

April SHAC Meeting Minutes

Wednesday, April 3, 2019

Austin ISD Board Room

Attendance:

Members

Sarah Bentley – Chair
Rachel Guzman - Co-Chair
Julia Hoke – Secretary
Vivian Ballard - Past Co-Chair; Health Ed Co-Chair
Jennifer Cozzolino - Health Ed Co-Chair
Hugh Simmons - Social Services/SEL Chair
Michelle Smith - Physical Ed Co-Chair
Hugh Simmons
Ronda Rutledge
Tim Ruttan
Elizabeth Jacobs
Kelly Tarun - Health Svs chair
Dolly Lambdin
Jennifer Pollard-Ruiz
Cynthia Soliz
Larry Chauvin - Staff Wellness co-chair

AISD Staff

Michele Rusnak
Ryan Cengel
Ana (intern)
Lindsey (intern)
Heather (intern)
Sheachem Sauls
Stephanie Hawkins
Leonor Vargas
Scott Resendez (intern)
Renna Gentry (intern)

Other

Jason Schafer
Tricia Kim
Tracy Coats (GoNoodle)

6:31 meeting called to order, Sarah Bentley

Introductions – Members and Guests

Public Comments –

Jason Schafer shared public comment

Tricia Kim shared public comment (and petition re: vaping)

Karole Fedrick shared public comment (and handout)

Items from members –

Tim Ruttan shared that SHAC should discuss whether PE teachers should be classified as classroom teachers (for purposes of HB3) – discussion from group – PE subcommittee will draft a letter

Tim Ruttan shared that SHAC should respond to vaping petition – Health Education Subcommittee will address this issue

Approval of minutes – March Minutes approved

GoNoodle Presentation, Tracy Coats

Online platform for activity breaks used by teachers in Austin ISD, also used by PE teachers

DCMC sponsors the premium content for Go Noodle throughout all Austin ISD

Primarily a K – 6 resource, but can also be accessed by middle and high schools

GoNoodle demonstration

Also has mindfulness presentations

Efforts to decrease technology requirements so that GoNoodle is as accessible as possible

Free side and premium content side, also has an app, and is available through streaming services

Health kids make better learners – short bursts of physical activity throughout the day help kids focus, be more productive, and better handle stress

Research shows improvement in reading and math scores and decrease in BMI

Partnering with Children's Medical Center in Dallas to do additional research

Can be used in morning meetings, transition times,

SEL focus as well – manage stress (deep breathing videos)

GoNoodle Plus – premium content – teachers have access to exclusive videos, learning games, learning extensions tied to core-subject aligned subjects

Ability to use learning games to do assessments with students

Working on expanding Spanish language offerings this summer – new culturally relevant content

Adaptable for children with disabilities – Rachel Guzman asked question about this

Austin ISD gets data each month on use of GoNoodle per school, per activity, and other variables – Austin ISD is one of the highest performing districts for teacher usage (average is 37% and Austin ISD is 57%)

Secondary Physical Education Overview and Vaping Update, Michele Rusnak, Health & Physical Education Supervisor

Goal of fostering lifelong practices and valuing physical activity

Physically active vs. physically educated: physical activity can be accessed in other ways, but physical “education” is provided through PE class

Pre-K – 2nd grade – learn basic skills, static location (e.g., dribble in place); cooperation; throwing, catching, balancing, etc.; health concepts: nutrition, CV health, tobacco, skeletal system muscles, stress management, safety, etc.

3rd – 5th – applying skills (e.g., dribble and chest pass)

6th – 8th – modified games (e.g., 3 on 3 basketball); learning about their body; learning routines (e.g., CV routines); 6 – 8th grade TEKS; PE substitutions available (dance, athletics, Junior ROTC)

High School –

- Aerobics and Conditioning class
- Team Sports
- Individual Sports
- Health Topics: nutrition, stress management, etc.

Elementary – 3-day rotation (usually 55 times/school year), addition of WOW time (structured physical activity for additional 20 minutes), recess time (30 minutes/day)

Middle school – 4 semesters

High school – 1 credit (one year)

Addressing PE subcommittee questions –

- 2 – 5 PE teachers per secondary campus; no staffing formula; lower number of teachers will increase class sizes; if >45 kids in a class, you must have a safety plan (this seldom happens in Austin ISD)
- Female and male coaches are relatively balanced in the district
- Secondary class size average is 22, but most classes are 30 – 35
- Covington, Kealing, and Lamar are model MS campuses
- Anderson, Reagan, and ?? are model HS campuses
- Playground safety plan is part of emergency operation plan – 29 elementary campuses still have not completed their PSP (includes schedule, playground rules, teacher locations during recess or WOW times, etc.)

Vaping Update:

Where & when is this topic covered – kinder through high school has lessons re: tobacco and e-cigs

Focus on MS level on increasing education in this area (Catch My Breath resources)

Education continues in high school

Red Ribbon Week (Coordinated School Health) – dedicated one day to vaping and e-cigs at all levels

Data – secondary substance use and school safety report (SSUSS)

Baseline from 2017:

- MS - 97% had never used; HS - 92% had never used
- Perceived as very dangerous MS - 57%, HS -35%,
- Parents see as “wrong” MS - 83%, HS - 67%

SSUSS is being administered to all MS and HS students this year instead of a random sample

Dolly Lambdin – concerns about locker rooms; how is this addressed through SEL? Helping kids feel safer, less bullying, more teacher supervision? **This is not systematically addressed and doesn’t seem to be a major concern/need, Michelle will look into this and bring back additional information**

Vivian Ballard asked question – Where is health education incorporated in MS? **Covered in PE classes**

Kelly - What percentage of 7th and 8th graders are in athletics and not general PE? **Information is not currently available**

Dolly Lambdin – How are of Yoga, Pilates, Kickboxing incorporated into secondary PE? **in aerobics conditioning classes and individual sports**

Committee Reports

votes will take place via email because a quorum is not present

Health Services – Vaccination Recommendation – met with Seton Ascension nurses and Loree LaChance – shared recommendation (sent via email to SHAC members)

Tim Ruttan – discussed background of this resolution – high number of students who do not have a vaccine waiver but are not vaccinated – risk factors for children who cannot be vaccinated and larger population – want to support low-income and underserved students to make sure they get vaccinated

This can vary by school – Dobie MS has really great compliance and enforcement

Since no quorum, no action could be taken. Tabled until May meeting.

Health Education – Vaping Recommendation – met with Michelle Rusnak about this topic (which she has championed); district participated in development of Catch My Breath program; Anderson HS is sponsoring a session for parents with the developer of this program; rapidly growing issue that parents often know very little about

Devices can look like USBs or other things parents will not recognize as being problematic

Desire for the district to help educate parents about this issue to curtail vaping activities

Catch My Breath be included in professional development training; parent support specialist involvement to bring information to parents; also counselor and nurse involvement; coordinated school health approach to this issue

Committee is working to get vaping reduction/education goals added to Campus Improvement Plans

Improve tracking metrics – 3% of respondents in SSUSS vape daily; request for Title IV money (health and wellness, school safety) to be allocated to provide materials to schools to support Catch My Breath program (successful program with research support, free to district to use)

Shared resolution with SHAC (distributed via email to SHAC members)

Tim Ruttan asked question about Title IV money and whether money would be taken from other programs **this is money that has not been appropriated, yet – Tracy shared that \$25K will be allocated from Title IV for this purpose**

Kelly – would vape detectors fall under this funding? **Tracy will look into this**

Michelle Smith – are any of the recommendations mentioned in public comment period addressed in this resolution? **We can include additional recommendations, but we don't want to delay implementing these recommendations**

Questions about clarifying recommendations in resolution and discussion about adding additional elements

Since no quorum, no action could be taken. Tabled until May meeting.

District Reports

Tabled until May meeting

Meeting adjourned 8:05pm