

Mansfield ISD School Health Advisory Council Annual Report 2022-2023

In compliance with Title 2, Chapter 28, Section 28.004 of the Texas Education Code, the following is the required School Health Advisory Council Annual Report. It provides a detailed explanation of the council's activities during the period between the date of the current report and the date of the last prior written report.

The School Health Advisory Council met four times. All meetings were held at the Jim Vaszauskas Center for Performing Arts. 1110 W. Debbie Lane, Mansfield TX 76063 from 12:00PM to 1:00PM

- December 8, 2022
- January 26, 2023 (Public)
- March 2, 2023 (Public)
- April 6, 2023 (Public)

At the initial meeting, the committee received an overview of the purpose of the SHAC and meeting requirements according to HB1525. All meetings, agendas and minutes are posted [here](#)

This year the SHAC focused on topics listed below:

- Bylaws for SHAC
- Wellness Plan nutritional goal objectives
- 5 & 6th grade human sexuality instruction
- SB 9 topics 3rd grade – 12th (prevention of child abuse, family violence, dating violence, and sex trafficking) instruction

The SHAC unanimously approved Bylaws. Click [here](#) to see Bylaws.

Below are the Nutritional goals objectives for the Wellness plan.

Implementing Goals for Nutrition Promotion

GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: The district shall provide an environment that supports students in making informed and healthy nutrition choices.

Action Steps: Advertise healthy menu choices via district and campus social medias, newsletters, and various parent communications.

School and Community Stakeholders: Mansfield ISD Student Nutrition, Mansfield ISD Health Services, Campus Administration

Resources Needed: Social Media outlets, campus participation

Measures of Success: Measure participation rates of fresh fruit and vegetable meal choices in School Breakfast Program and School Lunch Program throughout the school year.

Objective 2: The district shall provide students with appealing food choices that meet state and federal guidelines in an effort for students to practice healthy eating while on campus.

Action Steps: Determine 3 new “Try Something New” items per school year at all grade levels to integrate into our school menus for students to be exposed to new and healthy meal choices and distribution of information to students and families.

School and Community Stakeholders: District parents, Mansfield ISD Student Nutrition, Mansfield ISD Health Services, Campus leadership

Resources Needed: Campus newsletters, flyers, social media outlets, district communication

Measures of Success: Completion of 3 new “Try Something New” items per school year, the number of students participating in the promotional items.

GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.

Objective 1: The district shall provide parents with nutrition information as it pertains to the campus menus.

Action Steps: Education for parents to access and utilize online menu systems that provide nutritional information for campus menus.

School and Community Stakeholders: Campus and District Nutrition staff, campus administration, Student parent/guardians

Resources Needed: technology for staff, parents, community communication and awareness; posters and/or digital signage for advertising

Measures of Success: monitor district participation and feedback via online menu system

Objective 2: The district shall provide students with nutrition information as it pertains to the campus menus

Action Steps: Education for students to access and utilize online menu systems that provide nutritional information for campus menus.

School and Community Stakeholders: Campus and District Nutrition staff, campus administration, student parent/guardians

Resources Needed: technology for staff, students, communication and awareness; posters and/or digital signage for advertising

Measures of Success: monitor district participation and feedback via online menu systems

Implementing Goals for Nutrition Education

GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Objective 1: District physical education teachers shall provide students with education pertaining to healthy eating choices.

Action Steps: Curriculum planning, research informative topics and lesson activities

School and Community Stakeholders: Physical Education Coordinator, Physical Education Teachers

Resources Needed: Website or textbook resources to assist with curriculum planning/integration

Measures of Success: Check for understanding by evaluating student's knowledge prior to and after lessons. Watching students make good choices in their daily meal and snack choices.

Objective 2: District SEL instructors shall provide students with education pertaining to healthy eating choices and how they relate to Social Emotional health.

Action Steps: Curriculum planning, research informative topics and lesson activities

School and Community Stakeholders: SEL Coordinator, SEL Rotation Instructors

Resources Needed: Website and/or textbook resources to assist with curriculum planning/integration

Measures of Success: Check for understanding by evaluating students' knowledge prior to and after lessons. Watching students make healthful choices in their daily meal and snack choices.

GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Objective 1: The district shall provide at least one nutrition education activity to Mansfield ISD staff each year.

Action Steps: Determine area of education the nutrition education shall be integrated into.

School and Community Stakeholders: Mansfield ISD staff, Health Services, Curriculum

Resources Needed: Education providers, resources determined as needed by area of education

Measures of Success: measure student participation and monitor feedback for effectiveness

Objective 2: The district shall provide at least one nutrition education activity to Mansfield ISD employees and the community that align with PE/Health nutrition curriculum through district communication and social media outlets.

Action Steps: plan nutrition education activities for employees and community members which align with student health activities

School and Community Stakeholders: District Employee Health, Health Services, PE/Health Education, Communications, Campus participation

Resources Needed: Social Media outlets, email, campus flyers

Measures of Success: measure campus participation with each activity/event

Recommendations

Recommendations concerning Human Sexuality 5&6th grade and SB 9 topics below were sent to the Board for approval.

Public meetings were held to review materials and instruction for Human sexuality 5th and 6th grade and Senate Bill 9 topics.

Summary of SHAC Recommendations for Senate Bill 9 Instruction.

To: Mansfield ISD Board of Trustees

Background/Context

Under Section 28.004 of the Texas Education Code, one of the duties of the District's local school health advisory council ("SHAC") is to recommend "appropriate grade levels and methods of instruction relating to the prevention of child abuse, family violence, dating violence, and sex trafficking, including likely warning signs that a child may be at risk for sex trafficking".

In accordance with Section 28.004, the Board adopted a resolution on October 26, 2021 to convene the SHAC for the purpose of making recommendations regarding the curriculum materials relating to the prevention of child abuse, family violence, dating violence, and sex trafficking, including likely warning signs that a child may be at risk for sex trafficking instruction. "Curriculum materials" is defined to include "the curriculum, teacher training materials, and any other materials used in providing instruction."

The SHAC held public meetings on March 2, 2023 and April 6, 2023 and adopted recommendations concerning curriculum materials and instructional methods relating to the prevention of child abuse, family violence, dating violence, and sex trafficking, including likely warning signs that a child may be at risk for sex trafficking.

As required by Section 28.004(q-2), all curriculum materials proposed to be adopted have been made available for review by the public in the manner specified by Section 28.004(j).

The SHAC is now presenting those recommendations to the Board for consideration and approval.

Duties of the Board

- A. The Board shall determine the specific content of the District's instruction relating to the prevention of child abuse, family violence, dating violence, and sex trafficking, including likely warning signs that a child may be at risk for sex trafficking, in accordance with Tex. Education Code § 28.004.(q-4)
- B. Before adopting curriculum materials and instruction relating to the prevention of child abuse, family violence, dating violence, and sex trafficking, including likely warning signs that a child may be at risk for sex trafficking, the Board shall ensure that the curriculum materials are:
 - (1) based on the advice of the local SHAC;
 - (2) suitable for the subject and grade level for which the curriculum materials are intended; and
 - (3) reviewed by academic experts in the subject and grade level for which the curriculum materials are intended.
- C. § 28.004(e): Any course materials and instruction relating to the prevention of child abuse, family violence, dating violence, and sex trafficking, including likely warning signs that a child may be at risk for sex trafficking shall be selected by the Board with the advice of the local SHAC.

SHAC Recommendations

Third grade:

[Lesson on Defining Abuse & Neglect](#)

Fourth Grade:

[Lesson on Identifying Types & Ways to Seek Help](#)

5th Grade:

[Lesson on Impact & Reporting Abuse](#)

[Lesson on Definitions](#)

[Lesson on Reporting](#)

[Lesson on Setting Boundaries](#)

[Lesson on Making Decisions & Setting Boundaries](#)

Human Sexuality (reviewed at SHAC 1/26/23)

<https://www.youtube.com/watch?v=Bw1N06PKhu4>

6th Grade

<https://www.youtube.com/watch?v=35uM5VMrZas>

[Lesson on Exposure to Violence & Influencing Behaviors](#)

Aim for Success (Presentation topics below)

7-8 Grade

[Online dating and pictures video](#)

[Homeland security video on sex trafficking](#)

[Lesson on Identifying Forms of Violence](#)

Aim for Success (Presentation topics below)

High School:

[Online dating and pictures video](#)

[Homeland security video on sex trafficking](#)

Conclusion

The SHAC believes these recommendations comply with state law and reflect local community values pertaining to materials and instruction relating to the prevention of child abuse, family violence, dating violence, and sex trafficking, including likely warning signs that a child may be at risk for sex trafficking instruction. We recommend the Board approve and adopt the recommendations as presented.

Aim for Success

***Sexual Health Awareness - Equipping Students to Make Healthy Choices
2022-2023 School Year***

6th Grade Outline for a One-Hour Program

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

Introduction: Dreams and Goals

Choices you make now may affect your future. Staying focused will help you reach your dreams and goals.

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

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.

Teen Pregnancy

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

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.

STDs

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).

Demonstration shows how easily STDs spread.

Emotional Hurts

Psychologists say having sex is one of the most intimate forms of bonding.

Breaking up after having sex can leave a person with painful memories and emotions.

Gloves Object Lesson: Having sex creates a special bond which makes breaking up harder.

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

Students recap the risks of having sex outside of a marriage, or long-term, mutually monogamous relationship.

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.

Aim for Success

Sexual Health and Equipping Students to Make Healthy Choices 2022-2023 School Year

Program includes age-appropriate versions for 7th-8th grade and 9th-12th grade.

7th-12th Grade Outline for a One-Hour Program

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

Introduction / Dreams and Goals

Choices you make now may affect your future.

Aim Game: Demonstrates staying focused/avoiding distractions will help you reach your dreams and goals.

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.

Teen Pregnancy / Contraception

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

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

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.

STDs

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).

STDs can be transmitted by oral sex (or anal sex - *included in 9th-12th grade only*).

Demonstration shows how easily STDs spread.

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

Emotional Hurts

Psychologists say having sex is one of the most intimate forms of bonding.

Story object lesson: The bond of sex can be powerful. Sex can make it harder to leave, even when a person is in an unhealthy relationship or experiencing teen dating violence.

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".

Setting Boundaries

Determining your boundaries ahead of time helps you know when to say "no".

Conclusion / Survey

Students recap the risks of having sex outside of a marriage, or long-term, mutually monogamous relationship.

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

A voluntary, anonymous survey is offered. Response averages and comments are sent to the school.

Summary of SHAC Recommendation for Human Sexuality Instruction

To: Mansfield ISD Board of Trustees

Background/Context

Under Section 28.004 of the Texas Education Code, one of the duties of the District's local school health advisory council ("SHAC") is to recommend "appropriate grade levels and methods of instruction for human sexuality instruction," which is defined to include instruction in reproductive health.

In accordance with Section 28.004, the Board adopted a resolution on October 26, 2021 to convene the SHAC for the purpose of making recommendations regarding the curriculum materials for human sexuality instruction. "Curriculum materials" is defined to include "the curriculum, teacher training materials, and any other materials used in providing instruction."

The SHAC held public meetings on January 26, 2023 and March 2, 2023 and adopted recommendations concerning curriculum materials and instructional methods for the District's human sexuality instruction.

As required by Section 28.004(e-2), all curriculum materials proposed to be adopted have been made available for review by the public in the manner specified by Section 28.004(j).

The SHAC is now presenting those recommendations to the Board for consideration and approval.

Duties of the Board

- A. The Board shall determine the specific content of the District's instruction in human sexuality, in accordance with Tex. Education Code § 28.004.
- B. Before adopting curriculum materials for human sexuality instruction, the Board shall ensure that the curriculum materials are:
 - (1) based on the advice of the local SHAC;
 - (2) suitable for the subject and grade level for which the curriculum materials are intended;
and
 - (3) reviewed by academic experts in the subject and grade level for which the curriculum materials are intended.
- C. § 28.004(e): Any course materials and instruction relating to human sexuality, sexually transmitted diseases, or human immunodeficiency virus or acquired immune deficiency syndrome shall be selected by the Board with the advice of the local SHAC and must:

- (1) present abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age;
- (2) devote more attention to abstinence from sexual activity than to any other behavior;
- (3) emphasize that abstinence from sexual activity, if used consistently and correctly, is the only method that is 100 percent effective in preventing pregnancy, sexually transmitted diseases, infection with human immunodeficiency virus or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity;
- (4) direct adolescents to a standard of behavior in which abstinence from sexual activity before marriage is the most effective way to prevent pregnancy, sexually transmitted diseases, and infection with human immunodeficiency virus or acquired immune deficiency syndrome; and
- (5) teach contraception and condom use in terms of human use reality rates instead of theoretical laboratory rates, if instruction on contraception and condoms is included in curriculum content.

SHAC Recommendations

The SHAC's recommendations pertaining to appropriate grade levels and methods of instruction for the District's human-sexuality instruction are based on the state-required health TEKS and meet the requirements of § 28.004(e).

The TEKS are abstinence-focused and include content in (1) healthy relationships, (2) personal safety, limits, and boundaries, (3) anatomy, puberty, reproduction, and pregnancy, and (4) sexual risk.

- Instruction will be offered in grades 4-12 at varying depth.
- The more in-depth instruction is at the high-school level in the Health course.
- Parents/guardians will be notified and allowed to preview content before the human-reproduction/human-sexuality unit at each grade level.
- For the 2023-2024 school year, parents/guardians have the right to remove their students from any portion of human-sexuality instruction without subjecting the student to any disciplinary action, academic penalty or other sanction. The student would be provided with an alternate lesson on a different health topic.

Grade Level TEKS	SHAC-Recommended Curriculum Materials
<p>In 5th grade, the TEKS require students to learn about:</p> <ul style="list-style-type: none"> • changes that occur in males and females during puberty and adolescent development; and • the menstrual cycle. <p><i>See full text of Human-Sexuality TEKS</i></p>	<p>Video coordinated with Health services and/or campus nurse:</p> <ul style="list-style-type: none"> • Changing and Growing Up Video - Male - https://youtu.be/2XF0awGRTWs • Changing and Growing Up - Female - https://youtu.be/gv21b3ZpSLg
<ul style="list-style-type: none"> • In 6th grade, there are several required TEKS regarding reproductive and sexual health. [20] characteristics of healthy relationships, including friendships, dating/romantic relationships, and marriage; • [21] personal safety, limits, and boundaries; • [22] anatomy, puberty, reproduction, and pregnancy; and • [23] sexual risk. 	<p>Lesson - Campus Assembly: Aim for Success/ YES</p>

Conclusion

SHAC recommends in accordance with section 28.004 of the Texas Education Code section e-3(g) that the district consider campus and district logistics when deciding if students will be seperated by sex for human sexuality instruction.

The SHAC believes these recommendations comply with state law and reflect local community values pertaining to human sexuality instruction. We recommend the Board approve and adopt the recommendations as presented.