

Wall Independent School District

SHAC Meeting Minutes

11/17/2022

1. Welcome/Introductions – *Russell Dacy*
2. Purpose of the SHAC
 - a. Required to meet 4x per year
 - b. Serves as mouthpiece to district in regard to student health and wellness
 - c. Make health/wellness curriculum suggestions to WISD
 - d. Review school nutrition guidelines
3. Elementary Puberty Education – *Jamie Dudley, Jennifer Wilson*
 - a. 4th grade girls and 5th grade boys view puberty and hygiene video with Q&A
 - b. Parents are notified by letter beforehand with opportunity to preview and opt-out
 - c. Videos will be shared with SHAC members
4. Middle School Health Education – *Matt Rivers*
 - a. Health as an elective (nutrition, exercise, alcohol/tobacco, etc.)
 - b. Character ed from school counselor
 - c. 7th and 8th grade: RCY – Right Choices for Youth (Worth the Wait) abstinence program through Scott and White
 - i. Reproductive system, STDs, Healthy relationship choices, Sexual abuse
 - ii. Parents are given opportunity to review material and sign permission slip before students participate

Members shared positive feedback from level of communication from campuses. The committee recommends we continue with current 4/5th and middle school curriculum for sex education.

5. Required School Health Screenings – *Jennifer Wilson*
 - a. Vision, hearing, spinal, and Acanthosis Nigricans
 - i. Kinder, 1st, 3rd, 5th, and 7th graders are screened for vision and hearing
 1. Alternative screening through the Lion's Club for students under the age of 5 and students with special needs
 - ii. Hearing – pure-tone audiometer
 - iii. Spinal screenings are used to detect Scoliosis, 5th and 7th grade girls, and 8th grade boys
 - iv. Acanthosis Nigricans screening for Type 2 Diabetes for 1st, 3rd, 5th, and 7th grade students
 - b. All screening results reported to the State
 - i. 574 vision screeners, 573 hear screeners, 147 spinal screening, 6 Acanthosis Nigricans screenings
6. School Health Personnel -*Russell Dacy*
 - a. District has added a part time nurse for secondary campuses
 - b. Health CTE courses being taught at high school
7. Mental Health Awareness – *Russell Dacy*
 - a. MOU with Tech University, Texas Child Health Access through Tele-Medicine (TCHAT)

- i. Zoom services with mental health professionals offered to students and families
- 8. Wellness Policy Review – *Russell Dacy*
 - a. Will drive the revision of the Local Wellness Plan in the next meeting
 - i. District goals for student health and wellness
 - ii. Nutrition
 - iii. Physical activity

Motion to approve Wellness Plan as presentation made by Scott Itz, seconded by Toby Reden. Motion approved unanimously.

- 9. Next meeting scheduled for February 9th, 6:00 PM
- 10. Comments/questions?