

Comfort ISD
2022-2023 SHAC Meeting MINUTES
April 19, 2023

The SHAC meeting was called to order by Dr. Adams and began at 4 PM in the District Training Center. Each member was asked to introduce themselves. In attendance at the meeting were: DeAnna Brummett, Amy Jureczki, Mary Garza, Brandy Holekamp, Gina Stanley, Robin Law, Charlotte Kneupper, Dr. Jerry Adams, Vickie Stuart, Misty Giles, and Aubrie Walker.

Dr. Adams provided the Counselor Update and Character Education Program Update from CES for Janet Blake including the counselor corner emails sent out to staff to support student behaviors with de-escalation techniques along with small group and individual counseling being provided. Character Education certificates awards are continuing at CES as students continue to nominate classmates who exhibit these character traits. Brandy Holekamp and DeAnna Brummett provided the Counselor Update and Character Education Update for CMS and CHS including small group sessions, and sharing materials with staff providing student support techniques.

Next, Mrs. Holekamp reported that the three counselors met together to discuss and review comprehensive counseling program curriculum resources. Mrs. Holekamp provided a packet of information from the resource, Overcoming Obstacles. This is a research-based program for K-12 life skills that include skills in relationship building, goal setting, decision making, and empathy, as well as applying to college, looking for a job, and managing finances. The SHAC liked the program overviews and were asked to review the website and the curriculum and to provide any feedback to the campus counselor. The content will be shared on the district website so parents and community members can review the material and contact the campus counselor for any questions or feedback as needed. The content will continuously be reviewed by the counselors to make sure community values and district policy are reflected in the material. Anyone with any questions about this is encouraged to reach out to the campus counselor.

Next, the district wellness plan was reviewed by the SHAC committee. There were no revisions recommended from the SHAC for the wellness plan. The SHAC recommended continuing with the current version of the wellness plan. During the review of the wellness plan, Mary Garza, Aramark Food Services Coordinator, shared that there are plans to have screens in the cafeteria that show the nutrients for food items as well as an app that can be downloaded on phones for parents to review the nutritional content of food provided. Ms. Garza said that information would be shared with parents once this app became available for use.

The next agenda item was the Physical Activity and Fitness Planning Subcommittee. The SHAC considered issues relating to student physical activity and fitness. The current board policy for this is 30 minutes a day or 135 minutes per week at the elementary school and 225 minutes over a two-week window at the middle school. The SHAC's recommendation was to maintain this current level of physical activity.

Dr. Adams then reviewed the curriculum and resources that have been recommended by the SHAC and that have been used in the district. The district has been using the CATCH curriculum for PE/Health and the textbook selection processes for PE/Health recommended maintaining the CATCH curriculum and getting updated material, including the social emotional learning (SEL) resources provided. The SHAC reviewed the outline for resources for the CATCH curriculum.

Next, the SHAC reviewed the program/material outline for the Youth Equipped to Succeed! (formerly Aim for Success). The district has used this program for several years as a result of SHAC recommendation for human sexuality education. There is always a parent program one evening and then the next day a series of student programs for grades 6-12, as age group appropriate. Dr. Adams reminded the SHAC that the law previously provided parents with an option to opt out of these presentations, but now the requirement is that parents must opt in to the presentations. Last year when Aim for Success was presented, campuses had to call many parents to ask them to sign the permission form to opt in to the session. Most parents did this, and the ones who were not sure about opting in attended the parent presentation. After hearing the speaker during the parent presentation, every parent in attendance who had not already opted in, chose to do so. This program also covers the required content regarding family violence, child abuse, sexual abuse, teen dating violence, and sex trafficking to provide education to students. There were several comments from the campus counselors about the positive nature of the program and how well the presenters share the content with parents and students. The SHAC agreed to continue offering this program and the program outline will be available on the SHAC website for viewing.

The SHAC discussed the information Mrs. Brummett presented at the February SHAC meeting on additional social emotional learning resources for schools through EVERFI. Five resources of interest were discussed during the SHAC meeting – including vaping, prescription drug safety, bully prevention, dating violence, and suicide prevention. The SHAC agreed that this would be a good resource for the counselors to use to support social emotional learning and student healthy and safe choices. These links have been available on the SHAC website for viewing.

- Everfi – Social Emotional Learning Resources 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](#)

Dr. Adams provided an update on the district wellness initiative including the steps contest and percent weight loss contest. Three district staff members had over one million steps total in the steps contest and as a district, our total steps equated to the distance of walking from the south pole to the north pole. Around 10 staff members participated in the percent weight loss contest and there were many positive comments about both contests. On March 1, 2023, the district held its first ever Anti-bully Run, Walk or Roll 5K Run/1 Mile event. Over 150 people were involved as either a participant or volunteer. Ms. Garza and the operations department helped with providing free hotdogs and bottled water to everyone.

Dr. Adams shared the progress on the parent/community programs that have or will make a positive impact with our students and families. In a partnership with Drug Free Comfort, two parent education programs have been scheduled.

- Parent Program: One Pill Can Kill – March 27th @ 6 PM; CHS Cafeteria
- Parent Program: Positive Parenting – April 24 @ 6 PM; CHS Cafeteria

Aubrie Walker shared that the One Pill Can Kill program was very positive and well done with important information for community, parents, and students. She commended the district for providing this program. The guest panelist for the One Pill Can Kill Program were Kendall County District Attorney Nichole Bishop, Sheriff Al Auxier, and former DEA Agent Rick Goodrich. Lieutenant Kevin Klaerner moderated the event.

Dr. Adams asked the SHAC to promote the upcoming parent/community program for Positive Parenting. The guest panelist will be Assistant District Attorney Manny Cardenas and Judge Irene Sullivan.

For both programs, parents were notified through two school messenger phone call outs along with information posted on the district webpage and calendar. In addition, Dr. Adams shared information about both programs during his School Board Report at the Board Meeting inviting the parents and community in attendance at the Board meeting to come support the parent/community program for Positive Parenting.

Mrs. Garza provided a Food Service Update from Aramark. Summer feeding will be held from June 1-June 30 at the CES cafeteria. The hours for breakfast will be 7:30 AM – 8:30 AM and for lunch will be 11:30 AM – 12:30 AM. These hours are being planned around summer school so students in attendance will be able to participate with the summer feeding program. Also, positive feedback was shared by Mrs. Brummett about the faculty lunch options that are now provided by Aramark.

Ms. Law, Ms. Jurecki and Ms. Stanley then proceeded to provide the health services updates for each campus. The elementary school completed the maturation program for 5th grade students through the Hill Country Pregnancy Center. Campuses are conducting health screenings for new students. Ms. Stanley reported that the high school is also offering pregnancy-related services as required by TEA.

In other business, Dr. Adams reported that Kendall County is developing a Behavioral Health Advisory Coalition whose goal is to meet the gaps in services for behavioral and mental health in Kendall County. Dr. Adams has been asked to join the coalition as a liaison for the district.

In addition, the SHAC committee discussed and provided feedback regarding the outcome of the District of Innovation Plan of reducing the required SHAC meetings from four per year to two per year. The SHAC meetings have been longer this year, but only having two meetings rather than four has increased the participation from parents and community members. The SHAC recommended continuing with the two meetings per year and thought it was a good process.

The meeting was adjourned.