 February 14, 2023 SHAC Meeting

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| * **Welcome/Sign-In** * **Spring activities and updates** * **Review human sexuality instruction** * **Wellness Policy Assessment** |
| * **Open forum** * **Closing** |
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**Agenda**

**SHAC Meeting**

**Silverton ISD**

**2/14/23**

**3:15 PM**

Meeting started at 3:15 PM. Members present: Shandy Beedy, Kylie Brock, Christi Beth Fisher, Michelle Francis, Stephanie Otis, Jacob Massey.

Spring semester health and wellness activities were discussed. Senior CPR and 7th-12th Stop the Bleed, which also incorporates AED and Hands Only CPR training, were scheduled in April and May. 3rd-12th Fitnessgram was scheduled for April. 5th grade boys and girls puberty education will take place. Shandy will send out the letters for the parents to opt in to the instruction. Jacob will speak to the boys and Shandy will speak to the girls separately. Fresh Start program for staff wraps up with our last lunch tomorrow (2/15/23) with Stephanie. Stephanie states she will also be starting Learn Go Eat Grow for 3rd and 4th graders at the end of February.

5th grade human sexuality instruction was addressed. Shandy states they use the Always Changing and Growing Up program from P&G Schools. It is a free resource that the SHAC feels is age appropriate and evidenced based. SHAC recommended to continue using this program for the 5th grade human sexuality instruction. Links to the material are posted on the school districts website.

SHAC reviewed the wellness policy assessment tool and made changes as necessary. This will be posted to the school districts website as well as the wellness policy plan for the school year.

Christy Beth asked the SHAC if the school has a snack pack for kids type of program. Michelle stated that we did this several years ago and there was not a big need for it. Parents and students did not participate so they discontinued doing it here. Shandy said that the community has God’s Grocery Store, a local food pantry at the Baptist Church, and also High Plains Food Bank once a month. Stephanie also added that high school kids help distribute the food at the High Plains Food Bank.

Stephanie asked the SHAC their thoughts on bringing in a new program for JH/HS called, Reality Education for Drivers (RED). It is a free resource offered by Texas A&M that talks about the importance of safe driving and the dangers of distracted driving with the use of cell phones, drugs, and alcohol. The SHAC thought this would be a great idea. She will look into bringing this this spring.

Kylie and Shandy talked about bringing in a speaker to talk to all age groups about anxiety and depression. Stephanie stated she knows someone through AgriLife who does mental health presentations. Stephanie also has a program that she is going to send to Kylie to implement that is geared towards mental health.

No further items were discussed.

The next meeting will be May 10th.

Meeting closed at 3:40 PM.