

School Health Advisory Council

Meeting Minutes

Tuesday, April 13,, 2010

Next meeting: Tuesday, May 11, 2010

1. O. J. Kemp called the meeting was called to order at 4:35 p.m.
2. Lori Torena, Facilitator, began the meeting with introductions.
3. Review minutes from February 23rd meeting
The Committee reviewed and approved the minutes as written.
4. Tori Sisk reported that funding has been released for the grant for Abstinence Education funding – 2 Tiers were released. Tier 1 – replicating evidence based on curriculum exactly as written. A total of 150 proposals from across the country were awarded with districts that have high teen pregnancy and also participated in rigorous studies. We are an excellent candidate. Identified two or three curriculums that we like and have requested them. We would like a memorandum as our Advisory from the SHAC Committee.

8 Lessons – 8th Graders at Workman, Hutcheson and Carter Jr. High Schools and follow students through Sam Houston. (87 pregnant or parenting students). Curriculum is abstinence based. The only thing different is it consists of 8 lessons vs. our 6 lessons. We will continue through Pathways to Success with 5th and 6th graders, and other Jr. High campuses as invited. Post test students – for four year-longitudinal study.

Pregnancy level in Jr. High schools have decreased from:

2006-2007 - 20 students

2007-2008 - 14 students

2008-2009 - 29 students – highest number at Hutcheson with numbers dropping to 18 this school year.

Tier 2 – Teen Pregnancy Prevention

Anyone that takes a curriculum and modifies it to see if you can get better results.

Terri Chapa and Angela Gardner-Smith reported that abstinence will always be 100% in Arlington. What we do in Arlington is being marketed to other school districts in the State of Texas. Abstinence – make choices, say no to risky behaviors, learn social skills, character education, character counts and how to interact appropriately. It looks different from 5th grade, 8th grade and so on. Trying to change abstinence – absence from anything risky, including smoking, drinking, drugs and violence and learning the legal boundaries of these things.

Stay out of trouble and know your boundaries. Setting boundaries is very important = gender roles, how to handle bodies, hygiene, things change, relationships. Healthy boundaries with boys and girls. We discuss the boundaries and ask the students to go home and have a conversation with their parents. Each grade level, we modify with maturity. The material we cover is very age appropriate.

Terri Chapa reported that as they move into 8th grade, relationships become more serious and they discuss healthy vs. unhealthy. We ask them if they show someone in healthy/unhealthy methods. Many know more people who are in unhealthy relationships. They have responsibilities at home, school and friends to juggle. We have weighted exercise balls to use for risky behaving. We have a lesson on STD. We use power points, cell phones and texting to provide to them about different ways to communicate. We have spoken in 9 Jr. High schools and 36 elementary schools this year. Visiting additional campuses depends on TAKS scores and their needs. We have narrowed search to three curriculums:

- 1) Draw the Line/Respect the Line
- 2) How to Respond to Peer Pressure
- 3) Health Among Teens

All three deal with puberty, adolescence, abstinence and consequences of HIV/pregnancy. Our job is to get our hands on the new curriculum.

Michelle Provence discussed her growth and development committee. They have chosen a video that correlates with the TEKS. Also, Michelle gave handouts with different questions for all 6th graders (boys and girls). She stated that we are in communication with what SHAC and other members in our district are considering. This is not a requirement to nurses to go into classes. This is a choice for our district. They won't get the content presented otherwise, although Science can present some of this information. We hope that since Tori's group goes out and if this committee agrees, our 6th graders can get this information by late November. Peer pressure, changes in body, mood swings-when Tori's group piggybacks on what we say, we can build upon each program. Tori's group goes more than once and nurses only get to see them one time. We will work closer together and also with Science teachers. Please review the questions and give us any feedback.

Meeting adjourned at 5:45 p.m.
Minutes submitted by: O. J. Kemp

