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# Student Health Advisory Council (SHAC) - Notes

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Location: Pearland ISD - Virgil Gant Education Support Center

Date: April 8, 2019

Time: 4:00 p.m.

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## Agenda details:

### 1. Welcome

*Dr. Nixon shared that all corrections had been made to the District Wellness Plan as discussed during the February meeting. Next year's SHAC will determine the need and develop (if needed) a Mental Health and School Health Services component to the plan. Dr. Nixon thanked the group for their time and participating in the SHAC this year.*

### 2. FitnessGram Assessment – Kim Orsak & Dr. Lisa Nixon

*Dr. Nixon shared that state law requires school districts to annually assess the physical fitness of students enrolled in grade three or higher and to provide the results of individual student performance on the administered physical fitness assessments to the Texas Education Agency (TEA). TEA provides a statewide license to FitnessGram software at no cost to the district to collect the required physical fitness data. Dr. Nixon shared that TEA uses the FitnessGram assessment to study the correlation between physical fitness in students and their academic performance (measured by STAAR assessments).*

*Ms. Orsak shared that FitnessGram is like the STAAR test for PE. It is a comprehensive fitness assessment battery for students and it provides a "report card" that summarizes the child's performance on each component of health-related fitness for each student. Ms. Orsak provided an overview presentation of the FitnessGram assessments and shared how PE teachers use the data to plan instruction as well as to encourage students to practice the skills needed to get into the "Health Fitness Zone." Ms. Orsak also reviewed the reports available at the student, class, campus and district levels. A SHAC member asked about using FitnessGram with students with special needs. Ms. Orsak shared that all students enrolled in a PE class are required to be assessed, but that we are allowed to exempt students with disabilities or special needs from one or more activities in FitnessGram. Ms. Orsak explained that we are not allowed to modify the activities in any way.*



### **3. SPARK Curriculum – *Kim Orsak & Dr. Lisa Nixon***

*Ms. Orsak reviewed the printed and online SPARK Curriculum documents that are available at each campus. The committee was able to review with Ms. Orsak one specific lesson (Group Juggling) and Ms. Orsak highlighted the cross-curricular activities and vocabulary included in the lesson.*

### **4. #iwillASK – Thursday, April 25, 2019**

*Ms. Moore discussed the #iwillAsk event that will be held at Turner College & Career High School April 25. Ms. Moore shared that one goal of the event is to end the stigma attached to mental health services and support. Ms. Moore encouraged everyone to attend the event – there will be food, a carousel of resources from local agencies, stress balls for students, and two students will share their personal stories. Ms. Moore shared that the event is still in need of sponsors – if you or anyone you know (or business) would like to sponsor an activity, please contact Chenda Moore for more information.*

### **5. Future Topics**

*Dr. Nixon asked the committee for any future topics to discuss, and the committee would like to consider:*

- Discuss the high school exam exemption policies – there is a concern about the limited number of days of absence thus causing students to come to school when they are very sick and should stay home.*
- Consider administering the Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Survey in the district next year.*