



College Station ISD School Health Advisory Council

Regular Meeting Agenda
November 1, 2023
4:30 - 5:30 PM
CSISD Boardroom

As required by the State of Texas, School Health Advisory Council meetings must meet the requirements of the open meetings act, allow for public comment, prepare and keep minutes of meetings, make a recording of the meeting, and post this information on the district website.

All postings regarding CSISD SHAC Meeting can be found at the following website:

https://www.csisd.org/departments/health_services/school_health_advisory_council_wellness_plan

The following items will be included on the agenda for the Nov. 1, 2023 meeting:

Item Nos.	Description
A.	Call To Order / Welcome
B.	Documentation of Attendance <ul style="list-style-type: none"> Maryam Ahmed, Sarah Chatfield, Tiffany Kolodziejczyk, Patricia Lard, Julia Meyer, Jennifer Posern, Eric Posern, Magan Smith, Kevin Starnes, Megan Symank, Zach Marlow, Lacey Kinard, Jenise Nam, Neo Jang
C.	Approval of Minutes from October 2023 Meeting <ul style="list-style-type: none"> Motion to Approve: Megan Symank Second: Jennifer Posern Motion Passes
New Business	
D.	Public Forum <ul style="list-style-type: none"> Neo Jang shared concerns regarding transportation safety for students that ride bikes and walk to school. He would like College Station ISD to consider better infrastructure for active transportation. Neo listed benefits of active transportation; including better academic performance. Neo Jang shared a celebration regarding the high school mountain bike teams. Earlier in the day he met with Jon Hall and Amy Drozd. Together they brainstormed possible practice locations within College Station ISD properties. Julia Meyer shared concerns regarding indoor air quality at Southwood Valley Elementary School. She has observed a buildup of dust and other contaminants on ceiling vents and would like to know the district's policy for

	<p>monitoring indoor air quality.</p> <ul style="list-style-type: none"> ○ Kevin Starnes will speak with the Coordinator of Safety and Risk Management to gather this information. ● Julia Meyer shared concerns regarding advertisements students watch at school; particularly via YouTube. She would like to know the district's policy regarding advertisements students see when utilizing technology at school. <ul style="list-style-type: none"> ○ Kevin Starnes will speak with the Director of Technology to gather this information. ● Lacey Kinard shared a community update regarding NAMI on Campus. This is a student led club focusing on mental health activities and awareness. She would like College Station ISD to consider implementing this program. <ul style="list-style-type: none"> ○ Kevin Starnes recommended she speak with the Director of Student Services in order to reach counselors at the high schools and middle schools. ● Maryam Ahmed shared an update on Character Strong at College Station High School. At the high school level, this program is providing additional opportunities for students to engage and connect with one another. School connectedness is associated with youth mental health.
E.	<p>CSISD Wellness Plan & Sub-Committee</p> <ul style="list-style-type: none"> ● Magan Smith reviewed the College Station ISD Wellness Plan and asked members to consider serving on the sub-committee to evaluate the plan.
F.	<p>PE/Health Update from Campuses</p> <ul style="list-style-type: none"> ● Zach Marlow shared celebrations for high school PE. <ul style="list-style-type: none"> ○ A&M Consolidated High School implemented a Mile Monday program. Every Monday the PE students run a mile. Students have taken ownership of this program. ○ College Station High School completes a physical fitness assessment three times a year. Once in the fall and once in the spring; leading up to the Fitness Gram at the end of the year. These assessments allow students to measure their aerobic capacity, flexibility, strength, and body composition. CSHS also asks students to evaluate their physical fitness confidence. Coaches meet with students one on one to discuss results and provide support and encouragement. ● Questions from SHAC Members <ul style="list-style-type: none"> ○ How do you address cell phones during PE? <ul style="list-style-type: none"> ■ At the beginning of the school year, we let students know they will not need their cell phone during PE. We encourage students to store their cell phone in their locker. ○ How do you address the impact of diet with students? <ul style="list-style-type: none"> ■ Body composition results provide an opportunity to discuss nutrition and ideas for making healthy choices. ○ What is the reach of health and PE classes at the high school level? <ul style="list-style-type: none"> ■ Physical Education - High school requirement is 1 credit ■ Health Education - Not required for high school graduation
G.	Any New Business
H.	Adjournment

	<ul style="list-style-type: none">● Motion to Adjourn: Neo Jang● Second: Julia Meyer● Motion Passes
I.	Upcoming Meetings for 23-24 SY: <ul style="list-style-type: none">● Wednesday, January 17 at 4:30PM in CSISD Board Meeting Room● Wednesday, February 7 at 4:30 in CSISD Board Meeting Room