

March 8, 2022

Attendance (see below)

Members:

Justin Hudman- parent (Chair)

Amanda Luddy- parent and elementary PTA representative (Secretary)

Sarah Salem- parent and middle school secondary PTA representative

Megan Baldson- parent

Erin Kethley- parent, community member

DSISD liaisons:

Karen Kidd- DSISD Administrator/ organizer (Assistant Superintendent)

Tisha Kolek- Director of SEL and Health Services

Robin Reed- District traveling nurse

17:33

Call to order- Justin Hudman

Attendance taken, quorum established

17:34 Agenda item #1: Review of actions to address National Nutrition Month, Every Kid Healthy week– Dr. Kidd

- Principals have embraced this promotion and have been providing nutrition tidbits and healthy habits in the morning announcements and scrolling tv screens
- PE teachers making Every Kid Healthy Week a priority and organizing activities
- National Disability awareness month. Strategic review on every campus and making information widespread and dispersed
- Reviewing how the community and parents and teachers want the district to use ESER funds. Nutrition was mentioned in that discussion.
- Mental Health Awareness: Mindful Monday or Wellness Wednesday where the principals focus on healthy habits. This is ongoing
- DSE culture fair March 3rd, brought a recipe and highlighted cookbook with CLI cookbook options to check out

17:42 Agenda item #2: Activities and ideas around mental health month to address “whole child” with education for parents and community- Tisha

- Mental Health America (national organization)- mental health in schools toolkit (will come out in May) “Tools2Thrive”
 - Posters to process anxiety and depression, seeking help, announcements and videos
- Region 13 (support 57 districts), produced being mindful videos focusing on student engagement, student wellness and academic in mental health
 - Educators, parents can use these videos. Relatable to students
- Gen Z connects with digital media and we can meet kids where they are
- Parent University update- On website and weekly parent newsletter,

- Understanding the risks of youth substance abuse. Thursday March 31, 12:30-13:30. HS lecture Hall. 30-45 min presentation, Serena Cumberland (SRO) and Dr. Bobb will be speaking.
- April 28th, Attorney General's Office– social media insights, trends and apps to protect. Time TBD
- April- financial aid awareness. Buy units at today's prices, state match for those with limited financial means.
- Trying to make recordings available

17:58: Agenda item #3: Review Health TEKS by grade/content along with recommendations for physical activity after report provided to SHAC– Dr. Kidd

- HS ½ credit, not required.
- Grades K-3: TEKS responsibility/standard and expectations, which classes the standard is taught in. SHAC can review and recommend with the understanding that we can do more than what the TEKS standard is, just not less. Anything we need bolstered, etc. This is the “WHAT” from TEA, the “HOW” is up to the district and teachers.
 - Overlap: Character Traits Skills– interpersonal skills (body language/gestures), intrapersonal skills (Respectful communication), personal health and safety. Leader In Me for elementary grades.
 - Media and Technology: no expectations for Kinder, page 10, standard 16B.
 - Nutrition: Grade 1, lack of 1B
 - Health decisions: grade 2, standard 1D, rather than good foods, bad foods, more neutral language...all foods fit
 - Health Decisions: Standard 1E, PE grade 2... healthy behaviors to reduce stress such as exercise, important foundation for mental health, perhaps adding other features other than exercise such as square breathing or meditation, mindfulness. Should add in first grade
 - Add more about importance of sleep in health decisions
 - Personal/interpersonal skills/bullying: nothing for grade 3, page 13, standard 12
 - Personal/interpersonal building relationships: grade 5, minimal compared to other grades considering next transition of 6th grade
 - Reducing health Risks: elementary science missing grades 1-3
 - Reducing health Risks: appropriate seating for younger kids
 - Respect Communication: Page 12, 9B...communication through all grades– covered in State counseling guidelines in core competencies
 - Reducing Health Risks: 2A: car seats/seats best fit for them... age appropriate– maybe recommendation for Parent University
 - Kindergarten for red ribbon week: tobacco, alcohol and drugs...healthy and safe choices...age appropriate
 - Health Information– the human body: kinder- 2nd, nothing in science, PE identifies major organs and their functions. Maybe connect the physical component with an education component by adding a science expectation.
 - Foundation of technology limitations needed, teaching kids accountability as a healthy habit to limit their tech time.

1845: No public comments

1846: Continued conversation reviewing the TEKS. See Agenda item #3

1856: Circle back on physical activity update– Dr. Kidd

- 135 minutes of movement every week... Essentials 3x/week, sometimes PE is only 2x/week, but recess is included, also mindful Monday and wellness Wednesday. If the population ever grows beyond what can be accommodated with this, there are structured movements that can be added such as walk/run around track before recess, etc.
- Secondary, there's no requirement, but there are athletics/PE options
- Adding movement in academic settings such as science, etc.

1901: Wrap up and adjournment

- Review grades 3,4,5... review K-2
- These are just the Health TEKS, there are technology TEKS and Character trait TEKS
- Next meetings March 24 and April 5