



Minutes of Safe Schools and Healthy Students Advisory Council
Agenda
October 9, 2008
6:30 PM

Members present:

Sign in sheet available

Diane Foster, Director of Curriculum, and Lisa Knight, Director of Special and Federal Programs represented the MISD Administration.

Introductions

Diane Foster

Diane Foster led the introductions, asking each member of the council to state their name and tell in what capacity they are serving on the council.

Role of School Health and Safe Schools

Lisa Knight and Diane Foster

Advisory Council: BDF (Legal) and EHAA (LEGAL)

Legal Policies: EHAA and BDF were reviewed concerning the required make-up of the Health Advisory Council and the council's duties, which include recommending: (1) The number of hours of instruction to be provided in health education; (2) Curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, and Type II diabetes through coordination of health education, physical education, and physical activity, nutrition services, parental involvement, and instruction to prevent the use of tobacco; (3) Appropriate grade levels and methods of instruction for human sexuality instruction; and (4) Strategies for integrating the curriculum components specified by item 2 above, with the following elements in a coordinated school health program: a. School health services; b. Counseling and guidance services; c. A safe and healthy school environment; and d. School employee wellness.

Overview of Current MISD Programs:

An overview of Current MISD programs was given, starting with an update from the food services department.

Food Services Update: TDA Nutrition Policy 2008-09**Brian McDonald**

Brian McDonald, Director of Food Services presented an overview of the current food service program. He discussed the TDA (Texas Department of Agriculture) Nutrition Policy for 2008-09. The Food Services Department is bound by certain guidelines as they work to provide nutritious meals for our students. The Food Services department was able to obtain a registered dietician this year to assist in putting together the menus that fit the requirements and are tasty. Meals are not to exceed a certain number of fat grams and calories, which determines the types of entrees, desserts, etc. that can be on a school lunch. Food preparation is very much from scratch and homemade rather than prepared and processed foods. The four-year program is progressing according to what the TDA has prescribed and is aimed at reducing childhood obesity and diabetes. We are moving towards the goal of having all soda machines removed and vending machine items are changing. Brian sought input from the students on the advisory council as to their thoughts on the new chicken sandwich at the high school. Their response was they like it much better than the previous sandwich. Teachers in attendance agreed and also noted the green salads and fruit salads were delicious.

There will be a color-coded system to identify foods that are go, slow, or whoa, which coordinates with the CATCH (Coordinated Approach to School Health) that the district has embraced. This color-coding will allow students to make better food choices.

Mr. McDonald reported he is always trying to “find ways to do things better, faster, and stronger while staying with the TDA guidelines and having food the students enjoy.” Several members of the council commented that the meals at school are much better this year.

Walk to Prevent Diabetes Oct. 16th**Shelley Maxwell**

Shelley Maxwell, nurse at J. R. Irvin presented information on the upcoming Diabetes Walk-a-Thon to be held Thursday, October 16 from 5:30-7:30 at the Midlothian High School Track. This will be the third year for MISD to participate in the the Diabetes Walk. Information went home with students last week. Proceeds benefit the Diabetes Association. There will be a variety of activities available for students.

REACH Council**Janice Carey**

Janice Carey gave an overview of REACH Council and its involvement in the community. REACH partners with MISD and every 6th, 7th, and 8th grade student receives Life Skills curriculum from one of the REACH staff. A staff member counsels and assesses students that come through DAEP. There is also some individual counseling and referrals are made if necessary. Small groups are also formed and meet for a time period if there is a need. Referrals to REACH Council can be made at any time and they are available for presentations on any of our campuses. John Turner is the counselor

currently working at the DAEP

**Update of Senate Bill 530
PE and Recess Minutes**

Diane Foster

Diane Foster gave an update of Senate Bill 530, which relates to physical activity requirements for public school students. Students are required to have PE four out of six semesters in middle school.

The local school advisory committee must consider and make policy recommendations concerning the importance of daily recess for students.

Ms. Foster referred to a campus document indicating how each campus is addressing the 135 minutes per week requirement of physical activity. Campuses are using a variety of creative ways to meet this requirement.

Safe/Drug-Free Program

Lisa Knight

Lisa Knight reported the Safe and Drug-Free Schools and Communities Act recognizes that without a safe and orderly academic environment, teachers and students cannot learn. Students and school personnel need a secure environment, free from the distractions of violence, drug use, and lack of discipline, in order to ensure that all children achieve full potential.

The goals of the Safe and Drug Free Schools and Communities program as reported on the 2007-08 compliance report are:

- a. decrease substance abuse among students
 - b. increase community and parental involvement
 - c. decrease disruptive behavior
 - d. reduce violence in schools
2. Lisa Knight reported the results of the 2007-08 compliance reports for Safe Schools and Communities Act and the Gun Free Schools Act. There have been no guns reported on the campuses reports or Gun Free Compliance report since 2001 in Midlothian ISD.

Budget for Safe and Drug Free Schools

The current year budget for Title IV was reviewed and is as follows:

- Region 10, Shared Service Arrangement, Option 2-allows personnel to attend training at no cost
- Student grant activities are planned for Walnut Grove Middle School and Frank Seale Middle School for Friday, October 10 and for Midlothian High School on May 1, 2009

- REACH Council- allows district to have REACH counselors at middle schools to teach Life Skills classes and support for students with referrals from other campuses. REACH counselors work with DAEP students who are there because of drugs and students for whom this service is requested. Also, REACH goes to the other campuses with presentations as requested.
- Life Skills materials are purchased for students at the middle schools
- Registration and travel fees for students in counseling groups to attend a student grant activity to decrease disruptive behavior and reduce violence in schools
- Registration and travel fees for staff to attend a grant activity for working with students to decrease disruptive behavior and reduce violence in schools.

**Camfel Productions-Charting Your Own Course Student Assemblies
WGMS and FSMS-October 10, MHS- May 1, 2009**

- Student grant activities are planned for Walnut Grove Middle School and Frank Seale Middle School for Friday, October 1 and for Midlothian High School on May 1, 2009. This is an assembly titled “Charting Your Own Course” and is directed at guiding students to make the best choices for their lives, not allowing distractions to steer them in the wrong direction. A short video clip was shown of the presentation.

Red Ribbon Week: Oct. 20-24-campus activities

Lisa Knight reported each campus has plans underway to observe the week by bringing awareness to students of the dangers of using drugs. . There will be research-based presentations by REACH Council as well as various speakers to reinforce making positive choices to not use drugs. The Student Council members at several campuses and STAND (Students Taking Action Not Drugs) members at the high school will be assisting with activities at their campuses and also at the elementary campuses. Students will be given the opportunity to sign a Drug-Free pledge and to dress in certain ways to help them remember to remain drug-free.

Will Probst, PE teacher at Mt. Peak discussed “No TV Week” in November and discussed some of the activities. Melanie Miller, nurse at Miller Elementary said they had a similar week planned for their campus. Ms. Foster suggested each campus might want to consider this and the council could promote it.

Next Meeting Date: December 2, 2008 6:30 MISD Administration Building

Items for Discussion:

Possible questions for the Safe School Survey: Region 10 will allow us to give input on some question that might be relative to a particular campus. Council members were

encouraged to think about questions they might like to see on the Safe School Survey and bring those to the next meeting for discussion.

The meeting was adjourned at 8:05 PM.

Respectfully Submitted,

Diane Foster
Director of Curriculum

Lisa Knight
Director of Special and Federal Programs