



Hays Consolidated Independent School District

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School Health Advisory Committee

Report to the School Board

As Required by

Texas Education Code

Chapter 28.004

September 2019

**Prepared by Macie Walker, District Co-Chair
and Jessica Bedwell, Parent Co-Chair**

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1. Introduction

Each school district in Texas is required by Texas Law ([Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)) to establish and maintain a district-level School Health Advisory Council. The School Health Advisory Council of the Hays Consolidated Independent School District is specifically authorized by the Board of Trustees in District policies BDF [legal], EHAA [legal], EHAB [legal], EFAA [legal], and FFA [local].

The report for the 2018-2019 school year lists the meeting dates of the SHAC; the attendance records of its members; a brief description of actions taken by the SHAC; costs related to the SHAC's existence; and anticipated activities for the next year.

2. Background

Each school district in Texas is required in Chapter 28.004 of the Texas Education Code to establish and maintain a district-level School Health Advisory Council. The School Health Advisory Council of the Hays Consolidated Independent School District is specifically authorized by the Board of Trustees in District policies BDF [legal], EHAA [legal], EHAB [legal], EFAA [legal], and FFA [local].

The purpose of the SHAC is to assist the District in ensuring that local community values are reflected in the District's health education instruction. The council's duties include recommending:

1. The number of hours of instruction to be provided in health curriculum.
2. Policy, procedure, strategies, and curriculum appropriate for specific grade levels designed to promote sexual health and responsibility as well as prevent obesity, cardiovascular disease, type 2 diabetes, and tobacco use, including e-cigarettes, through coordination of health education, physical education and physical activity, nutrition services, parental involvement and instruction.
3. Strategies for integrating the curriculum components specified above, with the following elements in a coordinated school health program: school health services, counseling and guidance services, a safe and healthy school environment, and school employee wellness.

Sec 28.004 of the TEC was amended by the 86th Legislature. Updated statutes have not yet been posted to 28.004. Below is a brief description of the changes impacting SHAC.

1. S.B. [11](#) – Expands the duties of the SHAC to include:
 - a. the recommendation of policy, procedure, strategies, and curriculum related to mental health;
 - b. strategies to increase parental awareness regarding risky behaviors and early warning signs of suicide risks and behavioral health concerns including mental health disorders and substance abuse disorders;
 - c. awareness of available community programs and services to address the above issues.
2. H.B. [18](#) –
 - a. clarifies the grade levels for recommendation of health education hours of instruction;
 - b. requires health education to address physical and mental health concerns and substance abuse prevention;

- c. amendment of the nomenclature of the representative groups of SHAC.
- 3. S.B. [435](#) – expands the duties of SHAC to include recommendation of the grade levels and curriculum for instruction for opioid addiction and abuse and methods for administering an opioid antagonist.

TEC also states, a majority of the council members must be parents of students enrolled in the district who are not employed by the district. Additionally SHAC is comprised of community members, businesses, and district representatives. Information from SHAC meetings is posted on Hays website as per TEC and policy requirements.

3. Committee Activities – 2018-2019

Committee Members, Meeting Dates, and Attendance of Members

For the 2018-2019 School year Jessica Bedwell served as Parent Co-chair and Macie Walker served as District Co-chair.

2018-2019 Committee Members:

- | | |
|--|--|
| Bedwell, Jessica - PARENT – CO-CHAIR | Behrens, Matt – PARENT |
| Campbell, Katie – HCISD PEP | Contreras, Renee – Lehman Outreach Counselor |
| Eliasson, Lauren - HCISD NUTRITION | Dean, Kelly – PARENT |
| Goss, Jennifer – Community OB/GYN | Hernandez, Bonnie - PARENT |
| Hooton, Stephanie – PARENT | Jamail, Stephanie – PARENT |
| Kelnar, Dawn – PARENT | Kiester, Bret - YMCA |
| McCall, Melanie - HCISD NUTRITION | Morgan, Wendy- PE TEACHER- TOBIAS |
| Pendleton, Brandon –Hays Caldwell Women’s Center | Pizana, Belinda – PARENT |
| Quintero, Tricia – PARENT | Renger, Erica – Special Education |
| Rowden, Lauren – Dietician | Self, Whitney - PE TEACHER- CAMINO |
| Stone, Mary – Community Counselor | Thomas, Lisa – Dir Employee Services |
| Waller, Lacy – PARENT | Walker, Macie – Dir Student Health, Co-chair |
| Winkelmann, Charlotte – Dir of Counseling | |

Table 1. 2018-2019 SHAC Meeting Dates

Date	Attendance
August 15, 2018	11 Members in attendance
October 17, 2018	14 members in attendance
November 14, 2018	12 Members in attendance

January 16, 2019	18 Members in attendance
February 20, 2019	11 Members in attendance
July 17, 2019	10 Members in attendance

Description of Committee Actions

The Hays School Health Advisory Committee met six times in the 2018-2019 school year. All minutes, including actions taken and lists of meeting attendees, are available to the public on the Hays CISD [SHAC webpage](#).

During each SHAC meeting, the members reviewed and approved the minutes from the previous SHAC meeting, received reports and presentations, discussed action items, and discussed requests for future SHAC dates.

During the August meeting, Susan Millea of Children’s Optimal Health, presented the data from the follow-up obesity study. This was a longitudinal study of the district at two points since the initial study in 2011-2012. The data showed statistically significant improvement in elementary obesity notable in the Hispanic and economically disadvantaged groups. At the middle school level very statistically significant improvement in obesity at almost 10% to include females and Hispanics groups at nearly 10% each. Data accuracy at the high school level was questioned due to the significantly smaller number of students completing fitness gram. Of note the district in 2011-2012 completed fitnessgram on every student while in recent years only the required students in PE completed fitnessgram. The data showed an increase in obesity of almost 15% in females, though again the accuracy of the data was in question. The group discussed the marked improvements especially in Hispanic and economically disadvantaged. The group also noted that White non-Hispanic obesity remained the same or increased.

In the October meeting, an update on the board presentation regarding SHAC appointments was presented. YRBS survey results were presented for a second time and themes of mental health, safety, and drug use/vaping were identified. These are consistent with themes from the previous YRBS data. The group discussed these at length including the challenges in addressing some of these areas.

In the November meeting, Weather Guidelines for Outdoor Play were researched, discussed, and draft guidelines were created for further review. Philip Taylor, Director of Safety and Security, would be invited to present an update on Safety actions and goals in the district especially in connection with YRBS data. A discussion regarding the districts Health TEKS was initiated. Elementary teachers reported gaps in compliance to teaching the TEKS. Discussion included that these challenges are not isolated to Hays and many districts have struggle with Health TEKS, including where TEKS should be taught. The committee requested to have a resource on Health TEKS come present additional information on best practices.

In the January meeting, Weather Guidelines for Outdoor Play were reviewed and approved. Phillip Taylor, Director of Safety and Security presented an overview of the district safety and security plan. He shared initial priorities and goals for the district. Safety related items from the YRBS data were also discussed. The group discussed the SHAC appointment process, recommendations, and Bylaws. The group was in agreement for recommendations to the school board to be presented in the board meeting.

In the February meeting, a summary of the board presentation regarding SHAC appointments was provided by Jessica Bedwell and Macie Walker. Discussion regarding updates to safety plans was briefly discussed. Mr. Taylor will present in April in order to allow the SHAC to finalize Safety recommendations from YRBS data. Michelle Rusnak from AISD Coordinated School Health presented information on best practices regarding Coordinated School Health to include Health TEKS. This was a lengthy presentation with good discussion and brainstorming of areas to target in Hays CISD.

The April meeting was cancelled due to the loss of the district Director of Safety and Security who was to present on safety and security as well as YRBS planning. The May meeting was cancelled due to Co-chair illness.

In the July meeting the SHAC was presented with the board appointments for membership for SHAC from the June meeting. These were in alignment with SHAC recommendations for the process of appointments. Macie Walker presented an overview of legislative updates of various bills pertaining to health, wellness, mental health, and safety. Specifically the SHAC began an initial review of the requirements from SB 11 and SB 11. The group noted that many of the legislative bills were in correlation with target areas of YRBS data regarding school safety and mental health/suicide. Given the lengthy requirements in the legislature for schools in these areas, the group agreed YRBS recommendations should support these new requirements.

Description of Committee Accomplishments and Recommendations

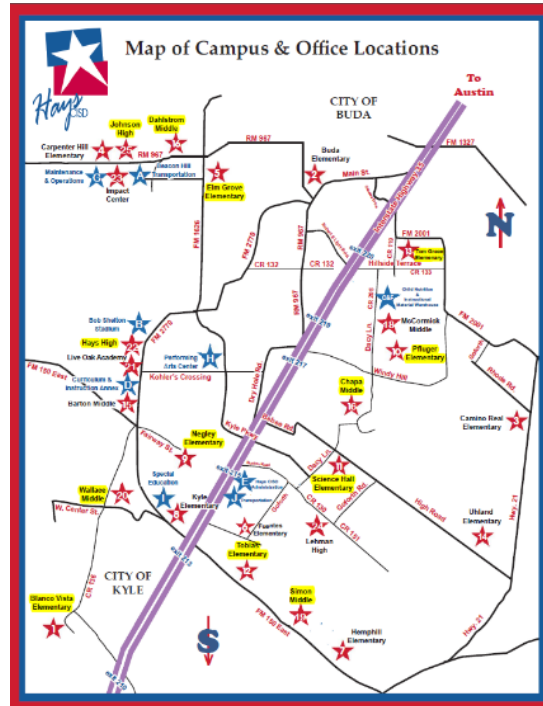
Weather Guidelines for Outdoor Play were researched, discussed, created, and recommended by SHAC. The guidelines were established by the district. These guidelines were specific to elementary physical education and recess.

Physical Activity and Fitness Planning Subcommittee is a requirement according to TEC 28.004. The subcommittee and SHAC associated actions were:

- Review of physical activity at all elementary and middle school campuses.
- Identifying gaps in compliance related to physical activity minutes at the elementary level.

SHAC Bylaws were reviewed, revised, and adopted.

SHAC appointment recommendations were created and provided to the school board to define the recommendation and appointment process of SHAC members. SHAC membership worked to ensure diversity of campuses represented. This school year SHAC effectively sought members from schools that have not been represented to provide a better community representation of SHAC. The below Map demonstrates the representation for the 2019-2020 school year.



Youth Risk Behavior Survey (YRBS) data was reviewed at length by the committee with a focus on school safety and health education. The loss of the district safety and security director this year

SHAC recommends the administration of the YRBS Survey in Hays and continues to find the information valuable for reviewing risk factors for Hays students as well as areas for recommendation for action to support students. YRBS recommendations can be found in the next section.

SHAC YRBS recommendations

Hays CISD participated in the Youth Risk Behavior Survey for the fourth time in March of 2018. The results reflect the strengths and needs of both students and the community. SHAC has reviewed the data and has identified three target areas:

1. Mental health (non-suicidal self-injury, suicidal ideation)
2. Drug use/Vaping
3. Safety

The SHAC believes that additional focus needs to be provided on mental health. The growing trend of mental health challenges are concerning. However, given the significant requirements for districts in the 2019 legislative session related to mental health and prevention of suicide, the SHAC recommends the district focus on compliance to current requirements.

Vaping is noted as a significant challenge across our campuses in the district. The district adopted CATCH My Breath e-cigarette education in 2017 for middle schoolers as part of our CATCH coordinated school health curriculum. CATCH has recently released curriculum to expand this education to grades 5-12. SHAC recommends the district provide the CATCH curriculum to grades 5-12. Given the recent increase in media coverage and the concerns for safety, SHAC recommends the district focus on vaping.

SHAC recommends the administration of the YRBS Survey in Hays and continues to find the information valuable for reviewing risk factors for Hays students as well as areas for recommendation for action to support students. Health TEKS adoption is anticipated in the 2020 year. SHAC recommends the district focus efforts to ensure health curriculum education is a priority. The SHAC notes correlation between many of the health TEKS and early prevention of target areas in the YRBS data.

As you may recall, SHAC has been interested in Social Emotional Learning (SEL) for several years. This has been an area highlighted by the board as well. We applaud the efforts to have SEL programs on each campus and recommend strengthening the programs.

Research demonstrates that campuses who implement SEL with Positive Behavior Interventions and Support (PBIS) have more success. Research demonstrates SEL is not a replacement for PBIS, but instead creates best results when paired with PBIS.

Considering the information above, SHAC recommends the following to the Board:

1. the District administer the YRBS survey at the Middle and High School levels in order to determine the best ages to implement prevention at the most effective time. The focus on prevention and education earlier we hope will prevent the increasing need for intervention in later years. Specifically we recommend focus on healthy relationships, coping skills, and drug prevention at elementary level.
2. the District provide mental health first aid to 50% of teachers on each campus in the next 2 years.

Committee Costs

The costs associated with the SHAC include lunch for each meeting for a total of \$952 as well as assistance with substitutes for teachers attending SHAC for a total of \$210 in the 2018-2019 school year.

4. Committee Planning – 2019-2020

Committee Members 2019-2020

For the 2019-2020 School year Jessica Bedwell will serve as Parent Co-chair and Macie Walker will serve as District Co-chair.

2019-2020 Committee Members:

Bedwell, Jessica - PARENT Co-Chair (BMS, HHS)
 Dean, Kelly – PARENT (CMS, WMS)
 Hernandez, Bonnie – PARENT (BVES, WMS)
 Jamail, Stephanie – PARENT (BMS, HHS)
 Pizana, Belinda – PARENT (NES)
 Raymond, Vanessa – PARENT (SMS, TES)
 Townsend, Courtney – PARENT (SHES)
 Waller, Lacy – PARENT (RPES)
 Goss, Jennifer – Community OB/GYN
 Kiester, Bret - YMCA
 Nicholson, Kiara –Hays Caldwell Women’s Center
 McCall, Melanie – Child Nutrition
 Curl, Marquet – Community Pastor
 Thomas, Lisa –Employee Services
 Winkelmann, Charlotte –Counseling

Baker, Jen – PARENT (BMS, HHS)
 Gimpel, Libby – PARENT (JHS)
 Hooton, Stephanie – PARENT (TES), CIS Impact
 Paryzek, Barbara – PARENT (TGES, HHS)
 Quintero, Tricia – PARENT (EGES, HHS)
 Taylor, Ashley – PARENT (DMS)
 Underdown, Robin – PARENT (TGES)
 Contreras, Renee – Lehman Outreach Counselor
 Campbell, Katie – PEP
 Morgan, Wendy- PE TEACHER- TOBIAS
 Priscilla A – Texas Health Steps/STAR
 Self, Whitney - PE TEACHER- CAMINO
 McCall, Melanie – Child Nutrition
 Walker, Macie –Student Health, Co-chair
 Jeri Skrocki - Safety and Security

SHAC will seek parent members from schools who do not have representation to fill vacancies.

Committee Meeting Dates

Table 1. 2019-2020 SHAC Scheduled Meeting Dates

August 28, 2019	February 19, 2020
October 16, 2019	April 15, 2020
November 20, 2019	May 20, 2020
January 15, 2020	July 15, 2020

Anticipated Activities of Committee for Next Year

The following are slated for review and or recommendation in the 2018-2019 School year:

- 2018 Obesity Study results and recommendations
- 2020 YRBS Survey Results and Recommendations
- Behavioral Health support for District students
- Health Recommendations - physical education / health curriculum review recommendations to support YRBS challenges
- Recess and Physical Activity: Impact on Student Health and Academic, Social, and Emotional Development

- Wellness Plan Report for 2016-2018
- Review of Social Emotional Curriculum Implementation and campus data regarding impact
- Recommend weather related guidelines for PE and recess.

5. Conclusion

The Hays CISD SHAC, continues to serve as a recommendation body centered on district health and wellness. SHAC seeks to focus on the whole child while keeping community values at the center of its recommendations. Members of the SHAC will continue to focus on current concerns in the community such as a safety and social emotional learning. The SHAC will continue to utilize the Youth Risk Behavior Survey as a tool for research and recommendations. In addition, the SHAC will review information related to campus adherence to district health policy.