

El Paso Independent School District



S H A C
School Health Advisory Council

SHAC MINUTES

September 14, 2023

El Paso ISD Professional Development Center

Call to order (5:00 p.m.) – John Adams, (Director, Health, Wellness, & PE) – Mr. Adams welcomed the community to the SHAC meeting and provided an overview the following topics:

- **SHAC Overview**
 - The School Health Advisory Council is a parent/community run organization comprised of parents and community leaders from all geographical areas of the El Paso Independent School District, who care about the health environment that schools provide to its students. It is the only school advisory required by Texas law to make recommendations on health issues to the board of trustees. Subcommittees make up the council and this year we will have face to face meetings.
 - When the legislation created SHAC, they wanted to get stakeholder input for making decisions for the health & wellness of our students across the state.
 - This year SHAC proceedings have to be announced 72 hours prior to the meeting and the agenda needs to be posted on all of the campuses. Moreover, now the meetings will be audio recorded. The law requires all school health Advisory Council meetings to be recorded or videotaped so that there's a record of what was done and what was presented.
 - The job of the Director of Health & Wellness is to facilitate SHAC. It's very it's very important for the SHAC to function with community input and parent input. For example, the state mandated that a district can provide human sexuality instruction to our students. This body must approve that instruction and then make the recommendation to the board. So what that means is anything that we're that we're teaching in our schools that has to do with human sexuality to include the 5th grade puberty class up to our middle school and high school health courses.
 - EPISD employees can be on SHAC, but as an employee by default they're a non voting member.
 - In order to vote for anything that goes through here, it has to have to be a parent who is not an employee of the school district.
 - Every member present introduced themselves to the community.
 - All meetings are from 5 - 6:30 pm at the EPISD Professional Development Center (PDC). 6500 K Boeing Dr., El Paso, TX 7992
 - 2023-24 SHAC Meeting Dates
 - September 14, 2023
 - October 19, 2023
 - November 16, 2023
 - January 18, 2024
 - March 21, 2024
 - May 16, 2024
 - This particular body is to guide the district in terms of health instruction, wellness, wellness policy, physical activity time, and anything that has to do with the health of our students.

- SHAC Duties
 - The SHAC body is a stakeholder and a community driven committee and the SHAC will recommend the committees for the school year to include the human sexuality and the physical education and physical activity committee.
 - It is important for SHAC campus representatives to ensure key wellness initiatives and programs are shared with key stakeholders at the local education agency they represent.
- Our first order of Business Today is to take nominations and ultimately hopefully vote for a person to be that chair for SHAC. Your main role as chair is to run the meetings and to lead the work. We'll take nominations on the floor. Two nominations included Perla Retana & Karla Gomez, Nominees went to the front of the room and spoke to their vision in regards to SHAC.
 - Perla Retana: I've worked in internal medicine and now I am working in rehab medicine. I also run an organization here locally called Chad. It's for children who have ADHD and adults as well. I ran in college and I currently run marathons. I am interested in the health and well being of students.
 - Karla Gomez: I'm an LPA professionally that's a Licensed Psychological Associate. I have a bachelor's in Psychology from NMSU and bachelor's degree in foreign languages as well. I have my Master's in Psychology from University of Colorado at Colorado Springs. I've been working in the mental health industry for about 15 years and have worked with toddlers, kids, adolescents, adults, seniors. When it comes to mental health needs, the more I work in the field, the more I learn and realize that mental health is not an isolated part or an independent part of wellbeing. So as a chair, a cochair even, I imagine my position being used as a way to influence from a parent perspective and a professional perspective as well in the decision they're being made daily.
 - A motion from a voting member was made from the floor to have co chairs. There was a second motion from the floor. Specifically, the motion on the floor to select cochairs for the EPISD School of Advisory Council for the 2023-24 school year.
 - Majority voted and passed the motion: 13/0 to elect Perla Retana & Karla Gomez.
- **Mr. John Adams**, noted that in 2018 Dr. Wighman provided us with a well stead evaluation of our current policies. The evaluation reviewed the Federal Hunger Free Kids Act, nutrition, physical activity, competitive foods, policies for food and other policies related to those areas. Specifically these are the policies that were evaluated; BDF Legal, legal, CPC regulation, AJ legal, AJB legal, EIF local, FFA, local, FFA regulation, FJ legal and local. There are three parts to a policy, which include legal, local, and regulation. SHAC must review the Wellness policy once every three years and make sure that it's in compliance with the national requirements.
 - The WellSAT is an evaluation tool that was designed by the Rudd Center and was used in the evaluation of district wellness policies. The details of the evaluation included a comprehensive score and a string score. Specifically, the purpose of scoring the district policy is to identify where the policy is strong and where it could be improved.

- School wellness policies are evaluated based on the degree to which they address 67 policy items. These items are categorized into six sections:

1. Nutrition Education
2. Standards for USDA Child Nutrition Programs and School Meals
3. Nutrition Standards for Competitive and Other Foods and Beverages
4. Physical Education and Activity
5. Wellness Promotion and Marketing
6. Implementation, Evaluation and Communication

- There are two committees that by law districts are required to have:
 - Human Sexuality Committee: Any content that is used at the secondary level must be approved by the committee. Current human sexuality content has been approved by the committee. The district has to have at least two meetings to discuss the human sexuality content being recommended and it is a parent led committee. Human Sexuality content must be reviewed, approved, and then presented to the board before being disseminated at any campus. Specifically, there must be two meetings of discussion and this year the process looks to be 6 months before approval of any human sexuality content.
 - Physical Education & Physical Activity: Recommend changes to physical activity minutes required in schools and is a standing committee required by law.
 - Wellness Committee: Committee focuses on wellness policy.
- SHAC website is accessed from the following link:
 - <https://www.episd.org/Page/606>

Members in Attendance:

Parents & Community Representatives

Sofia Macias
Traci Tafoya
Erick Rico
Lisa Lozano
April Merritt

Victoria Maeze
Sarah Mayne
Perla Retana
Patty Ortega
Brenda Reyes

Dejan Magoc
Leah Whigham
Karla Gomez
Sandra Vexler
Damaris Aguilar

Staff Members

John Adams
Danny Paniagua

Adrian Kamath
Danna Sadler

Javier Carrasco

A total of members were in attendance. A quorum was met.

Next Meeting: October 19, 2023

Motion to adjourn- Co- Chairs, Perla Retana & Carla Gomez (6:30 p.m.) Motion for closure.

Meeting adjourned 6:33 pm.

Javier Carrasco, PhD – Recording

Approved: