

SHAC 21-22

GISD Board Overview

11/30/21 SHAC Meeting Minutes

(All SHAC meetings are recorded and posted to the GISD website at <https://www.granburyisd.org/Page/22529>)

Members present: (In person) Heather Bufkin, Laura Ballew, Tammy Clark, Melanie Graft, Katie Carr, Karen Lowery, Angie Molinari, Kayla Bennett, Armando Martinez, Dan Bradshaw, Kim Spencer, Lauren Bruner, Deanna Valadez, Paula McDonald, Jennifer Ryan, Amy Whiteley, Stacie Brown, Elizabeth Perchard, Katie Carr; (ZOOM) Traci Cooper, Shelly Muncy, Kriste Ward, Jessica Wark

Guest Speaker: Traci Cooper (Paluxy River Child Advocacy Center)

Member intros- if on zoom, please type your name in the comments. Then intros around the room

Review of SHAC Purpose-

Elizabeth Perchard reviewed the purpose of SHAC, handout was provided with the purpose statement and additional information regarding SHAC, and notified members that the purpose statement may need to be updated due to HB1525:

It is necessary to coordinate school health which focuses on attention to different areas as the most effective and efficient way to meet the health needs of our community. These areas that should receive priority are: nutrition services, health services, healthy and safe school environment, counseling and mental health services, staff wellness promotion, parent and community involvement, physical education, and health education. The sub committee for physical activity and fitness planning will be formed through the SHAC and will conduct the required meeting.

Paluxy River Child Advocacy Center Presentation- Traci Cooper

Handouts presented regarding programs available for presentation in schools. Examples of programs offered include topics such as physical and sexual abuse, cyber bullying, sex trafficking, digital safety, and dating violence. Programs presented are appropriate to the grade level being addressed.

All SHAC members that were present were in agreement to move forward with this program and no one voiced any concerns. Discussed future steps which will include having two public meetings and then presenting to the school board for their consideration.

New Legislation related to SHAC HB 1525- Stacie Brown presented information about HB 1525 and TEC 28.004 that goes into effect on December 2, 2021. SHAC can make recommendations

to the school board increasing parent and community involvement, then the school board makes the policy, then the school district follows the policy.

SHAC will consider issues related to health including mental health, school counseling, physical education, sexuality, and substance abuse. We will ensure our actions are transparent through posting of video/audio of meetings, posting agendas per requirements on every campus and on GISD's website, and posting minutes after each meeting. Sexuality training will require opt-in from parents/guardians rather than opt-out. Some programs require opt-in at least 14 days prior to the presentation. Material presented to students must be appropriate for grade levels for human sexuality instruction. SHAC will evaluate whether material should be presented by district staff or by a third party. As in the past, SHAC meets 4 times per year and the minutes of these meetings will be made available at the completion of these meetings.

Subcommittee for Physical Activity and Fitness Planning:

Some of the purposes of this subcommittee will be to evaluate and then recommend physical activity time for elementary, meet with YMCA, and bring recommendations back to this group. Katie Carr and Melanie Graft volunteered to be members of this subcommittee.

Discussion on future topics/ideas/concerns

Heather Bufkin- human sexuality, set to be presented at January 18, 2022 meeting (subject to change)

Kim Spencer would like to present to SHAC the State requirements regarding education that must be provided to students.

Elizabeth Perchard would like to present information regarding EpiPens in Schools program
Lauren Bruner and Elizabeth Perchard would like to review Cook Children's Asthma 411 program that could make albuterol available on campuses

Future SHAC meetings @ 12:00 pm

January 18, 2022

March 29, 2022

May 10, 2022

SHAC Minutes

1/18/22

(All SHAC meetings are recorded and posted to the GISD website at <https://www.granburyisd.org/Page/22529>)

Members present: (In person) Heather Bufkin, Melissa Blum, Lauren Bruner, Melanie Graft, Katie Carr, Karen Lowery, Kayla Bennett, Armando Martinez, Dan Bradshaw, Kim Spencer, Deanna Valadez, Jennifer Ryan, Stacie Brown, (ZOOM) Elizabeth Perchard, Katie Carr; Traci Cooper, Shelly Muncy, Kriste Ward, Amy Parker-Whiteley.

Agenda:

- ❖ Member Introductions
- ❖ COVID update
- ❖ Update on Paluxy River Child Advocacy Center (CAC) Presentation
- ❖ Sexual health/Abstinence Presentation: Heather Bufkin from Brazos Pregnancy Clinic
- ❖ Domestic Violence Presentation: Shelly Muncy from Mission Granbury
- ❖ Discussion on future topics/ideas/concerns
- ❖ SHAC Meetings @ 12:00pm
 - March 29, 2022
 - May 10, 2022

Started at 12:02-

Stacie Brown introduced Lauren Bruner-taking on the role of Elizabeth Perchard for this meeting. (Elizabeth out sick, but did join via zoom)

Reviewed role of advisory committee: SHAC advises school board, School Board makes policy and GISD implements policy set by the board.

Update on CAC- Presentation made at last SHAC Meeting in November with parent meetings for review of presentation scheduled. No concerns brought forward from any meetings.

Covid update: Jan 14, 2022- 104 positive cases, weekly updates are published on the website, posted by the POI, he updates the spreadsheet.

2 presentations today: Heather Bufkin, Brazos Pregnancy Center and Shelly Muncy, Mission Granbury

Review of where in GISD these presentations have been done in the past and other schools in the surrounding areas that have approved them to present.

Heather Bufkin-presentation summary

-sexual risk avoidance center, target 8th graders, TEKS 20,21,23 for grades 7-8 for 9th it is 19,21-I can present to both 7 and 8, or just 8, however you want.

Just got approved in Tolar.

Optimal sexual health for all people. The way to do that is to be abstinent until preferably marriage so don't risk the pregnancy or the std.

Connect to MET institute and defer to CDC.

Real Essentials is the name of the Curriculum through which she teaches.

Define sex: any genital contact. All sex, and there is a consequence to all sex.

Best sex? -in marriage, commitment is present, study done by University of Chicago. The Adolescent Brain- youth risk behavior survey, The CDC puts that survey out, ask them why teens are so risky. Discusses Brain development.

Can choose abstinence from here on out. Program is not shame based.

My whole self.

PIESSF: How we interact with people, intimate in 6 ways

Physical-How are we physical besides sex

Intellectual- what you are interested in learning

Emotional- what makes you happy and sad

Social- texting, hanging out, be in groups or with just ½

Spiritual- way you view the world, with your beliefs, you will connect with others

Financial- how you view, spend, and save money and connect with others.

The meaning of sex: What culture and society says sex means...and what do I want sex to mean to me. Need to think about YOUR thought

What does the media do to influence? Examples

Who says its ok to have sex as teenagers: media and culture might say, but what is their motivation to tell you this? PIESSEF? Their goal is financial.

If you are only protecting your physical body are you protecting yourself in the other ways? No

Who is advising you to wait? I want you to be as healthy and successful as possible.

Hopes and Dreams-

In a hallway filled with people, how easy is it for someone to pull you in. Is it harder to get back out of the room? Yes...this is peer pressure. Point A is right now, Point B is what you want for your life...how are you going to get there?

Actions have consequences:

Get their feedback on the consequences for piessf

Success sequencing:

1. Get a high school diploma
2. Work full time
3. Marry before having children

Less than 10% of people who sequence their lives in this order are in poverty.

This is a REALLY good statistic.

The decision making model: think about thinking, I don't want to jeopardize my future

Stop-think-choose with intent

Stop, identify decision and know yourself

Think, identify options, gather information and data, evaluate options that will solve problem

Choose with intent select the best option

Boundaries are your Friend- they have a key to the gate of their life. Knowing your boundaries is SUPER important especially when it comes to sex, so I know to make better decisions that make it easy to keep boundaries

What behaviors might indicate broken boundaries

Not able to say no

Standing too close to people
Trusting too soon
Talking about your deepest, darkest secrets....

Where are your boundaries, who are you setting your boundaries for. Loving yourself b/c you are worth it.
Curfew, alcohol and drugs, all the way to physical self control

What does this mean: make a cake,
Talk (with boundaries), be friends, dating, shared values, shared experiences, similarities, honoring boundaries, similar expectations, trust, marriage-sex

Love vs Infatuation

Steps of physical intimacy: talk about boundaries, release oxytocin...a lot with sex.
Things move very quickly after step 9, need to control to 8
The more oxytocin you release, the harder it is to stop. You need to make the boundary in your head ahead of time.

Relationship red flags.
How to break off a relationship

Break up skills/strategies

Refusal skills: Watch for and practice-
SWAG: Stop and say no, reasons WHY, Avoid situation, Get out of unsafe situation

Pornography: fact or fiction...it distorts our views on sex.
They are being exposed to it younger and younger
Legal age of consent 17
Also 4 years
Also child pornography for sharing pictures

Freedoms of saying YES to healthy relationships as it relates to PIESSEF

Sex trafficking and the risks

Sexually transmitted diseases and other stats

What an std is? Definition

We offer free std testing with a parent present

How fast the std spreads activity

How 9th is different:

Friends with benefits- it can't work, someone is going to get hurt, want them to think about the commitment,

More into detail about dating-creative dating ideas without sex,

Dating purpose-

Dating why/how: dream thing that you want, dream car-would you let others borrow it? NO! Same with your body

A distorted view: harm of pornography

What love looks like

Rise above risk: this is where Shelly would come in and do her spill

Shelly Muncy summary of presentation:

Prevention of sexual assaults, can't always be prevented, it is never the victims fault, do not be afraid to say no. Stay in groups

Drug facilitated sexual assault- this can happen anywhere, set limits, boundaries, and make them clear

Do not interact with people on internet you don't know personally

Trust your instinct

Have a back up plan

Sex trafficking- talk to them about where they are looking for kids.

Recruitment signs-teach them to be

Who in the photo is a sex trafficker? They all are...

Who in the photo is at risk of being trafficked? All of them are targets

Bullying-and bullying behaviors

What can you do to stop bullying? Not join in, make them a friend, tell an adult.

Refusal skill? What does that mean? Being able to say no!

Swag

Breakup strategies

Safety planning- cell phone, etc find an adult, if abusive it is ok to break up by text or by phone.

Relationship quiz for women and men:
Split genders by what biologically born,

(We would split junior high by gender so they are a little more interactive. Jr high is pretty interactive.)

Questions:

What schools do you go to? For private schools are you able to do it for all levels or not?

Answers: *Lakeside, GMS, AMS, Tolar, Parent preview night prior to presentation, we work for you and will provide*

*Clarifying comment-presentation mentioned slipping things in bars, is there connection that these things could be done getting soda in the restaurant...be aware because it can happen everywhere.

Is there a way to volunteer? *Yes, you can contact Heather Bufkin
You have to be really passionate about it, per TEKS we have to say the right things, and you have to be comfortable talking about it in front of students.*

Discussion

45 minutes-its a lot of information

-Was a 2 day presentation prior to covid, but zoom needed to be 45 minutes.
I know it is a lot.

SHAC recommends specific grade levels/appropriate grade levels for specific presentations, no talk about elementary level

-No, just middle and high.

Difference in maturity level-8th graders more mature to handle, I can see its needed. 7th grade goes on the reproductive system
We agree...generally this is something for grade 8.

8th grade is a GOOD idea!

Remember this is opt IN, that is new, used to be opt out. Parents have to sign that there student is allowed to attend the presentation

If your kids have a phone, they see it, are bombarded with it.
They still need to hear it.

Betsy Ross loves parent preview. E. Pritchard agrees.

I think repetition of presentations is key

Recommendation

SHAC recommendation is approving the presentations for Board approval with specific grade levels.

Brazos Pregnancy Center Presentation on Sexual Health at grades 7,8,9,11
and Mission Granbury's Presentation on Domestic Violence added to 9, 11

SHAC Meeting Minutes

3-29-22

(All SHAC meetings are recorded and posted to the GISD website at <https://www.granburyisd.org/Page/22529>)

Agenda:

- *5th Grade Puberty Video
- *Triennial Review of District Wellness Policy
- *Health/PE Textbook review and approval
- *Update on Brazos Pregnancy Center's Public Meetings
- *Discussion on future topics/ideas/concerns
- *SHAC Meetings-April 6 @12:00 for individual lesson reviews/May 10?

Presentation Summary by Elizabeth Perchard

5th grade puberty review: watched videos

Top 10 things to expect when going through puberty

Pituitary gland releases hormones that stimulates ovaries, ovaries produce estrogen

10. Expect your ovaries to produce estrogen

Between 8 and 13 years old, last growth spurt

9. Expect to grow taller

acne/pimples/zits- caused by hormones that produces oils in your skin

First signs of puberty will be growing hair

Hormones create acne can also make your hair oily

Girls will typically gain weight through puberty, everyone gains body fat

8. Expect to get pimples/acne

7. Expect to have hair grow where its never been before

6. Hair will get oily

5. Expect breasts to develop differently

4. Expect to gain weight

Menstrual period a couple of years after breasts develop, explained

Can experience cramps and headaches, pms, all normal

Sweat glands become more active

3. Expect to get a period and maybe cramps/pms

2. Expect to get sweaty

Hormones release effect even your brain. Confused about sex.- lots of people to talk to

1 expect to feel new feelings and emotions,

No 2 people go through puberty the same way or are on the same schedule.

Boys- 10-15 yo

Top 10

Pituitary gland releases hormones to the testes to signal production of testosterone and sperm

When hormones are released

10. Testes and penis will grow

You will go through a growth spurt

9. Expect to grow taller

acne/pimples

8. Expect pimples/acne, facial hair, body hair

Guys bodies grow wider, breasts may grow, voice may change (larynx grows bigger)

7. Expect your shoulders to grow wider and you will gain muscle

6 breasts may grow

5. Voice will change

Spontaneous penis erections are normal

4 expect spontaneous penis erections

3 expect to sweat and have unpleasant odor

2. Expect hygiene to be important for your daily routine

1 expect your brain to feel strange

Those are the videos we usually show to grade 5. We are good going forward with those 2 programs

Committee question ?why isn't the parent the first person that is listed?-talking point, 1st place is at home.

Child nutrition:

We have to evaluate wellness policy at a minimum every 3 years, good to do it yearly.

FFA local what we have to include in our plan.

FFA regulations is our plan

Went through the Wellness Policy Assessment tool

Plan hasn't been in review since 2017. There are things that we need to put in the plan- counseling is in there, other things. Right now I just need the wellness policy assessment tool approved.

Committee question ?Are we addressing the milk and other things provided that might be causing hormones/puberty early onset?

Amy Parker noted that the policy review and revamp is the duty of the SHAC committee. Look for that next year.

Health/PE text review process:

Material adoption, sbec and the state. Reviewed went to regional center fair, resources 100% aligned to teks. Brought back the options that were aligned. Resource review. Member of committee SHAC- did do the deep dive of the resources. We have some specifics that are in statute: obesity prevention, cardiovascular disease, diabetes, suicide, opioid addiction, and abuse.

We are looking for volunteers to be part of the review committee for the shac committee...they will look specifically for resources and look at the specific lesson that is tied to diabetes. That will take a couple of weeks b/c the focus is narrow.

?we have to have another meeting?

Yes one subcommittee meeting.

Courtney Gore, Betsy Ross, Amy Parker, Deanna Valadez

6th has a unique strand with healthy dating, relationships, marriage,

Heather Bufkin will do a presentation for grade 6 off of the TEKS.

Brazos Pregnancy Center:

Had some people and they just wanted to make sure the students understood. Some people wish we could do more. Longer presentation wanted.

April 6th for text book consensus? Noon

Comprehensive counseling? In the wellness plan.

Questions regarding the splitting of the students? Boys/Girls with adults in the room. Still part of the opt in.

Post online the videos for parents that can't make the meeting.

Schools Health Advisory Council Meeting

April 6, 2022

12:00 PM

(All SHAC meetings are recorded and posted to the GISD website at <https://www.granburyisd.org/Page/22529>)

Agenda:

- Health/PE textbook sub committee process review and approval

In attendance were: DeAnna Valadez, Laura Ballew, Jennifer Ryan, Stacie Brown, Melanie Graft, Dan Bradshaw, Karen Lowery, Courtney Gore (zoom), Betsy Ross (zoom)

The PE/Health resources attached for your approval were reviewed and selected by the GISD PE/Health Teacher Textbook Selection Committee. In addition, statute specific lessons were reviewed by the local School Health Advisory Council. Both committees recommend the attached resources for your approval. All PE/Health resources have been open for review and public comment from February 17, 2022 through April 21, 2022. No public comments were received.

(Pursuant to Education Code 31.035(a)(1):

A board shall select instructional materials in an open meeting as required by the Texas Open Meetings Act, including public notice. 19 TAC 66.104(a)

In conjunction with TEC 28.004 section b and c2A and c7:

28.004b: A school district must consider the recommendations of the local school health advisory council before changing the district's health education curriculum or instruction

28.004c2A: The local school health advisory council's duties include recommending policies, procedures, strategies and curriculum appropriate for specific grade levels designed to prevent physical health concerns, including obesity, cardiovascular disease, Type 2 diabetes, and mental health concerns, including suicide, through the coordination of: health education, which must address physical health concerns and mental health concerns to ensure the integration of physical health education and mental health education;

28.004c7: appropriate grade levels and curriculum for instruction regarding opioid addiction and abuse and methods of administering an opioid antagonist, as defined by Section 483.101, Health and Safety Code)