

Houston Independent School District
School Health Advisory Council

Meeting Minutes
October 7, 2010

Attendees: Rose Haggerty (Co-chair), Dale Davidson (Co-chair), Mary Lawton (Parent), Tom Goselin (RN), Ben Barnet (Parent), Sarah McDonald and Julie Spreckelmeyer (Food Services), Orell Fitzsimmons (Parent), Florida Kweeke (HDHHS), Delia Thibodeaux, Felicia Ceaser-White, Bettina Siegel (HISD), Joseph Le, Sheryl McCurdy (UT-SPH), Susan Tortolero (Parent)

University of Houston-Downtown: Christine Bachman (UHD), Clinton Seay (UHD graduate), Arthur Vallejo, Kim Lam, and Tereasa Jabbour (UHD students)

The SHAC meeting started at 5:30 and concluded at 7:45 p.m.

Introduction: Dale Davidson introduced new SHAC members and Rose Haggerty reviewed the agenda for the meeting.

Approval of minutes: The minutes from the September meeting still need to be reviewed by Rose Haggerty and Dale Davidson before they can be approved by the committee.

Grant announcements from Rose Haggerty and Susan Tortolero:

- Rose Haggerty announced that Region XIII grant \$4500 was funded for the Characteristics of an Effective School Health Advisory Council.
- Susan Tortolero announced the \$15MM grant to implement “It’s your game” intervention over a five-year period at the middle school level and Reducing the Risk at the high school level. The funding will support coordinators and stipends. Tortolero announced that UT did not get the full requested amount, so their budget will be adjusted and resubmitted. One year will be needed to get IRB approval, planning, and getting all schools familiar with the program. The program will start next fall.
 - HISD will receive a significant amount of funds to implement the programs.
 - Many schools are familiar with the program
 - Poll indicates that 80% or more parents in Harris County schools support sex education in schools, starting at the middle school level
- The other evidence-based intervention, “Reducing the Risk” was identified for implementation at the high schools. .
 - “Reducing the Risk” program will be presented at the next SHAC meeting.
 - Felicia and Rose will be looking at other programs that work and hope to get other individuals opportunities to get involved.
 - The CDC identified “Reducing the risk” as a program that works

- Tom Goselin asked whether a website was available to examine this program (see <http://www.etr.org/>) .
- Food Services presentation with Julie Spreckelmeyer and Sarah Mc Donald, manager of nutrition services, planning, and operations staff
 - HISD Food Services and SHAC are working together to improve nutrition and delivery.
 - Julie Spreckelmeyer and Sarah Mc Donald discussed new dietician staff, special diets, registered dietitian, milk studies, team work involving interns and clerks, and nutrition data.
 - New committee: **parent advisory committee (PAC)**, includes individuals who want to learn food programs, and how the food service works.
 - Julie Spreckelmeyer and Sarah Mc Donald focused on:
 - Food Services deliver 250,000 meals a day,
 - have a new production facility
 - goal to control the amount of sugar in food
 - focus on three areas
 - bake shop, hot foods/chill-finishing recipe(school finishes and bakes goods for greater control),
 - cold foods area
 - Julie Spreckelmeyer and Sarah Mc Donald answered committee members' questions regarding
 - Food delivery to 55% (previously 34%) of K-12 participating school
 - Food delivery to students in classrooms
 - Food carts arrive and a card exchanged program to track food used/ food waste.
 - All elementary schools get breakfast served
 - Starting to serve breakfast in middle schools
 - Children choose to eat breakfast or not
 - Leftovers are minimal
 - Bettina Siegel discussed the opt-out program. It's up to the school principals to advise parents regarding breakfast options
 - Problems have arisen with multi home children and one parent wanting while other didn't.
 - Animals crackers are not served anymore
 - # of breakfast calories is carefully calculated using USDA nutrition guidelines. See website for more details regarding caloric requirement for each category
 - Susan Tortolero asked about vending machines, extra vending, A la Carte foods, no competing sales.
 - What are the requirements for outside services and what are they allowed to serve?
 - Outside vendors can serve food or whatever in hallways, but cannot serve food in the cafeteria
 - See www.squaremeals.org for meal menus, serving allowances, locations, and grade level
 - Ban all A-la-Carte food and candies

- Food services is selling a special version of Papa John's pizza but other organizations are selling the less healthy version in some locations
- Many members express concern over the zero regulation for A-la-Carte nutrition level
 - Food services
 - has made many changes to improve the quality of food quality of chicken. Serves Creole chicken
 - serves lower quality foods such as chicken nuggets less frequently (served twice a month)
 - Will start serving whole wheat tortillas in November, wheat pasta and rice
 - Has decreased sodium and sugar
 - Ultra grain hard is used to make breads.
- Food Service parent advisory committee has openings. Please see www.houstonisd.org/foodserves
- Joseph Le mentioned the Green Plate for Kids
- Dale Davidson and Rose Haggerty want more focus on healthy eating and PE.

YRBS overview with Felicia Cesar-White

- Felicia discussed the low participation (<70% student rate during the 2009 administration)
- Felicia and Venita Holmes (Research/Accountability Department) attended the summer YRBS workshop to learn ways to increase school and student participation for the 2011 survey administration.
- Administrative Survey is set for February. HPE teachers will be trained at each middle and high school to administer the survey to students. Results are being reported from the schools that are only participating in the YRBS program conducted by this program so the data does not become mixed.
 - Houston ISD, Harris County, State, National, National youth tobacco all are different programs being observed for this purpose
 - Other agencies will get data from YRBS. Share data in order to decrease the work/stress on school administration of the survey
 - Several parts of the survey were omitted in Harris County
- Modify the Survey:
 - 2011 survey has 86 questions
 - Need to add 12 questions
 - Sexual orientation question is being considered because children could be at a greater risk in their schools. 11 deaths in the last three months can be attributed to sexual orientation/ bullying.
 - Questions are being considered for both middle and High school use
 - Need to look at wording due to understanding. (sexual identity and sexual practice, HIV conversations at home, harassment/bullying is a problem in your school)

- Susan Tortolero mentioned that we couldn't change the wording because of test validity. She also encourage that SHAC support the recommendations from the HPE Team to modify the YRBS question particularly questions related to bullying and sexual orientation (high school only).
 - Due to varying maturity levels, members suggested that the sexual orientation question not be included on the middle school survey
- Concerns from Council Members:
 - Education about cyber bullying is sometimes left to videos with no follow-up conversation or classroom discussion.
 - For example, is it appropriate to show cyber bullying in an English Class?
 - Bullying needs to be addressed in various classes. Teachers should talk about it
 - Administering teachers are getting no training and therefore may not be able or qualified to do a follow-up after showing a movie in their classes.
 - Susan Tortolero mentioned that a list of movies should be distributed to parents. Parents need to know what their children see at school.
 - Tom Goselin mentioned that teachers need to show movies to children and talk to them about what they saw. Maybe teachers should have a list of recommended resources.
- **Year priorities workshop – “nonnegotiable” support from administration and teachers!**
 - Physical activity: Children sit around and do not engage in PE but yet receive activity credit. Legislation exists with regard to quality PE education
 - Difficult to enforce because of student teacher ratio
 - schools are no compliant with PE requirements
 - Need to provide ongoing training for HPE teachers
 - Given that the school board members are very health conscious, we need to inform then that HISD schools are not compliant with PE and thus we need to identify ways to work with schools to ensure that students in grades Pk-12 are receiving quality instruction by a highly effective teacher.
 - Develop school report cards and reward schools that are compliant with PE
 - Pregnancy: Houston is number 1 in births for females under 15, Texas is 3rd in overall pregnancy in the country
 - Should make evidenced-base programs mandatory
 - Schools used them but not always in ways that are productive. Human Sexuality Education is not always taught in health classes suggesting a need to train teachers to ensure effective teaching and dealing with sensitive issues are handled appropriately.
 - Action items:

- Three subcommittees were identified to work on
 - healthy foods (eliminating sodas/sugar drinks across the board(no soda allowed/ soda free school, school report card for healthy school policy, discontinue any new contracts with companies, Ice cream machines
 - PE (Inform decision makers about the need for physical activity)
 - Sex Education: use evidenced-based programs and follow the steps, need to make it a requirement that is not negotiable, discuss teen pregnancy
- Allocate time for each subcommittee to present their findings at the November meeting

New business

Meeting adjourned at 7:45 pm by SHAC co-chair Rose Haggerty..