be more up to date. Pete reported that the curriculum in adoption in SISD is called Worth the Wait. This curriculum was adopted approximately 8 year ago. Currently SISD students receive sexual health instruction during the 6th grade within PE class and during 8th grade in the health class. Pete has a few curriculums that can be reviewed and he will continue to seek resources to help the SHAC discuss this topic. Michelle Meehan shared with the SHAC that her recommendation would be to include upper elementary students in the sexual health instruction. Michelle explained that the Children's Advocacy Center has found that many students need access to this knowledge at a younger age than they are currently receiving it. Lyn Litchke will ask her colleagues who work in the Health Education field at Texas State for their recommendations. Alejandra Aguilar will ask for recommendations from her graduate professors at the UT medical center. Whitney Bischoff will task her TLU nursing students with finding local data to help the SHAC determine local needs in this area. The SHAC discussed strategies to increase student knowledge while recognizing the challenges of a busy day with many demands for our student's time. The SHAC is committed to supporting increased student knowledge related to basic sexual health biology, STD's, and strategies that support abstinence while recognizing that for the safety of our students in some cases an abstinence only curriculum is not enough.
- Lisa Burns reminded that SHAC that our next meeting will be February 21st 2018 at 5:30 pm
- The meeting was adjourned at 6:34 with a motion by Whitney Bischoff and a second by Lyn Litchke.