

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

Minutes, April 19th, 2017

- Pete Silvius called the meeting to order at 5:05
- All were welcomed to the meeting. In attendance- Chela Stevens, Michele Meehan, Kera Caraway, Lisa Teneyuque, Jacob Galvan, Joe Alcala, Whitney Bischoff, Deborah Mahan, Elaine Schacht, Rachel Stevens, Charron Miller, Pete Silvius.
- January SHAC meeting minutes were approved with a motion by Elaine Schacht and second by Whitney Bischoff.
- Rosalie Aguilar with Salud America and UT Health San Antonio was introduced.
  - Rosalie presented a proposal to support SISD SHAC through the Salud America program. This support would be through a *toolbox* that Salud has created to help initiate a project focused on improving student health. One project example would be to help create education about the benefits of installing bottle fill stations at drinking fountains on campuses around the district. See examples at the website below.

<https://salud-america.org/seguinhydration>

<http://salud.to/seguinhydration>
- Pete offered a quick review of the health and Physical education curriculum-
  - The remaining grant funding from Texas Department of Agriculture will be used for staff training of K-8 PE teachers in CATCH PE curriculum during the August 2017 professional development days.
  - The 8<sup>th</sup> grade health curriculum includes a wide range of curriculum selections include required topics and district selected topics such as, Hands-only CPR, Worth the Wait, Catch My Breathe (e-cigarette curriculum from UTSPH), Parenting and Paternity Awareness P.A.P.A., Heathsmart form ETR topics include Physical Activity, Nutrition, Drugs and Alcohol. Pete explained that if the SHAC would like to see specific topics embedded into the health curriculum those topics can be reviewed and discussed within sub-committees and recommendations can be made.
  - Pete shared the layout and equipment that will be included in the new HS fitness room. This fitness room is designed for PE classes and staff and student use. The equipment will include treadmills, virtual reality exercise bikes, rowers and body weight resistance bands.
- The Seguin ISD Wellness Policy and Wellness Plan were again reviewed. The Wellness Policy was recently revised to meet USDA requirements. SISD School Board adopted the revision on December 13<sup>th</sup> 2016. Pete explained that the adopted Wellness Policy establishes the requirement and expectations of the SISD School board. The Wellness Plan is a living document that defines how the district staff will meet the requirements established in the policy. The SHAC was asked to again review both documents to be sure that all sub-committee activities and goals support the policy and that the plan is meeting the concerns and priorities of the SHAC.
- New Business-
  - Michele Meehan asked if there is curriculum used in Seguin ISD to address student safety related to sexual abuse, physical abuse and violence prevention. The SHAC agreed that this is an important topic and would like to ensure that these topics are being addressed. Michele and the SHAC will look for curriculum materials that could be used. The SHAC hopes to see these curriculum topics addressed in all elementary schools.
- The meeting was adjourned at 6:21.
- **Our next SHAC meeting is scheduled for May 17<sup>th</sup> 2017.**