



CONROE
INDEPENDENT
SCHOOL DISTRICT

School Health Advisory Council

Meeting Minutes

Welcome and Call to Order

Dr. Winkler and Mr. Haymark

Brief overview of SHAC: Presented by Mr. Haymark

- Reading & Approval of the minutes from the August 11th meeting
 - Covid-19 Update and Mitigation Plans
 - Operations Update
 - Future Meeting Dates and Potential Topics

Purpose of SHAC: Presented by Dr. Winkler

- Parents make up the largest number of seats on the SHAC Committee. SHAC had a very important role a few years ago when we were revamping our recess guidelines.
- SHAC – required by the State of Texas that every school district have one
- Dr. Shellie Winkler shared a PowerPoint video of the responsibilities of SHAC members
- SHAC members are required to meet at least 4x a year, possibly more times than that
- SHAC must have a minimum of 5 members
- Must provide Board Members with recommendations on issues
 - TEKS/What is going to be taught/How will it be taught
 - EOY - Submit recap to Board of what the school year looked like for SHAC
 - Modifications can be made by the SHAC Committee
 - Report will go to Board of Trustees (August/September)
 - Did not submit student names for the Committee, but can add students, typically get HS students
- Vaping: Dangers of vaping (from last year's presentation)

- Installed vape detectors at a couple of HS campuses
- Most compelling info came from students, what it did to students or to students' friends (important to have student voice in SHAC)
- SHAC: Our committee needs to reflect our community's values
- SHAC Committee gives advice on coordinated health programs and how they are being seen at the schools
- Duties: Recommending number of hours of instruction in health education, appropriate grade levels and methods of instruction for human sexuality instruction
- What to expect at meetings:
 - Zoom until further notice
 - Determine a Co-Chair – Mr. Haymark, Shukella Price, and a parent. Will elect a parent co-chair
 - Co-Chair – call meeting to order, review and approval of the minutes from previous meeting, and agenda items
 - May have groups come in and present so some informed decisions can be made
 - When voting, not all members are voting members. Some members are expert members, meaning they can provide information as needed
 - Work according to the Robert's Rules of Orders – somebody will make a motion, someone will second, and then a time for discussion and a vote
 - Sub Committees – may be formed when needed. Will take nominations and volunteers for those wanting to serve on sub committees
 - May consider forming a mission and a vision statement

2020-2021 Meeting Dates:

- October 27, 2020
- January 26, 2021
- April 27, 2021
- June 17, 2021

Nominations for Co-Chairs – Mr. Haymark

- Motion was made to elect Mrs. Michelle Haynes as Co-Chair, no discussion, 1st motion by Yesenia Abi-Saab and Seconded by Joe Daw.
 - 25 in favor

Revision of Health and P.E. TEKS – PowerPoint Presentation - Mr. Haymark

- State Board of Education met in September, first reading and filed authorization proposal for the new TEKS for K-12 health education and physical education. Implementation date is 2022-2023 school year for both health education and

physical education TEKS. The second reading and final adoption is set for November 2020.

- Public comment is open for everyone
- Public comment period – October 9, 2020 – November 13, 2020
- Current Health and PE TEKS:
 - Curriculum has also been created for our virtual learners
- **Health TEKS – Knowledge and Skills**
 - Health Behaviors
 - Health Info
 - Influencing Factors
 - Personal/Interpersonal Skills
 - Common for all grade levels but the TEKS are written specific to each grade level
- **P.E. TEKS – Knowledge and Skills**
 - Movement
 - Kindergarten – 8th Grade
 - Physical Activity and Health
 - Kindergarten – 8th Grade
 - Social Development
 - Kindergarten – 8th Grade
- **High School P.E. Classes**
 - Foundations of Personal Fitness (designed by high school coaches for online learners) Students design their own fitness program
 - Adventure/Outdoor Education (very popular in light of what is happening with Covid, we have some coaches who have signed up to take some extra classes from The Texas Wildlife and Fisheries) Fishing classes have taken light and kids are very interested
 - Aerobic Activities (student designs own fitness program)
 - Individual Sports (golf, tennis)
 - Team Sports
 - The Committee discussed remote challenges in P.E.
- **Future Topics:**
 - Presentation by Kelley Locke – Understanding the control of the digital world, social media
 - Remote Learning in P.E.
- **Attendance**
 - Dr. Shellie Winkler
 - Wade Haymark
 - Dr. Chris Hines
 - Lauren Earnst
 - Ana Lanni
 - Lisa Garrison

- Billal Zaidi
- Samantha Tworek
- Dr. Robert Horton
- Dr. Chris Povich
- Kelly Locke
- Shawn Creswell
- Katie Meyer
- Kella Price
- Chris McCord
- Joe Daw
- Tonia Rolle Jones
- Nicholle Winger
- Sonja Otwell
- Deborah Kubicek
- Stacie Jahn
- Robyn Hughes
- Karen Patterson
- Yesenia Abi-Saab
- Corey Manley
- Rod Chaves
- Michelle Hanes
- Kimberly Buckner-Manley
- Dr. Hedith Upshaw