



SFDR CISD

SCHOOL HEALTH ADVISORY COUNCIL

MEETING #3 – MARCH 26, 2021



3/5/2021

AGENDA

- Welcome/Call Meeting to Order
- Introduction of Chair/Co-Chair of the SHAC
(*Sarah Howard & Claudia Lopez*)
- Requirements and Responsibilities of the SHAC
 - ❖ Sex Education Instruction
 - ❖ Physical Fitness Subcommittee
 - ❖ Wellness Plan
- Adjourn Meeting

2020-2021 COMMITTEE MEMBERS

- Claudia Lopez ~ Parent
- Esmeralda (Esmie) Meza ~ Parent
- Sarah Howard ~ Parent
- Liberty Valdez ~ Parent
- Melyna Fernandez ~ Parent
- Sandra Mendez ~ Parent
- Melissa Padilla-Limon ~ Student Health Services Coordinator
- Nydia Fernandez-Contreras ~ Lead Teacher, Physical Education Dept.
- Thomas Stone ~ General Manager of Food Service (SFE), Food Service Director

RESPONSIBILITIES OF THE SHAC – PHYSICAL ACTIVITY AND FITNESS PLANNING SUBCOMMITTEE

- The SHAC is tasked with establishing a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness and make policy recommendations to increase physical activity and improve fitness among students. BDF(LEGAL) *Education Code 28.004(l-1)*
- Membership

RESPONSIBILITIES OF THE SHAC – SEX EDUCATION CURRICULUM

- The SHAC is tasked with ensuring that the school district offers a Health Curriculum with an emphasis on:
 - a. Physical health, including the importance of proper nutrition and exercise;
 - b. Mental health, including instruction about mental health conditions, substance abuse, skills to manage emotions, establishing and maintaining positive relationships, and responsible decision-making; and
 - c. Suicide prevention, including recognizing suicide-related risk factors and warning signs;
 - d. Sex Education Curriculum

EHAA(LEGAL), FFEB(LEGAL) adopted in 2020, enacted by the Texas Legislature

Note:

Changes in Curriculum

A district must consider the recommendations of the local SHAC before changing the district's health education curriculum or instruction. Education Code 28.004(b)

1. Any SHAC recommendation concerning the district's health education curriculum and instruction or related matters that the SHAC has not previously submitted to the board;

Big Decisions Program

Making Healthy & Informed Choices About Sex

KEY MESSAGES

- Having sex with someone is a BIG DECISION
- ABSTINENCE is the most effective way to avoid pregnancy and STIs
- Teens who have sex need to:
 - Use latex condoms, correctly, every time, to reduce the risk of HIV and other STIs
 - Use contraception to prevent pregnancy
- Focus of program is that having sex too early can interfere with student goals; waiting for the right stage in life is always best
- Program strongly promotes student/parent conversations throughout the lessons

DETAILS

- Program is voluntary - parents submit a permission form
- Program consists of 10 lessons
- Lessons will begin on April 22 thru May 21st. (timeline had to be pushed back due to snow days).
- Big Decisions was implemented at Freshman Campus in 2017 via Biology classes (2016 was a trial year and had limited implementation via PE classes).
- New Biology teachers, and Mr. Jimenez, were trained yesterday and today. (Veteran Biology teachers, and myself, were previously trained)

LESSONS AND DATES

- April 22nd and 23rd - Lessons 1 and 2:
 - Rules of the Game: Forming a Respectful Group
 - Goals and Dreams: My Future
- May 10th and 11th - Lessons 3 and 4:
 - Relationships and Romance - What is Healthy
 - Anatomy and Reproduction - How it works
- May 12th and 13th - Lessons 5 and 6:
 - Abstinence - Decisions to Wait
 - A Clear No - My Limits

LESSONS AND DATES CONTINUED

- May 14th and 15th - Lesson 7
 - Contraception: Pregnancy at a good time for you
- May 18th and 19th - Lesson 8
 - Sexually transmitted infections - including HIV/AIDS
- MAY 20th and 21st - Lessons 9 and 10
 - Staying Healthy and On Track: Defending my limits
 - Overcoming Challenges: Big Decisions

MY OPINION AND QUESTIONS

- As the Freshman Principal, and as parent, I have been very pleased with the program
- Both of my daughters who have gone through the Freshman Campus have participated in the Big Decisions program (Daughter #3 will go through the program next year as a freshman).
- Any questions?

RESPONSIBILITIES OF THE SHAC – WELLNESS PLAN

- The SHAC is tasked with ensuring that the school district offers a Health Curriculum with an emphasis on:
 - a. Physical health, including the importance of proper nutrition and exercise;
 - b. Mental health, including instruction about mental health conditions, substance abuse, skills to manage emotions, establishing and maintaining positive relationships, and responsible decision-making; and
 - c. Suicide prevention, including recognizing suicide-related risk factors and warning signs;
 - d. Sex Education Curriculum

EHAA(LEGAL), FFEB(LEGAL) adopted in 2020, enacted by the Texas Legislature

https://www.sfdr-cisd.org/media/12427/sfdrcisd-wellnessplan_finaldraft.pdf

2020-2021 MEETINGS

Meetings are facilitated by the Administrative Director (Mrs. Sandra Hernandez) and the Chief Financial Officer (Mrs. Amy Childress), and are held on the following dates:

- January 29, 2021 @ 3:30 p.m.
- February 26, 2021 (March 5, 2021) @ 3:30 p.m.
- March 26, 2021 @ 3:30 p.m.
- April 30, 2021 @ 3:30 p.m.



SFDRCSID

SCHOOL HEALTH ADVISORY COUNCIL

Questions?



3/5/2021