

SHAC Minutes

April 4, 2011

4:30-5:30p.m.

Central Office Board

Members Attending: Allison Beam, Tracy Biediger, Debra Gonzalez, Kerry Green, Kathy Johnson, Sandi Killo, Elizabeth Moreno, Sandra Radtke, Cheryl Rayburg, Melissa Stangle, Heather Thompson, David Uecker, and Sharon von Rosenberg

Proceedings: The meeting was called to order by Sandra Radtke, representing the PE/Physical Activity Committee. Lynn Bullard was not able to make the meeting today.

PE/Physical Activity Committee: Sandra Radtke introduced guest speaker, Nanci Cearnal. Nanci gave an overview of yoga offerings in Boerne. Nanci emphasized why yoga is important especially to young people. Key points: *Diet has a lot to do with inflexibility and stretching gives us more strength. *Pressure on your head relaxes your thinking. *Tons of different types of yoga-depends on your lifestyle. *Yoga is helpful in preparing for any sports. *Our bodies were made to move. Nanci took the group through some meditation exercises stressing the importance of taking time to sit quietly for 5 minutes a day.

Sandra Radtke gave a Legislative Update/Summary on related SHAC House and Senate Bills. Boerne ISD implements many of the proposed House Bills already. (See Handout) In addition, Mrs. Radtke shared with the committee the work that is in progress looking at implementing a new PE curriculum at both high schools encouraging students to choose PE as an elective. The goal is to add Aerobics I and Aerobics II to the high school PE program and alternate these courses with those currently being offered. Expanding and alternating Aerobics and Individual Sports courses at the two high school campuses allows a available equipment and personnel resources to be better utilized. (See Handout) Finally, Sandra discussed the two categories of Off-Campus Physical Education Programs available to students in grades 7th through 12th who would like to receive PE credit. Students can apply for a waiver to be granted for either (1) Category I (Olympic/National Level): Students have a minimum of 15 hours per week of highly intensive, professional, supervised training where they are allowed to be dismissed from school for one period and may not miss any class other than physical education; or (2) Category II (High-quality Private or Commercially-sponsored Physical Activity): Participation includes a minimum of 5 hours per week in which students may not be dismissed from any part of the regular school day. In order for a waiver to be granted, BISD follows the guidelines as stated in Texas Administrative Code (TAC)74.11(d)(7)(C). The term "appropriate" implies that the substitute activity is in congruence with the Physical Education Texas Essential Knowledge and Skills (TEKS) as closely as possible, if not above the rigor of the standards. (See Handout)

Summary of other SHAC Sub-Committee Reports:

***Drug and Alcohol Committee:** This committee has been busy getting ready for the Shattered Dreams event this week, April 7th at BHS. Heather Thompson shared that the program is truly a community effort and supported by private donations of time, equipment, and money. Recently, brochures were sent home with high school students focusing on binge drinking awareness. Prom Night for both high schools is Saturday, April 9. David Uecker added that extra emphasis this year is to help parents discourage parties after prom that involve drinking.

***Nutrition:** Sharon von Rosenberg reported that the salad bar is a big hit at Cibolo Creek Elementary School. Participation increased by 2% and new things are being added every day. Cheryl Rayburg stated that the USDA will be coming out with some new guidelines which may include increasing fruit and vegetable portions. A recent nutritional analysis was conducted, and as a result we may be seeing an increase in bread and more foods with higher calories. Sharon von Rosenberg would like to distribute a questionnaire to the SHAC committee in May to gather some information to support Cheryl Rayburg in her meal planning for next year.

***Family and Community:** Jane Bujnoch will not serve next year on the SHAC Committee, but will continue to do the monthly "Banter" for the remainder of the year.

Future Planning: Our next meeting planned will be on **May 2, 2011 at 4:30p.m.** Tracy Biediger asked the committee members to think about how they would like to structure the meetings next year. Mrs. Radtke reminded committee members of the by-laws and that a parent must chair or co-chair the SHAC meetings and we only need to meet four times a year. Kerry Green volunteered to chair the SHAC Committee next year. Tony Comuzzie will not be able to serve next year on the SHAC Committee. Members are encouraged to recruit interested folks to fill these positions.

Respectfully submitted by Sandi Killo, SHAC Secretary