

School Health Advisory Council

November 18, 2014

Attendees: Katy Bowen, Katie Brown, Diane Bullard, Tina Castellanos, Melinda Cox, Edna Cruz, Mops Dayal, Lawrence Fowler, Debbie Freno, Sharon Glosson, Kristen Gruene, Sue Hernandez, Denise Jones, Gyna Juarez, Kelly Lepeska, Karen Linnartz, Mary Martinez, Mickey Maxwell, Chief McCampbell, Melissa Munsell, Kimi Murray, Rachel Naylor, Maria Perez, Brigitte Perkins, Audrey Poole, Diane Rhodes, Cindi Romine, Katherine Sanchez-Rocha, Tyler Shoesmith, Sheri Sowa, Kate Swint, Lydia Therien, Kit Tomlinson, Steve Tovar, Katherine Velasquez, Carolyn Wheat

Speakers: Rachel Naylor-Director of Physical Education, Health and Athletics, Jon Campbell- Assistant Principal of David Lee “Tex” Hill Middle School

Minutes Approval from October 21, 2014:

First: Debbie Freno

Second: Lydia Therien

All approve. Motion carries.

Physical Education & Health Department Presentation- Rachel Naylor-Director of Physical Education, Health and Athletics

Our staff consists of Melissa Munsell, Britt Klein, Stacey Moore and Connie Mawyer.

Our department oversees Elementary Physical Education and Elementary Health. We have 135 minutes of structured physical activity per week as required by TEA. The classroom teachers oversee the K-5 Health curriculum that we have developed. The curriculum is online and available for them to view. We also offer Elementary Showcase and Elementary Track & Field as our big events in the spring.

Middle School Physical Education is required in 4 semesters at the middle school level. 50% moderate to vigorous physical activity is required but our department strives to get 80% during our classes. Our Human Sexuality and Abstinence Education is taught in the Physical Education classes in 7th and 8th grades. We are currently an opt-in school district so students must bring a permission slip to participate in the class.

We require one semester of middle school health in 6th grade. We feel that the timing of this class is very good since these students are moving into a new chapter of their lives in middle school. We currently utilize *Choosing the Best* curriculum for our Human Sexuality and Abstinence Education curriculum at the middle school level. We also teach CPR during this class and offer certification to these students if they would like to purchase a card after their training. Many students purchase the card to use for different jobs such as babysitting and lifeguarding.

In High School Physical Education, we have five courses: Adventure Outdoor Education, Aerobic Activities, Foundations of Personal Fitness, Individual Sports, and Team Sports. Students are able to use

PE substitutions such as Athletics or Off Campus PE to complete their 1.0 Physical Education credit required at the high school level.

High School Health is a requirement for students in North East ISD for graduation. We utilize Big Decisions as our Human Sexuality and Abstinence Education for this course. We also offer CPR certification through this class as well.

When students graduate, assuming they have been with us through middle school, they will have been trained in CPR, First Aid and AED twice. We have had many instances reported through the years of students saving the lives of their parents, family members and friends by utilizing the training they received in our classes.

Healthy Lifestyles is an elective that students can take that counts for .5 Health and .5 PE credit. This is a hybrid class in that these students are not in the gym every day. Some days are in the classroom and some days are in the gym.

Sports Medicine I & II are innovative courses that count towards state elective credit. They are not technically a Physical Education or Health course. These courses are open to any student who is interested in the field. Sports Medicine II concentrates more on the practicum of Sports Medicine I.

Our newest course is Exercise Physiology which gives our students more information about a career path in the fitness industry. At the end of this course, they will have the tools to get a personal training certification.

Fitnessgram testing is conducted for our students in grades 3-12 for all students in our physical education or PE substitution courses.

School Health Advisory Council, Mayor's Fitness Council, It's Time Texas, and Action-Based Learning are some other initiatives that our department oversees. Action-Based Learning is becoming more popular at our elementary schools and some of our middle schools. Many studies have found direct correlations in physical activity and learning; Action Based Learning helps foster the learning process.

Our department also seeks out grants on a regular basis. We have received the Carol M. White PEP Grant in the past and we continue to search for grants. We help campuses write grant proposals while also going for grants at our department level.

Our Physical Education equipment has changed greatly over the last 10 years in NEISD. We now have two mobile rock walls, two mountain bike units, and archery units. We also have fitness centers at each secondary campus.

Lee High School has been taking students to HEB Foundation Camp in the spring for the past three years as a culminating activity. Their group of students has grown every year and MacArthur High School and Madison High School are also going to take students this year. These students hike, ride mountain bikes, fish, canoe and kayak on these trips.

We have had four schools apply for Texas AHPERD Exemplary Schools Award in the past two years. MacArthur High School is the most recent recipient of the award.

Welcome- Jon Campbell- Assistant Principal of David Lee “Tex” Hill Middle School

We have 873 students currently enrolled in our campus. We have had many successful events at our campus so far and that is due to our wonderful students and staff.

Campus Tours led by Tex Hill PALS

Upcoming Events:

December 6th – Kids Rock!

December 7th – San Antonio Rock and Roll Marathon- Volunteers still needed

February 23rd – April 10th – NEISD March for Babies Campaign

February 28, 2015 – Run for the Heights!