

**Comfort ISD  
2022-2023 SHAC Meeting  
Agenda February 6, 2023**

**4:00 PM**

**District Training Center**

**1. Introductions (Jerry Adams)**

CISD Staff:

- \* DeAnna Brummett: HS Counselor (Ad Hoc)
- \* Amy Jureczki: Nurse Coordinator
- \* Mary Garza: Food Services Director
- \* Janet Blake, Elementary Counselor
- \* Brandy Holekamp: CMS Counselor
- \* Megan Novosad: CES P.E. Teacher
- \* Jordan Chandler: CMS Coach
- \* Regina Stanley: CHS Nurse (Ad Hoc)
- \* Robin Law: CES Nurse
- \* Charlotte Kneupper: School Board
- \* Rome Borrego: SRO
- \* Tucker Webb: SRO
- \* Jerry Adams (Ad Hoc)

Community/Parents:

- \* Vickie Stuart: parent, PT
- \* Emma Eichholz: parent
- \* Randi West: parent
- \* Courtney Stensrud: parent
- \* Aubrie Walker: Coalition Coordinator, Kendall County
- \* Tiffany Rust: parent
- \* Misty Giles: parent
- \* Melinda Avery: community, Hill Country Pregnancy Care Center

**2. Brief Overview of Roles & Responsibilities of SHAC (Jerry Adams)**

**3. District of Innovation (DOI) – Reduces number of SHAC meetings (Jerry Adams)**

**4. Current Programs**

- CES (Janet Blake)
  - i. Safe side adult, stop the tricks – guiding lessons by counselor
  - ii. Good choices
  - iii. Food backpack program for kids to have food on the weekends
  - iv. Red Ribbon Week – October Drug Free
  - v. Parenting skills meeting
  - vi. Careers for you
  - vii. College readiness
  - viii. Rachel's Challenge/Bully prevention – guiding lessons by counselor
  - ix. Shoe blessing in February
  - x. Individual counseling
  - xi. Group counseling
  - xii. Thanksgiving lunch – Lutheran
  - xiii. Christmas program – Comfort Baptist, Helen's Children Lutheran, HCTC meals
  - xiv. KC Club (Kindness and Compassion)
  - xv. April – abuse awareness month with guided lessons
  - xvi. Maturation program for 5<sup>th</sup> grade
  - xvii. Dental wellness presentation

- xviii. Vision, hearing, and acanthosis nigricans screenings
  - xix. Balancing food and play program for 3<sup>rd</sup> grade – Mrs. Winfrey
  - xx. Walk-a-thon
  - xxi. DARE for 5<sup>th</sup> grade
  - xxii. Bike Rodeo
  - xxiii. Fire Department Safety Presentation
  - xxiv. Mentoring Program
  - xxv. Watch Dogs (Dads of Great Students)
  - xxvi. Scoliosis screening
- CMS (Brandy Holekamp)
    - i. Red Ribbon Week – drug prevention and awareness
    - ii. Sexting and bullying program
    - iii. Child advocacy of Kerrville – gender awareness during PE
    - iv. Aim for Success Program – Parent & Student Program
    - v. Rachel's Challenge – Anti-bullying program
    - vi. Scoliosis screening
- CHS (DeAnna Brummett)
    - i. Teens in the Driver's Seat
    - ii. Drugfreeworld.com
    - iii. Shattered Dreams planned every 3 years
    - iv. "When Sean Speaks" plan to present every 2-3 years
    - v. Video for binge drinking plan to show every 2-3 years
    - vi. In October, students wear orange for bullying prevention week
    - vii. Dating violence- Kendall County Women's Shelter
    - viii. Joshua project for bullying every couple of years
    - ix. Looking into a counseling program for drugs presented by Dr. Holly Robles
    - x. Help with HS athletic physicals in the spring semester
    - xi. Dating violence- Kendall County Women's Shelter assembly presentation over a week's time during study hall that covered dating violence, sex/human trafficking, family violence
    - xii. Child abuse-teachers receive training
    - xiii. Sex/human trafficking- teachers receive training
    - xiv. Family violence-individual counseling
    - xv. Human Sexuality Instruction/Good Choices – Aim for Success Parent & Student Program
    - xvi. Rachel's Challenge – anti-bullying program
    - xvii. <https://www.pacer.org/BULLYING/> daily announcements, videos, and short lessons sent out via email to teachers and added to my google classroom. Individual counseling. Anonymous reporting online.
    - xviii. Suicide awareness- Assembly Presentations three years ago by class level using curriculum from [www.Jasonsfoundation.com](http://www.Jasonsfoundation.com) The "B1" Project. Weeklong announcements and videos shared with teachers.
    - xix. Red ribbon- district wide presentation every other year on drugs and alcohol.  
- <https://www.naturalhigh.org/> anti-drug campaign, announcements, videos and short lessons sent out to students through google classroom, individual counseling, referrals to outside agencies.
    - xx. Substance abuse: Alcohol poisoning presentation using "The Unconscious Truth" video and material used every other year. Flyers posted around school. This is quitting information posted to google classroom. Link to website sent to parents via principal newsletter.
    - xxi. Mental health- Individual counseling, Curriculum to be used throughout the school year. Brochure given to parents, KSTAR counselor comes in to do regular counseling with students at parent's request.



5. Curriculum/Resources –

- PE/Health – CATCH (Megan Novosad)
- Human Sexuality/Family Violence/Child Abuse/Sexual Abuse/Teen Dating Violence/Sex Trafficking - Parent/Student Presentation – Youth Equipped to Succeed! (formerly Aim for Success) (previous SHAC recommendation, consider for next year) (Jerry Adams)
- Everfi – Social Emotional Learning Resources [everfi.com/K-12](https://everfi.com/K-12)
  - Substance use Prevention: Vaping, know the truth - A prevention-forward digital course that gives students core knowledge around the dangers associated with using e-cigarettes, and offers resources to help young people quit if they already vape. [Vaping: Know the truth | EVERFI](#)
  - Prescription Drug Safety- Empower 8th - 12th grade students with the skills and knowledge they need to make safe and healthy decisions about prescription drugs and opioids. [Prescription Drug Safety Training for High School Students \(everfi.com\)](#)
  - Bully Prevention: Honor Code Bullying prevention: 8th - 10th grade students identify their unique talents, grow resiliency skills, and build strong connections with others to create positive school communities. [Honor Code - Bullying Prevention Curriculum | EVERFI](#)
  - For Dating Violence: Character playbook building healthy relationships In Character Playbook, students make decisions in real-life scenarios such as navigating social media, reflecting on their emotions, and intentionally building positive relationships. Throughout five modules, this course covers key concepts in metacognition, social-emotional learning (SEL), and building healthy peer relationships. This course is aligned to the CASEL standards for SEL. [Character Playbook - Healthy Relationships | EVERFI](#)
  - Suicide Prevention: Understanding Mental Wellness- Teaches students the importance of paying attention to their mental health by blending evidence-informed content with engaging digital activities. Five lessons scaffold knowledge to build a comprehensive understanding of what mental wellbeing is and how to maintain or achieve it. [Understanding Mental Wellness | EVERFI](#)

6. Wellness Initiative – Steps Challenge & Percent Weight Loss Competition (Jerry Adams)

- Tentative Date – March 1 @ 5 PM – Run, Walk or Roll 5K Run/1 Mile Walk Event for Anti-bullying

7. Flu Shot Clinic Update – held in November 2022 on each campus for staff and family members (Amy Jureczki)

8. Outreach (Jerry Adams)

- Parent Program: One Pill Can Kill – tentative March 27<sup>th</sup> @ 6 PM; CHS Cafeteria
- Parent Program: Positive Parenting – tentative April 24 @ 6 PM; CHS Cafeteria
- Toiletry Bags donated and distributed to Comfort ISD students before Christmas by Hill Country Family Services
- Winter Coats donated in November

9. Food Service Update (Mary Garza)

10. Health Services Update

- CES (Robin Law)
- CMS (Amy Jureczki)
- CHS (Gina Stanley)

11. Date of Spring Meeting – April 19, 2023 @ 4 PM in District Training Center

12. Other business

13. Adjourn





## ***Determined to Succeed***

***Exceeding the Pressures of Life  
2022-2023 School Year***

Program includes an age-appropriate version for 7<sup>th</sup>-8<sup>th</sup> grade and 9<sup>th</sup>-12<sup>th</sup> grade.

### **7<sup>th</sup>-12<sup>th</sup> Grade Outline for a One-Hour Program**

Portions of the program will be omitted if less than one hour.

#### **Introduction / Dreams and Goals**

Setting goals will help you reach your dreams.

Your passion to succeed must exceed the pressures of life.

#### **Teen Pregnancy and STDs**

What is the only 100% guaranteed way you won't face a teen pregnancy? Waiting.

According to latest statistics from the CDC, there were about 13 million STD infections in young people ages 15-24 within a year.

STDs can be asymptomatic – no signs, no symptoms, but contagious.

Discussion of HIV/AIDS, Chlamydia, Herpes and HPV (human papilloma virus).

While they do help prevent pregnancy, condom use is about 87% effective with typical use, and the birth control pill is about 93% effective with typical use (according to the CDC).

It is important to seek STD testing from a doctor if either person has been involved in sexual activity.

As suggested by the CDC and directed by the Texas Education Code, sex is best shared in a long term, mutually monogamous relationship, or marriage.

It's never too late to make a different decision and wait from now on. Focus on the future rather than the past.

#### **Pressures and Influences**

Your passion to succeed must exceed the pressures of life.

5 pressures students may face.

- **Hormones / Biology:** Females can conceive 1-6 days per month, but (especially for teenage girls) there is no way to know when the egg is released. Males are able to fertilize an egg every day of the month. Hormones are more active throughout teen years. Both males and females are capable of controlling desires. Set boundaries in your relationships.
- **Love:** True love never pressures someone to do something that could hurt them. Breaking up from a sexual relationship can result in long lasting emotional hurts. Through an object lesson, students learn the difference between healthy vs. unhealthy relationships. Understand that love always protects.
- **Peer Pressure:** Students learn refusal skills and are given ideas on how to remove themselves from a situation.
- **Media:** Students learn how the media uses sex to sell products or influence decisions.
- **Drugs and Alcohol:** Students hear scenario illustrating how drugs and alcohol can impair your ability to make decisions leading to things you may not normally do.

#### **Family Violence / Child Abuse / Sexual Abuse / Teen Dating Violence / Sex Trafficking (Senate Bill 9)**

Sexual abuse is never the victim's fault. If you are or have been involved in sexual abuse, tell an adult/seek help.

Teen Dating Violence: Legal definition and "red flags" for unhealthy relationships are discussed.

#### **Addiction and the Brain**

Demonstration shows how pornography can lead to an imbalance of dopamine in the brain, can result in addiction, and the effect it can have on people.

#### **Sexting**

Students learn the short- and long- term risks of sexting. Juvenile sexting laws are discussed. Once you hit send there are no "take backs".

#### **Conclusion / Survey**

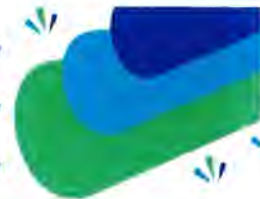
Our surveys as well as the CDC show that most teens are not having sex.

A voluntary, anonymous survey is offered to students. Compiled results and comments are sent to the school.

**A CONNECTED STUDENT IS A PROTECTED STUDENT. ®**

[www.justsayyes.org/wellness-education](http://www.justsayyes.org/wellness-education) • 888-579-5790 • [information@justsayyes.org](mailto:information@justsayyes.org)





## ***Determined to Succeed***

***Exceeding the Pressures of Life  
2022-2023 School Year***

### **6<sup>th</sup> Grade Outline for a One-Hour Program**

Portions of the program will be omitted if less than one hour.

#### **Introduction / Dreams and Goals**

Setting goals will help you reach your dreams.

Word Game: Demonstrates that, depending on how it's used, sex can have positive or negative consequences.

#### **Teen Pregnancy and STDs**

What is the only 100% guaranteed way you won't face a teen pregnancy? Waiting.

According to latest statistics from the CDC, there were about 13 million new STD infections in young people ages 15-24 within a year.

STDs can be asymptomatic – no signs, no symptoms, but contagious.

Discussion of HIV/AIDS, Chlamydia, Herpes and HPV (human papilloma virus).

As suggested by the CDC, and directed by the Texas Education Code, sex is best shared in a long term, mutually monogamous relationship, or marriage.

Examples of famous people who have either waited or decided to start waiting until marriage.

#### **Pressures and Influences**

Your passion to succeed must exceed the pressures of life.

5 pressures students may face:

- **Hormones / Biology:** Females can conceive 1-6 days per month, but (especially for teenage girls) there is no way to know when the egg is released. Males are able to fertilize an egg every day of the month. Hormones are more active throughout teen years. Both males and females are capable of controlling desires. Set boundaries in your relationships.
- **Love:** True love never pressures someone to do something that could hurt them. Breaking up from a sexual relationship can result in long lasting emotional hurts. Through an object lesson, students learn the difference between healthy vs. unhealthy relationships. Understand that love always protects.
- **Peer Pressure:** Students learn refusal skills and are given ideas on how to remove themselves from a situation.
- **Media:** Students learn how the media uses sex to sell products or influence decisions.
- **Drugs and Alcohol:** Students hear scenario illustrating how drugs and alcohol can impair your ability to make decisions leading to things you may not normally do.

#### **Family Violence / Child Abuse / Sexual Abuse / Teen Dating Violence / Sex Trafficking (Senate Bill 9)**

Sexual abuse is never the victim's fault.

Who may be a sexual abuser? How to recognize sexual abuse.

If you are encountering, or have encountered a sexual abuser, (1) Tell them to stop; (2) Get away; (3) Tell an adult.

Teen Dating Violence: Legal definition and "red flags" for unhealthy relationships are discussed.

#### **Sexting**

Students learn the short- and long- term risks of sexting. Juvenile sexting laws are discussed. Once you hit "Send," there are no "take backs".

#### **Addiction and the Brain**

Demonstration of chemicals in the brain shows how pornography can lead to an imbalance of dopamine. Addiction is discussed, and the effect pornography can have on people.

#### **Conclusion / Survey**

Our surveys as well as the CDC show that most teens are not having sex.

A voluntary, anonymous survey is offered to students. Compiled results and comments are sent to the school.

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# CATCH® K-8 Health Education

## 100% TEKS Alignments for CATCH Health Education Programs

### Setting CATCH Apart



**Top Evidence Base**  
120+ Peer-reviewed studies



**Track Record of Success**  
Health Ed. for 30+ Years



**Widely Adopted**  
Used by Over 50% of  
TX K-8 Schools



**TEA Approved**  
Coordinated School  
Health Program

**CATCH®**  
Classroom

**CATCH**  
SEL JOURNEYS

**CATCH**  
MY BREATH

**CATCH**  
HealthySmiles



✓ = 100% coverage by '22-'23 school year

Health Strands	Elem	Middle
Physical Health & Hygiene	✓	✓
Healthy Eating and Physical Activity	✓	✓
Mental Health & Wellness	✓	✓
Alcohol, Tobacco, & Other Drugs	✓	✓
Injury & Violence Prevention and Safety	✓	✓

Not included: Reproductive Health

### Health Education Program Offerings:

- CATCH Classroom Health Education Program  
(includes CATCH Classroom, CATCH HealthySmiles, and Sunbeatables)
- CATCH SEL Journeys
- CATCH My Breath

Each of these programs may be used individually or in combination to address specific grade level focus areas. When combined with the CATCH Coordination Kit and the CATCH PE program, which is being offered in response to RFP #KH-206581, these programs constitute a full Coordinated School Health approach.

## Quality Health Ed and Evidence-Based

Beyond "evidence informed," CATCH is **truly evidence-based**, and has been proven in peer-reviewed studies to:

- Increase daily physical activity;
- Reduce daily energy intake from fat;
- Drive healthy behavior changes that persist 3 years post-implementation; and
- CATCH My Breath is the **only** evidence-based youth vaping prevention program

## Program Characteristics



**CATCH's Proven Formula for  
Effective Health & Physical Education**



- Focus on student empowerment and intrinsic decision making
- Consistent approach across programs (Knowledge + Skill + Environment)
- Common "language of CATCH" across programs
- SEL anchor activities and prompts
- Integration of physical activity and health lessons
- Family components & resources

Demos, videos, and more at [catch.org/texas](https://catch.org/texas)





90-Day Free Trial  
catch.org/free-trial

**CATCH**  
COORDINATED APPROACH TO CHILD HEALTH  
Classroom

**CATCH**  
HealthySmiles



**CATCH**  
MY BREATH

**CATCH**  
SEL JOURNEYS

 Access on  
**CATCH.ORG**



#### Contact Us

info@catch.org | 855.500.0050 x805

## What's Included with the CATCH Classroom Health Education Program

*Addresses Physical Health & Hygiene, Healthy Eating and Physical Activity, and (in '22-'23) Alcohol, Tobacco, and Other Drugs*

- Grade-by-grade lessons, aligned to TEKS standards
- PowerPoint slides with Teacher scripts
- Student handouts and worksheets (PDF)
- Video lessons for blended learning or virtual/hybrid settings
- Parent and family materials available in English and Spanish
- Environmental supports including intercom announcements and signage

## What's Included with CATCH My Breath

*Addresses Alcohol, Tobacco, and Other Drugs*

The same types of resources listed above in the CATCH Classroom Health Education Program, plus:

- STEM, humanities, and physical education supplements
- Self-paced student modules
- Virtual field trips
- Service learning projects

## What's Included with CATCH SEL Journeys

*Addresses Mental Health and Wellness*

- Dance- and movement-based lessons with high-quality, student-facing video instruction and teacher prompts for SEL
- Grade-by-grade lessons, aligned to TEKS and the CASEL framework for Social and Emotional Learning
- Scope and sequence, and sample lesson plans
- Inclusivity and special needs accommodations



## CATCH.org Tech Specs

- Access via any Internet-capable device (HTML5 website)
  - Windows, Mac, Android, and iOS compatible
  - Chrome, Firefox, Safari, and Microsoft Edge browsers supported
- Single Sign-On (SSO) or direct user login available
  - Teachers access platform, not students
- Easy to navigate content
- Teacher and Campus usage reporting
- User support from CATCH Team
- Secure (HTTPS) and FERPA, COPPA, HIPAA, and CIPA compliant

**CATCH**  
GLOBAL FOUNDATION



# CATCH<sup>®</sup>

## K-8 Physical Education

### Setting CATCH Apart



**Top Evidence Base**  
120+ Peer-reviewed studies



**Track Record of Success**  
Quality P.E. for 30+ Years



**Widely Adopted**  
Used by Over 50% of  
TX K-8 Schools



**TEA Approved**  
Coordinated School  
Health Program

### 100% TEKS Alignment for CATCH P.E.

✓ = 100% coverage

P.E. Strands	Elem	Middle
Movement Patterns & Movement Skills	✓	✓
Performance Strategies	✓	✓
Health, Physical Activity, & Fitness	✓	✓
Social & Emotional Health	✓	✓
Lifetime Wellness	✓	✓

### Quality P.E. and Evidence-Based

CATCH is a Quality Physical Education program that is:

- Developmentally Appropriate, Inclusive, Varied, and Fun; and
- Emphasizes Physical Activity, Physical Fitness, and Motor-Skills Development.

Beyond "evidence informed," CATCH is **truly evidence-based**, and has been proven in peer-reviewed studies to:

- Increase physical activity time during P.E. class;
- Increase kids' overall amount of daily physical activity; and
- Maintain behavior changes 3 years post-implementation.

See CATCH's 120+ peer-reviewed publications at [catch.org/proven-effectiveness](http://catch.org/proven-effectiveness)

### Program Characteristics



Knowledge  
Building



Skill  
Building



Environmental  
Support



Healthy  
Decision-Making



**CATCH's Proven Formula for  
Effective Health & Physical Education**



- Focus on student empowerment and intrinsic decision making
- Consistent approach across programs (Knowledge + Skill + Environment)
- Common "language of CATCH" across programs
- SEL anchor activities and prompts
- Integration of physical activity and health lessons
- Family components & resources

Demos, videos, and more at [catch.org/texas](http://catch.org/texas)





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## Hoop It Up — Ball Handling Skills

GO ACTIVITY - BASKETBALL - SKILL DEVELOPMENT ACTIVITIES

#371

### Equipment

- 1 basketball or playground ball per student

### Skill Themes

- Ball handling
- Catching
- Manipulative Skills

### Sport Skill & Strategy

- Ball handling

### Main Alignment

National PE Standard 1 (S1.E17.3, S1.E17.4b, S1.E17.5)  
(Download)



Demonstration Videos



Visual Aids

## What's Included with CATCH P.E.

- Hundreds of activities, sorted by grade and topic, and organized into easy-to-use cards
  - For each grade there are activity plans and lesson guides with Scope & Sequence, Standards Alignments, and Assessments.
- As part of Universal Design, the program includes:
  - Visual aids
  - Printable stop and go signs for class management,
  - Specific vocabulary that can be used to create a word wall or projected during a lesson
  - Adaptations for physical distancing and Virtual/Hybrid settings
- Robust activity demonstration video library
- SEL prompts and anchor activities within lessons
- CATCH Inclusion Guide with adaptations for kids with physical and intellectual disabilities



## CATCH.org Tech Specs

- Access via any Internet-capable device (HTML5 website)
  - Windows, Mac, Android, and iOS compatible
  - Chrome, Firefox, Safari, and Microsoft Edge browsers supported
- Single Sign-On (SSO) or direct user login available
  - Teachers access platform, not students
- Easy to navigate content
- Teacher and Campus usage reporting
- User support from CATCH Team
- Secure (HTTPS) and FERPA, COPPA, HIPAA, and CIPA compliant

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 GLOBAL FOUNDATION



# Comfort ISD

*Rounding Up Staff Wellness*

**Wellness  
Challenge**



# Rounding Up to a Healthy You

## Step Challenge

### Make a Choice



Take a step to better health  
**No Cost to Participate**  
Includes both **INDIVIDUAL** & **TEAM** challenges

### Pick a Team



At least four  
members on each  
team

### Pick Your Daily Goal

5

5,000

10

10,000

Submit Weekly  
Step Totals  
through Google  
Forms



### Earn Tickets by your Weekly Average!

Averaging at  
least 5,000 steps  
per day during a  
week = 1 ticket



Averaging at  
least 10,000  
steps per day  
during a week = 2  
tickets

Enter a drawing for prizes!

### Bonus Tickets!

Individual & Team Competitions!

You could **Earn Double Tickets** by participating in **BOTH** the individual & team competitions. Each team member can earn:

- 1 additional ticket per week when the team averages 5,000 steps per day
- OR
- 2 additional tickets per week when the team averages 10,000 steps per day!



# *Rounding Up to a Healthy You*

## Percent Weight Loss Challenge

### Make a Choice

\$10 entry fee

Men's & Women's Separate Categories

The winner from each category receive the entry fees from every participant in their category.

### Sign Up for the Challenge

Each week submit your weight through a secure Google Form that will calculate Percent Weight Loss automatically.



### BONUS Opportunity to Earn EXTRA Tickets!



*You will earn one ticket for each week you lose weight.*

Enter a drawing for prizes!

### Weekly Health Tips

Everyone will receive weekly healthy tips!



Comfort ISD  
Wellness Initiative

Anti-Bullying Run/Walk/Roll 1 Mile & 5K Event

March 1, 2023

5 PM

DRAFT



Start: Western parking lot access to Altgelt Field near 6<sup>th</sup> Street & Main Street – turn left exiting parking lot onto Main Street; go west to 5<sup>th</sup> Street; turn left on 5<sup>th</sup> Street; turn left on Water Street and follow road to the curve where it turns into 8<sup>th</sup> Street; turn left on Main Street; 1 Mile marker is at the electric pole after the eastern parking lot access to Altgelt Field.

To continue for the 5K, complete the same route two more times. The 5K marker is at the electric pole after the eastern parking lot access to Altgelt Field.

1 Mile = 1 lap

5K = 3 laps