

BRECKENRIDGE INDEPENDENT SCHOOL DISTRICT
STUDENT HEALTH ADVISORY COMMITTEE

MINUTES

The Breckenridge Independent School District Student Health Advisory Committee met on Thursday, February 7, 2008, at 4:00 P.M. in the Board Room of the School Administration Building, 212 North Miller, Breckenridge, Texas.

The following committee members were present:

Shai Berry	Sue Brown	Andy Channer
Barbara Collinsworth	Robin Heidelberg	Kody Knight
Linda Sims		

Those not present were as follows: Grant Atkinson, Bryan Dieterich, Leslie Gomez, Tyshawna Harris, Tonya McKenzie, Debbie Mitchell, Jamie Walker

Welcome: Chairperson, Shai Berry, called the meeting to order and welcomed guest.

Committee Reports:

Youth Wellness Committee: Robin Heidelberg reported that she was organizing a wellness activity for students similar to the BISD staff wellness program. She is developing a score card that will allow the students to track their wellness activities over a period of two to six weeks. The plan is for the program to take place the last six weeks of school. Score cards will be returned to the student's designated teacher at the end of the program. Prizes will be awarded to the students who have successfully participated in the program. Minimal funding will be needed due to the fact that most prizes are centered on opportunities at school such as extra recesses or free time during the student's PE classes.

Drug Intervention: Grant Atkinson was unavailable for a report. Mrs. Sims stated that she would contact Trooper Atkinson and find out how plans are coming to have local law enforcement officers present a drug program to South Elementary fifth grade students.

School Nutrition: Sue Brown informed the committee that the District had purchased the Nutra-Kids computer system. This technology helps build menus within food guidelines. This is especially important because of the impact healthy eating has on all students but especially diabetic students.

Physical Education Student Assessments: Barbara Collinsworth, North Elementary PE Teacher, reported that the Legislature recently passed a law that requires students in grades 3 -12 to participate in a physical assessment each year. The Texas Education Agency has provided a kit for each campus throughout the state. They have also provided software and training needed to submit results in mid-May. Mrs. Collinsworth

demonstrated for the committee some of the assessments that are included. The most difficult part of this will be scheduling the secondary students for testing. PE classes are required at the elementary level; however, not at the secondary level, grades 7-12. Special arrangements will have to be made in order to complete this assessment. Chairperson, Berry, volunteered the SHAC to help with the assessments if needed. Robin Heidelberg voiced concerns about confidentiality. Some students may not want to participate because they are embarrassed or self-conscious about their bodies. Linda Sims suggested that the nursing staff be allowed to do those types evaluations so that the students would more comfortable. Barbara stated that there would be a training of assessors on March 14th and the testing would begin in mid-April.

Sex Education – “Wait Training” Program: Linda Sims informed the committee that the Board of Trustees had given their approval to update the sex education curriculum at the regular Board Meeting in January. She told the committee that the program currently being used is very outdated; statistics are no longer valid and the format is something that most of the students could not relate to. At this time, one teacher at Junior High is teaching sex education as a unit in the seventh grade science curriculum. Tonya McKenzie, the secondary school nurse, had, in years past, done a presentation for separate groups of boys and girls at South Elementary. Mrs. Sims stated that the need for updated curriculum is crucial when we see many of the unhealthy and unsafe decisions that some of our students are making. In order to make it more available to our students, we are looking for a program that can be utilized in health, PE, family consumer science or any other appropriate class. The SHAC is responsible for making a recommendation to the Board.

Mrs. Sims introduced Alicia Berry, South Elementary nurse, who has been trained in the “Wait Training” program. Mrs. Berry had invited guest speaker, Brenna Duren to talk about the “Wait Training” curriculum. Brenna is becoming a national trainer for “Wait Training”. She stated that the focus of the curriculum was on relationships and waiting until marriage and not on teaching the medical or physical curriculum that is so often associated with sex education. The program involves the student in planning for his/her future by looking at the goals they have identified as important to them. She presented examples of several of the two hundred lessons that make up the curriculum.

The program is cost effective to the District and only requires that staff members who will teach the program attend training. Through the training, they receive the curriculum and are also able attend update trainings each year at no charge. Ms. Duren stated that BISD could begin this program tomorrow due to the fact that we already have one member of our staff trained.

Shai Berry thanked our guest speaker for her presentation. Committee members were invited to ask questions and/or make comments.

Another SHAC meeting will be planned for March. Members will be notified of the date and time. At that meeting we will review another program that is widely used by districts throughout this region. The meeting was adjourned at 4:16 p.m.

