

SHAC

11.06.2023

Call to order 6:00 pm

Welcome

Review of expectations:

Keep comments succinct and on topic

Do not share outside of meeting any specific comments that can be or are identified to a particular person.

Child Safety Matters, expectations to cover on call:

Review that lessons are not 45 minutes

Amount of students in sessions

5 sessions, time between?

Effectiveness vs one time session

Resources available for parents to preview before sessions

Options for Pre-K Abuse Resources:

It's my body, Happy Bear

Tick-Tock Plays it safe

Child Safety Matters

Pre-K Abuse Resource Review

A. Child safety Matters Zoom call Julie LeMay, from Monique Burr Foundation for Children

- Reviewed previously sent questions: Length of lessons - each five lessons 5th optional - range 20-30mins could be in two shorter lessons (10 total) or with breaks
- training is provided - it comes with the program, district would purchase with access for two persons with any additional added for additional fee
- how many students: small groups, 25 or less is recommended
- Time between lessons - up to facilitators and their schedule
- data for number of lessons, with anything repetition increases ability to master information.
- Resources for parents - we want them to be a big part, there is power point for parents and recommend keeping copy at school that parents can come read, there is information letter prior to the lesson that can be the opt in/out letter, activity sheet goes home to parents after so they know what was covered and there is an activity to do with their student. Every lesson has optional reinforcements that can be shared with parents.
- Video shared with positive feedback from current users of program: teachers, student and a parent, focus on prevention with some history of the foundations' namesake, statistics about sex abuse rates, bullying and subsequent relation to

crime and school shootings. Developed with and supported by experts in the field, lessons are based on two fundamental issues: safe adult and the five safety rules to get/keep themselves in safer situations. Optional #5 lesson covers bullying/online safety

- Questions - Is the expectation for counselors to present the lessons, not necessarily but that is usually how its done, it could be a teacher or media specialist or anyone that is comfortable, License covers two persons, extras are \$150 Any kid came back and say how they used this information, Yes, facilitators have come back reporting often that kids have realized when something is wrong and they have been able to get them into safer situations, they didn't even realized what was happening wasn't ok. One story of 2nd grader, they went to teacher after, the teacher had them talk to social worker, the abuse had not happened yet but the student knew the red flad before the abuse happened.
- Discussion: This isn't a TEK but is there awareness that some of these pre-k students may not be able/ready to grasp this info, Are they special education friendly? Feels none we have seen are. Our pre-k students have needs/vulnerabilities that qualify them for the pre-k program.
- Whats the percentage of english as second language learners, because the program needs to be more visual then, which program is most english language learner friendly?
- Cost of Child safety matters seems prohibitive due to number and length of lessons
- Do programs have different languages available? Unclear that any do, Hughes alone had 40 different languages spoken
- How many need training and done by staff - Happy bear is not, Tick tock does not require training, but is script done by staff, Child safety does training and facilitated by staff

B. SHAC Feedback form for Child Abuse Resources

-Vote took place at 6:46pm

Physical Health

A. Kids Heart Challenge & American Heart Challenge Cameron Waldo, AHA & Kelly Storey AHA

-Review what AHA does for our community: heart healthy markers on food, CPR (hands-on) Kids and american heart challenge, Program is free, there is a fundraising component run through PE, Ongoing professional development, all material provided, Typically happens in February. Offers professional development to any staff, all messaging is health standard aligned. MS/HS students can get 8 hours of community service hours, done from their phone/in school, they give 20% of what is raised back to school - they gave back 15k to PISD PE departments last year, every school that completes can apply for a \$2500 grant. Big

push for CPR, bystander CPR increases survival rates substantially. There are resources/worksheets to go home for follow up. "Heart Heroes" carry messaging for health and align with TEKS, supporting existing curriculum. Online Physical Education Network available for free to teachers, not live, can be done on their timeframe. Staff newsletters with up to date info on heart and brain health. Life Essential 8 - active, cholesterol, no tobacco, etc. STEM resources in the program this year like calculating heart rate and exposure to cardiovascular/STEM career fields. Encouraged us to include this in recommendations to schools

-Discussion:

Two fundraisers per year is a PISD rule not AHA, discussion about educational value, esp hands only CPR, stroke signs, etc

B. Physical Education Curriculum Overview Angel Mauterer, PISD PE, Amy Ousley, PISD Curriculum & Instruction

-Long term benefits of moderate to vigorous physical activity

-Frequency and duration of exercise for physical and mental health benefits

-Expected to develop personal exercise plan with health lessons for all students MS and HS athletics, Recover, replenish, refuel, macro/micro nutrients, in Health, science and PE

- Health curriculum in 4 units Health and safety, Nutrition and Physical activity, Mental Health and Healthy relationships and Substance use and misuse

- Elementary PE, interactive lessons, fitness gram

-Secondary Health Lifetime Fitness and wellness, skilled based lifetime activities

-Discussion: No questions

Next SHAC Meeting scheduled for Monday, February 5, 2024 6-7:30pm

Topic: Mental Health

Meeting adjourned: 7:17pm