

Houston - www.houstonisd.org

Super - Terry Grier

Email through district site only

Board of Trustees

Board - Michael Lunceford, mluncefo@houstonisd.org, Anna Eastman, aeastman@houstonisd.org, Juliet Stipeche, jstipech@houstonisd.org, Rhonda Skillern-Jones, rskille2@houstonisd.org, Greg Meyers, gmeyers@houstonisd.org, Paula Harris, pharris3@houstonisd.org, Lawrence Marshall, lmasha1@houstonisd.org, Harvin Moore, hmoore1@houstonisd.org, Manel Rodriguez Jr., mrodrigu@houstonisd.org

For your convenience, copy and paste into your compose email:

mluncefo@houstonisd.org, aeastman@houstonisd.org, jstipech@houstonisd.org, rskille2@houstonisd.org, gmeyers@houstonisd.org, pharris3@houstonisd.org, lmasha1@houstonisd.org, hmoore1@houstonisd.org, mrodrigu@houstonisd.org

From: PublicInformation <PublicInformation@houstonisd.org>

To: "[REDACTED]"

Date: Thu, 1 Nov 2012 09:45:26 -0500

Subject: [REDACTED] It's Your Game

Attachment: MOU_Its-Your-Game_HISD-UTHSC.pdf

Following are the responses to your questions. The MOU you requested is attached.

1. I would like to know the approximate date that "It's Your Game-Keep It Real" will be implemented during this academic year in the seventh and/or eighth grade.

- IYG is scheduled for implementation in the Fall Semester 2012 for grade 8 students.
- IYG is scheduled for implementation in the Spring Semester 2013 for grade 7 students.

2. I want to know when the consent forms will be sent to parents. I want to know if it is being implemented on all your middle school campuses.

- Parent consent forms are sent out at the beginning of the school year or at the beginning of the grading period prior to health instruction.
- IYG is integrated into the district's Health Education curriculum for implementation in all middle schools.

3. I would like a copy of the contract with the provider of It's Your Game (UT).

- Copy attached: *MOU_Its-Your-Game_HISD-UTHSC.pdf*.

Pamela Kaiser
Public Information Assistant
Houston Independent School District
4400 West 18th Street
Houston, TX 77092-8501
Phone 713-556-6060
Fax 713-556-6061

Memorandum of Understanding

Date: April 27, 2010

Application Title: Replication of Evidence-based Programs to Prevent Teen Pregnancy in Harris County, TX and Surrounding Areas

Proposed project period: 9/30/2010 – 9/29/2015

Investigators: Susan Tortolero, PhD and Melissa Peskin, PhD

The parties named below agree to enter into this Memorandum of Understanding to implement It's Your Game...Keep It Real with middle school students and/or Reducing the Risk with high school students. Specifically, each party understands that their responsibility and commitment will involve:

- Collaborating with The University of Texas Health Science Center at Houston's Prevention Research Center (UTPRC) during planning phase to ensure school, parent and community support;
- Identifying appropriate school district level staff and school site educators to coordinate and deliver the program(s) in the middle and/or high schools;
- Allocating appropriate resources and time to ensure staff training and program implementation for school site educators;
- Agreeing to have appropriate school site educators from the middle and/or high schools receive formal training from UTPRC;
- Implementing the It's Your Game and/or Reducing the Risk program (s) in the middle and/or high schools with strict observance of the programs' principles;
- Receiving technical assistance from UTPRC;
- Allowing an independent evaluator to conduct an evaluation of the program activities to assess student knowledge, attitudes, and behaviors.

Should any differences occur between the parties, these differences will be reviewed by a multi-site advisory group, comprising representatives from all participating sites until a mutually agreeable resolution is reached.

Houston ISD

School District

Signature

Terry B. Grier, Ed.D.

Typed Name

Superintendent of Schools

Title

713-556-6300

Phone Number

HSISDSuperintendent@houstonisd.org

E-mail Address

Date

The University of Texas Health Science
Center at Houston

Institution

Signature

T, Kevin Dillon

EVP, Chief Operating and Financial Officer

713-500-3535

Phone Number

E-mail Address

Date

Board Member Response
to my concern.

From: "Eastman, Anna M" <AEASTMAN@houstonisd.org>
To: [REDACTED] "%20hisdsuperintendent@houstonisd.org"
<%20hisdsuperintendent@houstonisd.org>, "Meyers, Greg A"
<GMEYERS@houstonisd.org>, "Moore, Harvin C" <HMOORE1@houstonisd.org>,
"Stipeche, Juliet" <JSTIPECH@houstonisd.org>, "Marshall, Lawrence"
<LMARSHA1@houstonisd.org>, "Lunceford, Mike" <MLUNCEFO@houstonisd.org>,
"Rodriguez, Manuel Jr" <MRODRIGU@houstonisd.org>, "Harris, Paula M"
<PHARRIS3@houstonisd.org>, "Skillern-Jones, Rhonda R"
<RSKILLE2@houstonisd.org>

Date: Thu, 11 Oct 2012 11:52:12 -0500
Subject: RE: STOPP - Stop Planned Parenthood - UT Houston hiding partnership
with Planned Parenthood

Dear [REDACTED],

I am an HISD Trustee and parent of three children who attend HISD schools. We first approved the use of "It's Your Game" in January of 2010 on the recommendation of our SHAC, School Health Advisory Committee-a state mandated entity that the advises school boards on health education. I personally am relieved that my children will have exposure to evidence based, abstinence plus sex ed programs and support the continued implementation of the program in our schools. I will continue to advocate for this and other programs of it's type-those that encourage children to wait for sex, make it clear that waiting is the best choice, but also give them the correct information about the consequences of sexual activity including pregnancy and STD's, in case they make a different choice which clearly many of them are doing. Again, this program has shown evidence that children who participate in the curriculum wait longer than those who receive abstinence only edcation.

Thank you for your concern,

Anna

Anna Eastman
HISD Trustee, District I

www.houstonisd.org/AnnaEastman

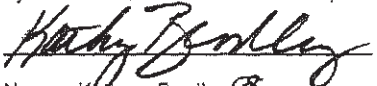

From: [REDACTED]
Sent: Wednesday, October 10, 2012 3:10 PM
To: %20hisdsuperintendent@houstonisd.org; Eastman, Anna M; Meyers, Greg A; Moore, Harvin C; Stipeche, Juliet; Marshall, Lawrence; Lunceford, Mike; Rodriguez, Manuel Jr; Harris, Paula M; Skillern-Jones, Rhonda R
Subject: fw: STOPP - Stop Planned Parenthood - UT Houston hiding partnership with Planned Parenthood

Superintendent and Board Members,

I am a parent, a Cy Fair resident, a Houstonian and born in Texas. I care deeply for students and I know you do too. Like Cy Fair ISD, HISD is implementing "it's your game" as its sex ed program. Unless something miraculous happens, the program will start in Cy Fair middle schools October 24th. It is my understanding that HISD has it planned for the spring.

Tuesday night, October 9th, Cy Fair board members admitted they did not watch the lessons that will be shown to the students, but voted in favor of the program based on very little information. If you have not done so already, I urge each of you to watch the more controversial level 1 (7th grade) lessons 8 and above. I am not against sex ed, but this program is plagued with promiscuity, perversion and pornography. Please don't take my word for it, don't take anyone's word for the program content, do your due diligence and judge for yourselves based on your own personal review. The subject matter is too important to base your continued support for something you have never seen. The entire curriculum can be found at www.itsyourgame.org<<http://www.itsyourgame.org>>. Register and

Research Subaward Agreement Amendment No. 3

Prime Recipient	Subrecipient
Institution/Organization ("Prime Recipient") Name: The University of Texas Health Science Center at Houston Address: Office of Sponsored Projects 7000 Fannin, UCT 1006 Houston, TX 77030 PI: Susan Tortolero, Ph. D	Institution/Organization ("Subrecipient") Name: Houston Independent School District Address: 4400 W. 18 th Street, Houston, Texas 77092 PI: Rose Haggerty
Prime Award No. 5 TP1AH000072-03-00	Subaward No. 0008092N
Effective Date of Amendment September 1, 2012	Amendment No. 3
Amendment(s) to Original Terms and Conditions	
<p>The purpose of this Amendment is to provide for an additional funding period, add additional funding, and to add a new addendum to Attachment 2 of the Subaward Agreement.</p> <p>The Subaward Agreement is amended as follows:</p> <p><u>Subaward Period of Performance:</u></p> <p>Performance of this Subaward is for the new budget period of 9/1/2012 through 8/31/2013, unless extended by written amendment to the Subaward.</p> <p><u>Amount Funded this Action:</u></p> <p>Funds in the amount of \$218,400.00 are provided for the performance of this work during the new funding period identified above.</p> <p><u>Attachment 2:</u> Adds new terms and conditions.</p>	
All other terms and conditions not mentioned herein remain in full force and effect. Carry forward from previous funding period is not authorized.	
By an Authorized Official of Prime Recipient:  Name: Kathryn Bradley Title: Assistant Director, Contracts Office of Sponsored Projects	By an Authorized Official of Subrecipient:  Name: Terry B. Grier, Ed.D. Title: Superintendent of Schools

10/24/12
Date

10/19/12
Date

Appendix A
Budget for the funding period of
September 1, 2012 through August 31, 2013

Expense Category	Amount Authorized
Personnel Costs	\$38,400.00
Consultant	\$0.00
Equipment	\$160,000.00
Travel	\$0.00
Supplies	\$20,000.00
Other Direct Costs	\$0.00
Total Direct Cost	\$218,400.00
F&A Costs	\$0.00
TOTAL COST	\$218,400.00

Attachment 2

Attachment 2 (Addendum)
Research Subaward Agreement
Prime Award Terms and Conditions
PHS Funded Projects

PHS Regulations on Financial Conflict of Interest (42 CFR Part 50 Subpart F)

- a) 42 CFR Part 50. 604 requires that institutions conducting PHS-funded research "*Maintain an up-to-date, written, enforced policy on financial conflicts of interest.*" Further, "*If the Institution carries out the PHS-funded research through a subrecipient (e.g., subcontractors or consortium members), the Institution (awardee Institution) must take reasonable steps to ensure that any subrecipient Investigator complies with this subpart by incorporating as part of a written agreement with the subrecipient terms that establish whether the financial conflicts of interest policy of the awardee Institution or that of the subrecipient will apply to the subrecipient's Investigators.*"
- b) **Subrecipient must designate herein whether the financial conflicts of interest policy of _____ Prime Recipient Institution, or XX Subrecipient Institution (check one) will apply, and, by execution of this Subaward Agreement, Subrecipient Institution certifies that its financial conflict of interest policy complies with 42 CFR Part 50.**
- c) Subrecipient shall report any financial conflict of interest to Prime Recipient's Administrative Representative, as designated on Attachment 3A. Any financial conflicts of interest identified shall subsequently be reported to PHS. **Such report shall be made before expenditure of funds authorized in this Subrecipient Agreement and within 45 days of any subsequently identified financial conflict of interest.**

Houston Independent School District

School Health Advisory Council
Agenda & Meeting Minutes
February 5, 2009

5:30 p.m. – 7:30 p.m.

SHAC Members present

Rose Haggerty (council co-chair), Dale Davidson (council co-chair), Tom Goselin, Mary Lawton, Florida Kweekeh, Jose Santiago, Elaine Gomez, Beverly Marlin, Jose Santiago, Muriel Jackson, Susan Tortolero

Others Presenters/Guests

Dr. Ruthie Boozie, Betin Bilir Santos, Dr. Peggy Smith (BCM), Maura Leahy (UTSPH); Shanna Wisdom (UTSPH); Gladys Wilson

Meeting

- 5:30 – 5:35 Welcome and Introductions Rose Haggerty, Manager
Secondary HPE
- Discussion:** *Betin Santos (Santos & Associates) to provide research, policy and overall support to SHAC. Betin's group also prepares the analysis and reports for HISD's biennial YRBS – survey.*
- 5:35 – 5:40 Review and Approve 11/6 minutes SHAC Members
- Discussion:** *Minutes approved as written.
Betin Santos to take notes for SHAC meetings.*
- 5:40 – 5:50 Board Members' Parent Advisory Committee D. Davidson
- Parent Concerns/Issues for SHAC Feedback
- Discussion:** *Met with Diane Johnson's group. Rose gave them a presentation on children's fitness reports. It was well received by the group.*
- 5:50 – 6:10 Update-Teen Pregnancy Prevention Task Force S. Tortolero
- Discussion:** *Highlights of report – Texas is 3rd highest in teen birth rates. STDs – one in four teenage girls have STD. Compared Texas results with US and Global results. Included scathing review of Texas. Delved into what the other countries or states do differently to get the lower birth, STDs and HIV rates. Reported that the UT Program, "Its your Game" is proving effective and they are testing in middle schools. There are concerns because school teachers and nurses aren't sure what they can and cannot say about topics like contraceptives. Need more guidance. Questions by SHAC members about how to share this information and apply to solving issues.*
- Action Items**
1. Make recommendation parent advisory council to share this report with the board.
 2. Show report to the Superintendent's direct reports
 3. HISD Board to review before sharing with school principals
 4. Request – make sure that school principals know these types of programs cannot be bought and/or administered without approval by SHAC and HISD Board members
- 6:10 – 6:30 Presentation: Emerging Health Care Needs in High School Clinics Peggy Smith
BCM
- Discussion:** *Report on health care clinics in Lee and Chavez high schools.(received presentation in meeting packet.)Report made the case for having the clinics in the high schools, the current statistics, and included recommendations to improve high school students' health. Special concern raised about lack of support by administration at Chavez HS. Dr. Smith and SHAC members notes this program needs community and parent support.*
- Suggestions**
1. Need to develop a consensus workshop to build support for this program. Use the stakeholder power to address existing needs. Recommendations from this working group can then be submitted to SHAC, district and school administrators.
 2. Rose suggests that the Healthy Kids Summit will help bring focus to this issue.

3. As part of the package they develop, show how improved health of students can have a positive impact on academic performance.
4. Recommend this is all shared with HISD leaders.
5. Recommend using the power of the parent through HISD Visionaries, Parents in Public School to help build consensus for focusing on the issue of student health.

6:30 – 7:00

Health/Wellness Initiatives

- Nutrition and Wellness Committee No report

- Aetna: 3-Point Play J. Santiago

Discussion: *Partnership between Magic Johnson, Action for Healthy Kids (Muriel), Harris County hospital District =- initiative to promote healthy eating habits in 5 schools – (kids, staff, teachers), Ketleson, McGregor, Anderson, Montgomery. Everyone has a pedometer and they keep records. Students go to website with HW assignments. It is going very well. There will be a Celebration on April 16th 10-2 at Delmar Stadium and Magic Johnson will be there.*

- Health Kids Healthy Schools Summit R. Haggerty

Discussion: *Incredibly big event with collaboration from across the US. Had town Hall meeting to prepare for it. Mary Lawton sent an email to get it on the website. Go to website – “District Committees” and “SHAC”..Has agenda, meeting dates, meeting notes. SHAC member names. Added benefit is that HISD Webmaster is now open to having a health and wellness site. It will include SHAC, Health and Wellness, Health and PE – fitness testing. THANKS TO MARY! Also, on website – there is the logo and link to health kids summit.. with links for kids to participate. Rose has already started to receive feedback. Looking to have 300 participants. Will be able to see the video they shot here on the website as well.. Did interviews, administrators, kids for the film. This summit is pilot project for the Dairy Council and if it works, they will bring to other schools. This will be the first time they have done the appreciative inquiry in the school district setting. HISD summit will be a model for other school districts across the US.*

7:00 – 7:15

Legislative Issues

R. Haggerty

Health related bills in the 81st Texas Legislative Session

- HB 741/SB 515 Health Education - Relating to health education curriculum and instruction in public schools
- SB 283 – Relating to the membership and activities of SHACS

Discussion: *Bill established more guidelines for SHACs. Bill was filed because other school districts are just doing meetings 1 or 2 a year. HISD is in very good shape in regards to the new bill.*

- HB159 – Requires 20 mins. unstructured recess
- SB344 - Relating to the establishment of an advisory committee to study the acceptance at farmers markets of food stamps and benefits under the women, infants, and children supplemental food program.

Action: *Need to respond to bills if they affect HISD and specifically, SHAC’s area of responsibility. Rose included an example of an impact analysis of HB741/SB 515 in the packet.*

Discussion: *Advisory council to study acceptance of....PAPA = Parenting and Paternity Awareness training – HISD had training last month – went well (bill from last session). Over 13 obesity related bills were submitted as of 1/19/09. Go to <http://www.legis.state.tx.us/BillLookup/BillNumber.aspx> to look at text and status of any bill submitted in Texas House and Senate.*

7:15 – 7:20

Next Steps/Meeting Topics

SHAC Members

- Review/Revise Health Education Parent Letter
- Review/Revise Health Education Media Release

7:20 – 7:30

Reflections

- Town Hall Meeting (Should this be an annual event?)

Suggestion Rose suggests convening a small group to develop a "position statement" to address

1. Sexual health
2. Communications
3. School Based Clinics

Small Group to include Susan, Mary, Tom, Dale, Elaine

Meeting adjourned 7:45 – BBS

2008-2009 Meeting Dates

DAY*	DATE	TIME**	LOCATION
Saturday	September 27, 2008 SHAC Town Hall on Coordinated School Health Re-Scheduled due to Hurricane Ike January 10, 2009	10:00am to 1:00pm	Board Auditorium
Thursday	October 2, 2008	5:30pm – 7:30pm	HMWESC 4400 W 18 th St.
Thursday	November 6, 2008	5:30pm – 7:30pm	
Thursday	February 5, 2009	5:30pm – 7:30pm	Board Services Conf Rm
Thursday	March 5, 2009	5:30pm – 7:30pm	
Thursday	April 2, 2009	5:30pm – 7:30pm	
Thursday	May 7, 2008	5:30pm – 7:30pm	

** Since the meetings are during the dinner hour, food will be provided at each meeting.

Houston Independent School District

School Health Advisory Council
Agenda and Meeting Minutes
March 5, 2009

5:30 p.m. – 7:30 p.m.

SHAC Members

Elaine Gomez, Dale Davidson, Rose Haggerty, Tom G., Joseph Lee, Cynthia Roesler, Susan Tortelero, Beverly Marlin, Mary Lawton, Felicia Ceasarwhite,

Others

Muriel Jackson, students from UTSPH, Norman Mitchell (Be Busy), Scarborough HS students, Cheryl Wasbrikoff, Joanne

5:30 – 5:35	Welcome and Introductions	Rose Haggerty, Manager Secondary HPE
5:35 – 5:40	Review and Approve 2/5 minutes	Betin Santos
5:40 – 5:50	Board Members' Parent Advisory Committee • Parent Concerns/Issues for SHAC Feedback	D. Davidson

Discussion: Dale will be attending next week. Concerns about new school in Sharpstown area. Concerns about it being grades 5-6 and not Pre-K – 5. Not sure if Dale's effort to have more garden space will be considered. Dale will keep group informed about this.

Time to Celebrate!!

5:50 – 6:20	Highlighting School Programs Scarborough HS Presentation	C. Wasbrikoff Health Teacher
-------------	---	---------------------------------

Discussion: Debut of a student created video in Health class by Scarborough HS students about risky behaviors. Joseph noted that it was a great way for the kids to really understand the process. Each segment was actually filmed in class period. Question raised about how to share with other schools – Rose will help school follow-up on this. A mini-grant from the HIV grant helped pay for the video. Suggestion to student group to send video to Sundance.

6:20 – 7:00	Healthy Kids Healthy Schools Summit Debrief • Accountability Most of our SHAC members in this group. • Student SHAC - Copy in folder about kids' comments. • Next Steps	SHAC Members
-------------	--	--------------

Reflections on the summit

"Lead teacher- very inspiring. People from all over the country. Felt like we aren't the only one trying to push forward. Great to hear other ideas from across the US. Made good contact. Now have Facebook group.

Very fired up. People from all different professions. Grouped people to tie in everybody's knowledge. Good to see Health and PE brought into focus as a priority. Come away being hopeful and inspired. "We talked the talk and now we need to walk the walk."

Amazed with the attendance. Great presentations.

Felt recharged on school wellness. Momentum building. Feedback from son – enjoyed it and learned a lot.

Pumped up and continued to share the information with others. Happy to have national leaders. "individual food counseling and fitness plans for kids" - make a huge difference in helping kids to make choices.

Inspired because everybody cared and has the same cause and looking for answers. Thanks to Rose and SHAC committee.

Amazing experience – about to have online meeting for training to get this stuff implemented and make it happen. People on different committees

Wonderful 2 days. Happy about how they were grouped in different work sessions.
“2 things I liked - pre and post activities.”. excellent website. Online meetings were very productive. Still dialogues and meeting on line after the event.

Kids were wonderful. They really liked the event and they felt heard and empowered.

“We are developing a matrix using the fitness gram to show progress as a result of the summit.” Will be shared with HISD.

Question was what do we do with this.. see the results already with online follow- up. (trying to us fitness test in ASPIRE)

People were talking about nutrition, PE and WELLNESS and also mental wellness.. a lot of talk about. Kids even brought it up and the connection between the issues above.. e.g. between mental and physical well being.

Most inspiring collaborative project ever worked on. People from all over US came together for one common goal. (even sponsors were amazed at this)

Students were phenomenal. Able to voice what they wanted. Also how they described what was happening versus what they want at the schools.. E.g. emphasis on athletics versus PE and hE. Wanted voice and took the opportunity to be heard.. Wanted to develop a student version of SHAC and Rose made a commitment to do so. Our SHAC will have to make the Kids' SHAC work. Felicia is working with this effort.

Charge to SHAC from Healthy Kid's Summit -SHAC to help develop a kid's SHAC. Will be meeting with them after spring break. May have a kick-off meeting before year over, but will have big effort starting next school year. The seniors this year still want to be involved. SHAC from every region and a student form each of the regions SHAC will attend our SHAC on a rotating basis. The kids have developed subcommittees and will report back to SHAC within their region.

Idea – perhaps a member of SHAC can oversee each of the regional kids SHAC and facilitate the meeting and report back. Food Services will be involved with that. Kids will be able to shadow folks in Nutrition and food service.

Idea – if SHAC member can't go, then perhaps elite teachers can help facilitate the kids' sha.

Idea - Also, SHAC members to go and observe as well.

Idea- way to disseminate information (e.g. the movie from SHS) to go to different kid's shacs.

Next Steps – Accountability

Dale will be talking with Greg Meyers about “Board Monitoring”.. the board monitors metrics across academics, transportation, etc. currently Fitness-gram and YRBS is not part of that monitoring. This is a work in progress.

Accountability – nutrition piece

Rose wonders if this will already be taken care of by what Food Services is already monitoring. Get to point where parent can see what kids are purchasing for food at school.

The new nutrition menu is going out to schools in stages.

Issue at Pin Oak School about music teacher having them sell chocolate –issue because they aren't supposed to do that. Wellness policy not fully implemented. Questions about why this new policy hasn't been implemented in MS. Don't state regulations say it can't happen?

Suggestion - We need to put in our manual about policy so parent groups know what they can or can't sell. Provide a list of options to help these groups raise money. Other ideas – things that don't involve food.. Try to get ideas together that would promote wellness. E.g. recipe books, sponsor kid in 5 K, resource book – healthy ways to fund raise.

NEXT STEPS (wrap-up)

1. Need to get the wellness manual for principals to understand what the HISD and state of Texas wellness policies actually are..
 - a. Perhaps have more than a book – maybe powerpoint.. some sort of intervention to bring attention to it.
 - b. At leadership institute – there will be mandatory training about wellness policy – Aug. 4-6. Will need a manual and presentation for that. Rose will be talking to National Dairy Council to identify some presenters for administrative in service and talk to professional development about breakout sessions (this has come about because of the Healthy summit.
2. Student SHAC – development
3. Accountability – follow Dale's lead.

7:00 – 7:15 Grant Opportunity

Rose Haggerty

2008-9 TEA – awards of excellence for SHACs. - \$2000

Question – do we want to apply for this? SHAC Members want to apply for it.

Suggested uses:

1. Use this for kids' SHAC
2. Use as seed money for other projects
3. Use to bring in more parents to SHAC.. maybe do a parent event.
Rose will go over applications and send pertinent info to SHAC and to get any other feedback about how to use the funding.

Question – Aren't all board members appointing a parent to SHAC?

Not happening in all board of trustee regions and sometimes the parent isn't participating if appointed. So – Rose would like to get more parents because majority of SHAC members should be parents.

Suggestions to get more parents on SHAC:

- People other than Board members to send recommendations for parent SHAC members. Need to make membership more representative.
- Really need to talk about getting an application process for this.. (look at Austin ISD's application).
- Suggestion to ask executive principals to suggest parents for SHAC to get more diversity in geographic location and ethnicity.
- Dale has been trying to talk to Parent Visionaries to see if they can see why SHAC is so important.
- Rose to follow up with parent of Scarborough HS health student.

7:15 – 7:20 Materials Distribution

- Abstinence Code

There is a need for instructional materials in school to help health program. Rose passed out a copy of "Abstinence code" to all students MS and HS through health and PE teachers. Will be a wallet card for them. (Project SHARP) Poster will go to all the MS and HS schools.

Questions: Is this modeled from an effective program?

Questions –Why is it called abstinence?.SHAC members do not like this word. Where did it come from?

Suggestion – leave abstinence code off. Suggestion use the "Pause" code. Or "respect or responsibility" Kids will not respond well to the word abstinence.. Rose says this can be changed. Suggest – have it not set up where it spells abstinence. Leave blank without title on the top. Fits well with PAPA program. Suggest just call it " The Code". Other suggestion – "Life Code".. Other, "Code to Live By", "What's your code?"

Question – about *It's your game*.. It is effective in delaying sex in kids.. Chris from UT is testing "*All about Youth?*". Abstinence to marriage program. Test if abstinence programs are effective. Only game in town asking whether abstinence to marriage can be effective. Have parental consent and it is done on computers confidentially. Are following kids wherever they go.

7:20 – 7:30 Reflections

R. Haggerty

Saturday at Wheatly HS – Team health Summit – outgrowth from a request for someone to come in and help with teen pregnancy concerns in the community.

Esther on fundraising committee and wonders if there is any connection with Kick Start and Christie Brinkley. To be a spokesperson for this fundraising committee from Health Summit. Susan has a contact at CDC to get sports stars to do some free support for wellness. Wants someone who is product of HISD to help with this.

Meeting Adjourned at 7:38.

2008-2009 Meeting Dates

DAY*	DATE	TIME**	LOCATION
Saturday	September 27, 2008 SHAC Town Hall on Coordinated School Health Re-Scheduled due to Hurricane Ike January 10, 2009	10:00am to 1:00pm	Board Auditorium
Thursday	October 2, 2008	5:30pm – 7:30pm	HMWESC 4400 W 18 th St.
Thursday	November 6, 2008	5:30pm – 7:30pm	
Thursday	February 5, 2009	5:30pm – 7:30pm	Board Services Conf Rm
Thursday	March 5, 2009	5:30pm – 7:30pm	
Thursday	April 2, 2009	5:30pm – 7:30pm	
Thursday	May 7, 2008	5:30pm – 7:30pm	

** Since the meetings are during the dinner hour, food will be provided at each meeting.

Houston Independent School District

School Health Advisory Council

Meeting Minutes

February 4, 2010

Attendees: Erin Trainor (DePelchin Children's Center), Susan Tortolero (parent), Dale Davidson (parent and co-chair), Melanie Crawford (HISD), Mary Lawton (parent), Tom Goselin (RN), Paula Coggins (parent), Chloe Griffin (student), Robert Austin (MD), Rose Haggerty (co-chair), Clinton Seay (UHD student), Theresa deAnda (UHD student), Christine Bachman (UHD), Cindy Roesler (MS-teacher, HISD), Deila Thibodeaux (HS-teacher), Sandra Shaw-Austin (health-medical service).

The SHAC meeting started at 5:30 and concluded at 8:00 p.m.

1. **“No Kidding”** an awareness training focusing on parenting and responsibilities
(Presented by Erin Trainor with DePelchin Children's Center)
 - a. No Kidding is a program that prepares young people about the responsibilities of being a parent. No Kidding consists of three sessions
 - i. Presentation by young mothers and (not always) young fathers
 - ii. Information about paternity: students are informed about establishing paternity, DNA, young males are informed about signing paperwork that establishes paternity)
 - iii. Information about the reality (\$\$): students are informed about the financial cost of being a parent, the cost of living,
 - b. No Kidding is
 - i. not a sex program.
 - ii. designed to raise awareness
 - iii. a free program
 - iv. part of the CIS and has been presented at several schools (MS and HS)
 - c. Includes Baby Think it Over (students bring home a simulated baby over one week-end
 - d. The presentations are conducted by 13 interns.
 - e. Program is well received

Discussion: One HS (Chloe) female student (attending high school) was present and liked the No Kidding program. She wished more females her age were more aware of all the factors that are involved in having a child when in school. She mentioned one of her favorite shows (pregnancy Pack) as being powerful in portraying real life consequences and believes that young people would benefit from knowing what to expect when they get pregnant. Several members discussed the lack of evidence for such program. Also, while one member argued that there was no evidence that peer teaching was effective, others believed that psychological research shows peer

teaching to be effective. Members discussed fear and shame with regard to scaring young people and admitted that these strategies do not work. Members also discussed whether or not this program should be considered by the committee, but most did not feel comfortable about implementing the No Kidding program at the present time.

Another topic of conversation following the No Kidding program was whether p.a.p.a. was more effective than No Kidding. The State of Texas passed legislation last fall to require health education. Given this new legislation, what should the schools do and what programs should we keep or consider? Several members discussed the need for evidenced based programs and evaluate all factors involved in teen pregnancy (older males have sex with young girls, parenting, etc.). The members decided to table No Kidding and evaluate how many programs are in place at the moment and whether we should keep them or not, require anyone who wants to implement a program to first present it to SHAC for approval, require completion of an application before implementing a program.

2. Review process for supplemental curriculum recommendation.

- a. The January meeting consisted of a conference call. During the meeting, members agreed to vote whether to keep or not keep health programs.
- b. Following the meeting, members sent their vote to Dale Davidson and Rose Haggerty.
- c. Four programs are on the list (City of Houston, HIV prevention, Safer Choices, It's your game, Love U2).
- d. Susan Tortolero presented a draft of a PPT to present to the School Board. The members critiqued the PPT and offered feedback.
- e. Need to strengthen the link presentation
 - i. Health education is to remain in HS for one semester
 - ii. According to the 2007 YRBS data, HISD students are at greater risk than US students for drugs like cocaine, ecstasy, having sex, suicide, and sedentary lifestyle.
 - iii. Discussion on how to best approach the school board and the superintendent.
 - iv. One member discussed emotional appeal
 - v. Dr. Austin discussed the need to consider 1) who is the target audience, and 2) what is the most effective way to convince the Board of the need to keep health education in schools.
 - vi. Given the new HISD organization and new superintendent, a member strongly advised the committee to take steps regarding encouraging the school board to be in favor of keeping health education.
 - vii. Recommendations: prepare a handout for the board, contact superintendent to identify whether he is in favor of making health education a course requirement or not.
 - viii. The presentation will be conducted in closed session. Thus it is important to have some buy-in by superintendent before proceeding. Need to discuss this proposal with superintendent first so that he knows what to expect. It is important to go through the chain of command.
 - ix. One member knows many of the school board members and believes that

- the board is in favor of health education as a requirement.
- x. Discussed the need for health education. Members expressed that it is a disservice to not require health education in schools and SHAC needed to let the Board know the importance of having health education as a requirement vs. option.
- xi. The guess is that superintendent may support keeping health education. Relationship with the superintendent is important so everything must go through him first.
- xii. Any strategies? Rose Haggerty has a meeting tomorrow about graduation requirements. She may have more information on Friday 2/5/10.
- f. SHAC should be proactive about this. If we feel health education should be a requirement we need to go forward with the recommendation.
- g. The members went through Tortolero's slides and provided feedback to improve slides.
 - I. "Health Kids Healthy Schools" (HKHS) and importance of what it means. Some issues:
 - a. Is the district is concerned about kids' health
 - b. Are board members in support with it?
 - II. Paula Higgins (Parent) was concerned about presentation wording such as "dropout rate." Instead the presentation should focus on completion rate, performance, etc.

Discussion: health education is not effective in decreasing teen pregnancy. By law, schools need to cover health education essential knowledge (sex education is sometimes covered in other classes such as biology). There are also limited physical requirements for students.

3. "Healthy Kids Healthy Schools" Topic: 1st yr anniversary. Reception for steering committee, parents and kids who attended the summit. The HKHS Posters to be posted in schools.
 - a. Mary Lawton (parent) and Tom Goselin (RN) discussed the wellness policy re: healthy kids in school and feel that the message has been lost.
 - b. During the Health and Physical Ed Conference held the previous week, health coaches expressed many concerns.
 - c. Discussion: Dairy Max. (Dairy Max and chocolate milk). We are supposed to be targeting obesity and this type of milk is contributing to overweight.
 - i. Dr. Austin discussed lactose intolerant children. Many Blacks and Latinos are lactose intolerant.
 - ii. Milk served with breakfast gets trashed because students don't want/like milk.
 - iii. Breakfast does not get eaten by everyone. We should not assume that children don't get breakfast at home. Children may feel they have to eat breakfast even if they are not hungry which in the long term may increase weight.
 - iv. What about recommending Soy milk for children who are lactose intolerant? At the present time, parents need to complete request if their children don't drink milk and provide medical documentation.

- v. Pedometers. Different incentives for students. Need to provide resources to coaches.
- vi. Mary Lawton and Sandra Shaw-Austin: Distribution of ice cream it must be stopped along with other junk foods. Kids throw away their lunch to eat junk food.
- vii. How do we get such items on the SHAC agenda to discuss? Use email?
- viii. Tom Goselin (RN) believed that all unhealthy foods (All soda machines, chips, sugary foods, etc.) need to be taken out of the schools.
- ix. Schools' food services need to get clarification.
- x. Policy about sex education in middle schools. Can choose from different programs. Need to clarify process of sex education programs. Need to send letters out to parents to inform them that their children are taking such classes, so that parents may choose to not let their children participate.
- d. SHAC will invite Superintendent to attend one of the SHAC meetings.
- e. Media release. Very important to verify that media use the SHAC Media Release and not misinform the public. Use the release instead of interviewing SHAC. Cannot vary language.
- f. "Healthy Kids Healthy Schools" concept. Presentation went well with students in other schools.

Discussion: Several members brought up the Wellness Policy and the need to reinforce the policy. Many schools get extra \$ for selling junk foods and it may be difficult to completely eliminate sodas, ice cream, chocolate, etc.

- 4. Retreat to be held on Saturday, March 6. Location not determined.
 - a. Members were informed to send emails to chair to get items on the Retreat Agenda.

Meeting adjourned at 7:35pm by co-chair Dale Davidson.

Houston Independent School District

School Health Advisory Council

Meeting Minutes

April 1, 2010

Attendees: Rose Haggerty, Dale Davidson, Cynthia Roesler, Elaine Gomez, Delia Thibodeaux, Joseph Le, Thomas Goselin, Christine Bachman, Theresa DeAnda, Clinton Seay, Arthur Vallejo

5:30 – 5:35: Welcome and Introductions

5:35 – 5:45: Overview of 2/7 minutes. The minutes were approved.

5:45 – 6:45: Celebrations/Announcements:

The SHAC members shared several announcements:

Rose Haggerty discussed the need for a plan regarding *Health Education* in HISD schools. She emphasized the need to capture students' perceptions of health education. To better understand health requirements in schools, a student survey was administered to identify students' needs. The findings revealed that students felt the need for health instruction. Students expressed the value of having a venue to discuss various health-related issues specifically those associated with handling sensitive topics. Many student responses indicated that parents sometime are not able to discuss and/or explain such issues at home. She proposed to develop a health education plan by June 2010 and the need to implement the plan. A draft will be distributed before the retreat and hopefully finalized during the retreat. The school board is favorable and the students want it.

Rose also discussed a video that was produced advertising kids on video talking about healthy foods. Schools need to have an expert discuss healthy guidelines for school lunch. For the past few years, schools have decreased fat in foods, but increased sugar to make up the amount of daily calories that children need. She discussed the many new opportunities with the new leadership. The SHAC may bring up items for the school board to vote. Dr. Greer is supportive of health education.

Dale Davidson discussed healthy kids and the focus on academics. Often the curriculum does not focus on health issues or the purpose of teaching health. We need to look for key measures and common assessment tools. She feels the SHAC needs to capitalize on the students' answer re: health education, and thus she proposes to finalize the plan the day of the retreat. She also discussed middle school cafeteria. She commented on the MS menu such as the drinks which mostly consist of punch (50% juice). This type of drinks is too high in calories, and although children need a certain amount of daily calories, schools need to decrease calories obtained from sugar. The subsidies for produce regulate what is being bought and provided to students.

Bullying: SHAC members shared and discussed recent news articles regarding suicide attempts by students who have been bullied by other students, Members expressed a high level of concern and wanted to keep it on the radar.

Dale Davidson also discussed breakfasts (B/fast) in classrooms. One attendee asked whether schools should have B/fast in the classroom or in the cafeteria. The attendees examined several issues regarding B/fast such as

- a. Quality of the B/fast (white milk only).
- b. Food allergies or various food requirements. Schools will accommodate as long as parents make it known. B/fast is no problem for diabetic children.
- c. The amount of time it takes children to eat B/fast. They usually have 10 minutes to eat, but that's not enough.
- d. HISD provides B/fast for free. Only about 30% of students eat B/fast, but B/fast is distributed to at least 80%.
- e. Crumbs from B/fast may attract rodents
- f. Schools do not have enough janitors to clean up after children
- g. Children cannot eat in the gym
- h. Some schools still offer chocolate milk in the cafeteria
- i. Pop tarts (whole wheat) and animal crackers are still available for B/fast in some schools
- j. B/fast is better when children can eat it in their classroom because of the family atmosphere. Teachers come in 15 minutes early to eat with children.
- k. After school snacks such as fruit drinks are cheaper than water and thus more often available
- l. Meals in mid school have sugar drinks to increase calorie requirement because schools have dietary guidelines and must balance out nutrients over a week.
- m. Often the dieticians have to be creative to increase the likelihood that children will eat school foods rather than vending machine foods. Some children are vocal about not liking school foods.
- n. Often, school foods will end up in the trash
- o. The need to go to schools to observe B/fast and finds ways to structure B/fast.

Other concerns were discussed such as

- a. The need to provide foods that children like to eat.
- b. The need to educate children about whole wheat pizza and the difference between such pizza and Papa Johns.
- c. 90% of schools are in violation and selling junk foods. After 3:30, schools may sell junk foods.

Joseph Le proposed to look at the dropouts and to examine parent engagement. Health educators need to include parents. He discussed the neighborhood grocery stores and the availability of

healthy foods for most children. If families shop at Sunnyside, there is no produce available and it's too complicated to get healthy foods (parents may need to take the bus to the grocery stores, or pay lots of money for F/V). Given the focus on STEM classes, many schools have less and less non academic programs. YET, there are ways to integrate health within some science classes, but teachers must be willing to rework their courses to include health or incorporate art. One idea was to have children grow their own garden and make salsa. Exposure to health issues in the classroom is important. It is thus important to balance the health programs and academic programs to increase children health while maintaining high scores. Joseph Le also encouraged SHAC to maintain its momentum. Much headway has been done and SHAC is getting a lot of publicity.

Tom Goselin discussed the health research and health findings re: healthier kids = healthier learners. Much of the current research reveals that student health is correlated with improved performance. He offered to send a link to everyone. He reiterated the need to focus on health as school health will determine school academic performance. He also discussed food drinks vs water. Under the current contract with Coke, schools cannot afford water, so perhaps schools need to provide a plastic bottle for children to reuse and/or Coca Cola needs to find healthier drinks for children. The other issue he brought up was the fact that children eat baked chips instead of school foods, so most of the foods provided ends up being wasted. Some schools offer ways for children to taste various foods, have veggie and food tastings and will teach children how to cook for success. Schools will integrate science and cooking and will distribute recipes for students to take home and share with their families. Some schools have a garden to teach children how to grow foods. Yet, too often, the garden will turn to weeds because administrators are not supportive enough of teachers. The best way is to discuss these issues with the school superintendents and stress the importance of health and encourage and support teachers. Without administrative support, it is difficult to maintain teachers' enthusiasm. =Also, if school serve the foods that children are introduced in the garden or the classroom, children are more likely to eat it.

Clinton Seay proposed to teach children about what is healthy and not healthy.

6:45 – 6:55: HPE updates: Rose Haggerty discussed the following topics:

CDC Grants (YRBS/HIV prevention/Asthma) received funding to support schools. She also discussed a meeting with Dr. Morris about the “Healthy Kids Healthy Schools” 5-year plan regarding the expectations of the partners and HISD . She also discussed the need to support health and fitness instructors. Other issues were brought up:

- a. Help school to make it happen
- b. Support health policy
- c. Need to have common language and consistency in teaching health issues in middle and high schools

- d. Health education at the high school level and the request to teach it in middle school.
- e. Concern about middle school student maturity, especially with regard to human sexuality education. Students are fine with health education, but may not be able to fully understand issues regarding human sexuality education. One attendee proposed to start teaching human sexuality education early using evidence based programs (such as “*Its Your Game*”). Such comment was supported by a parent who discussed the need for children to have appropriate information, but warned about the political backlash. Also, health issues need to be consistently reinforced in middle and high schools.
- f. Need to observe health classes and know who teaches health classes. Certified vs non-certified teachers.
- g. Scheduling issues and fitting health classes within the curriculum, class and classroom sizes
- h. Need pregnancy prevention programs early
- i. Haggerty’s proposed plan and sequence for health classes

2009-2010 Texas Fitness Now Program: Over 50 schools received funds from TEA to support, enhance and strengthen physical education programs.

“Healthy Kids Healthy Schools” Initiative (will serve as umbrella to reach the SHAC goals/objectives)

6:55 – 7:15: Discuss topics

Announcements: Information relating to the retreat will be distributed at our next May meeting to allow the attendees to prepare and be ready to participate.

Reschedule retreat: The first Saturday in June was proposed as a possible date. Several facilities were proposed: The Herman Wellness Center, the Texans facilities, or the Health Museum. Everyone was invited to send Dale dates when they are available for the retreat.

TEA application “Characteristics of an Effective School Health Advisory Council: Will complete the application to get funding the help with the retreat.

- a. Videos from USA scenarios and video clips. Need to make them available to students.
- b. Need to get an approved vendor list

Guests: Physician from UT who discussed the need to apply theories to practice. Other guests focusing on health promotion were present.

7:15 – 7:30: Wrap-UP/Closure

Meeting was adjourned at 7:30 by SHAC co-chair Dale Davidson

Houston Independent School District
School Health Advisory Council

Meeting Minutes
October 7, 2010

Attendees: Rose Haggerty (Co-chair), Dale Davidson (Co-chair), Mary Lawton (Parent), Tom Goselin (RN), Ben Barnet (Parent), Sarah McDonald and Julie Spreckelmeyer (Food Services), Orell Fitzsimmons (Parent), Florida Kweeke (HDHHS), Delia Thibodeaux, Felicia Ceaser-White, Bettina Siegel (HISD), Joseph Le, Sheryl McCurdy (UT-SPH), Susan Tortolero (Parent)

University of Houston-Downtown: Christine Bachman (UHD), Clinton Seay (UHD graduate), Arthur Vallejo, Kim Lam, and Tereasa Jabbour (UHD students)

The SHAC meeting started at 5:30 and concluded at 7:45 p.m.

Introduction: Dale Davidson introduced new SHAC members and Rose Haggerty reviewed the agenda for the meeting.

Approval of minutes: The minutes from the September meeting still need to be reviewed by Rose Haggerty and Dale Davidson before they can be approved by the committee.

Grant announcements from Rose Haggerty and Susan Tortolero:

- Rose Haggerty announced that Region XIII grant \$4500 was funded for the Characteristics of an Effective School Health Advisory Council.
- Susan Tortolero announced the \$15MM grant to implement “It’s your game” intervention over a five-year period at the middle school level and Reducing the Risk at the high school level. The funding will support coordinators and stipends. Tortolero announced that UT did not get the full requested amount, so their budget will be adjusted and resubmitted. One year will be needed to get IRB approval, planning, and getting all schools familiar with the program. The program will start next fall.
 - HISD will receive a significant amount of funds to implement the programs.
 - Many schools are familiar with the program
 - Poll indicates that 80% or more parents in Harris County schools support sex education in schools, starting at the middle school level
- The other evidence-based intervention, “Reducing the Risk” was identified for implementation at the high schools. .
 - “Reducing the Risk” program will be presented at the next SHAC meeting.
 - Felicia and Rose will be looking at other programs that work and hope to get other individuals opportunities to get involved.
 - The CDC identified “Reducing the risk” as a program that works

- Tom Goselin asked whether a website was available to examine this program (see <http://www.etr.org/>) .
- Food Services presentation with Julie Spreckelmeyer and Sarah Mc Donald, manager of nutrition services, planning, and operations staff
 - HISD Food Services and SHAC are working together to improve nutrition and delivery.
 - Julie Spreckelmeyer and Sarah Mc Donald discussed new dietician staff, special diets, registered dietitian, milk studies, team work involving interns and clerks, and nutrition data.
 - New committee: **parent advisory committee (PAC)**, includes individuals who want to learn food programs, and how the food service works.
 - Julie Spreckelmeyer and Sarah Mc Donald focused on:
 - Food Services deliver 250,000 meals a day,
 - have a new production facility
 - goal to control the amount of sugar in food
 - focus on three areas
 - bake shop, hot foods/chill-finishing recipe(school finishes and bakes goods for greater control),
 - cold foods area
 - Julie Spreckelmeyer and Sarah Mc Donald answered committee members' questions regarding
 - Food delivery to 55% (previously 34%) of K-12 participating school
 - Food delivery to students in classrooms
 - Food carts arrive and a card exchanged program to track food used/ food waste.
 - All elementary schools get breakfast served
 - Starting to serve breakfast in middle schools
 - Children choose to eat breakfast or not
 - Leftovers are minimal
 - Bettina Siegel discussed the opt-out program. It's up to the school principals to advise parents regarding breakfast options
 - Problems have arisen with multi home children and one parent wanting while other didn't.
 - Animals crackers are not served anymore
 - # of breakfast calories is carefully calculated using USDA nutrition guidelines. See website for more details regarding caloric requirement for each category
 - Susan Tortolero asked about vending machines, extra vending, A la Carte foods, no competing sales.
 - What are the requirements for outside services and what are they allowed to serve?
 - Outside vendors can serve food or whatever in hallways, but cannot serve food in the cafeteria
 - See www.squaremeals.org for meal menus, serving allowances, locations, and grade level
 - Ban all A-la-Carte food and candies

- Food services is selling a special version of Papa John's pizza but other organizations are selling the less healthy version in some locations
- Many members express concern over the zero regulation for A-la-Carte nutrition level
 - Food services
 - has made many changes to improve the quality of food quality of chicken. Serves Creole chicken
 - serves lower quality foods such as chicken nuggets less frequently (served twice a month)
 - Will start serving whole wheat tortillas in November, wheat pasta and rice
 - Has decreased sodium and sugar
 - Ultra grain hard is used to make breads.
- Food Service parent advisory committee has openings. Please see www.houstonisd.org/foodservices
- Joseph Le mentioned the Green Plate for Kids
- Dale Davidson and Rose Haggerty want more focus on healthy eating and PE.

YRBS overview with Felicia Cesar-White

- Felicia discussed the low participation (<70% student rate during the 2009 administration)
- Felicia and Venita Holmes (Research/Accountability Department) attended the summer YRBS workshop to learn ways to increase school and student participation for the 2011 survey administration.
- Administrative Survey is set for February. HPE teachers will be trained at each middle and high school to administer the survey to students. Results are being reported from the schools that are only participating in the YRBS program conducted by this program so the data does not become mixed.
 - Houston ISD, Harris County, State, National, National youth tobacco all are different programs being observed for this purpose
 - Other agencies will get data from YRBS. Share data in order to decrease the work/stress on school administration of the survey
 - Several parts of the survey were omitted in Harris County
- Modify the Survey:
 - 2011 survey has 86 questions
 - Need to add 12 questions
 - Sexual orientation question is being considered because children could be at a greater risk in their schools. 11 deaths in the last three months can be attributed to sexual orientation/ bullying.
 - Questions are being considered for both middle and High school use
 - Need to look at wording due to understanding. (sexual identity and sexual practice, HIV conversations at home, harassment/bullying is a problem in your school)

- Susan Tortolero mentioned that we couldn't change the wording because of test validity. She also encourage that SHAC support the recommendations from the HPE Team to modify the YRBS question particularly questions related to bullying and sexual orientation (high school only).
 - Due to varying maturity levels, members suggested that the sexual orientation question not be included on the middle school survey
 - Concerns from Council Members:
 - Education about cyber bullying is sometimes left to videos with no follow-up conversation or classroom discussion.
 - For example, is it appropriate to show cyber bullying in an English Class?
 - Bullying needs to be addressed in various classes. Teachers should talk about it
 - Administering teachers are getting no training and therefore may not be able or qualified to do a follow-up after showing a movie in their classes.
 - Susan Tortolero mentioned that a list of movies should be distributed to parents. Parents need to know what their children see at school.
 - Tom Goselin mentioned that teachers need to show movies to children and talk to them about what they saw. Maybe teachers should have a list of recommended resources.
 - **Year priorities workshop – “nonnegotiable” support from administration and teachers!**
 - Physical activity: Children sit around and do not engage in PE but yet receive activity credit. Legislation exists with regard to quality PE education
 - Difficult to enforce because of student teacher ratio
 - schools are no compliant with PE requirements
 - Need to provide ongoing training for HPE teachers
 - Given that the school board members are very health conscious, we need to inform then that HISD schools are not compliant with PE and thus we need to identify ways to work with schools to ensure that students in grades Pk-12 are receiving quality instruction by a highly effective teacher.
 - Develop school report cards and reward schools that are compliant with PE
 - Pregnancy: Houston is number 1 in births for females under 15, Texas is 3rd in overall pregnancy in the country
 - Should make evidenced-base programs mandatory
 - Schools used them but not always in ways that are productive. Human Sexuality Education is not always taught in health classes suggesting a need to train teachers to ensure effective teaching and dealing with sensitive issues are handled appropriately.
 - Action items:

- Three subcommittees were identified to work on
 - healthy foods (eliminating sodas/sugar drinks across the board(no soda allowed/ soda free school, school report card for healthy school policy, discontinue any new contracts with companies, Ice cream machines
 - PE (Inform decision makers about the need for physical activity)
 - Sex Education: use evidenced-based programs and follow the steps, need to make it a requirement that is not negotiable, discuss teen pregnancy
- Allocate time for each subcommittee to present their findings at the November meeting

New business

Meeting adjourned at 7:45 pm by SHAC co-chair Rose Haggerty..

SCHOOL HEALTH ADVISORY COMMITTEE

Minutes

11/4/10

HISD Administration Bldg, located at 4400 West 18th Street, Houston, Texas 77092-8501.

Attendees: Rose Hagerty (Co-chair), Dale Davidson (Co-chair), Mary Lawton (Parent), Tom Goselin (RN), Ben Barnett (Parent), Sarah McDonald and Julie Spreckelmeyer (Food Services), Orell Fitzsimmons (Parent), Florida Kweeker (HDHHS), Delia Thibodeaux, Felicia Ceaser-White, Bettina Siegel (HISD), Joseph Le, Sheryl McCurdy (UT-SPH), Susan Tortolero (Parent), Deandra Dillard, Melanie Rosen, Iliana Reyna-Kuntz

University of Houston-Downtown: Kim Lam, and Tereasa Jabbour (UHD students)

The meeting opened at approximately 5:45pm, with 16 voting and non-voting members in attendance:

Proceedings:

Members were first asked to notice the listing of SHAC Members taken from last meeting. It is stated that the identification of attendees is not correct. For example, some members are not correctly listed as "parent." Suggestion was made to only print names. The list should be comprised of voting and non-voting members in attendance, taken from District, Guests, and UHD partners.

It is motioned to approve minutes from last meeting (with only changes to be made to attendees), during the end of current meeting.

At this time, we have only one position that is not filled (Davila's). This position is still open.

Voting members:

Representatives of Community and Personnel
District Representatives and Employees (Tom)
Middle School Representatives
High School Representatives (Thibodeaux)

Non-Voting members:

Resources Personnel

- We have Sara McDonald with HISD, and representatives from Aramark, who we bring in on occasion.
- We have Secondary Physical Education covered, but we do not have Elementary Physical Education represented well.

- Are there any other comments? As far as the commitment level for attending meetings, there have not been email responses. For this reason, some names have been eliminated. We did house cleaning.

At our last meeting, we briefly discussed that we needed three main priorities. It was decided the three were:

1. Physical Education
2. Nutrition
3. Teen Pregnancy Prevention

In order to get attendees to commit to sub-groups, 2 emails were sent out. Not enough people responded to the emails. We will however try to organize subgroups in this meeting.

- Rose Haggerty introduced and briefly explained the handouts.\

Teen Pregnancy – 2010 Evidence Based Programs Handout
It's Your Game (HISD)

Logic Model – HIV Prevention
Youth Risk Behavior Survey
Mid/High School
Planning process to have 3 focus areas
End result = Decrease in Youth Risk Behavior

- Rose summed up by mentioning of Grant Funding and Training for Educators:

Human Capacity
Curriculum
Collaborative

- Felicia will work on a Resource Group.

We have a check list which as basically laws that will help us to be mindful of recommendations

– District Policies, as it relates to: Physical Education
 Teacher/Student Ratio
 Teen Pregnancy/HIV

Dale stated the next step is to identify the Sub-Groups.

The task for each group is to have one Priority Item that they want SHAC to work on and that will be presented to the school board in January.

- For Teen Pregnancy, the members are:
Susan Tortolero
Felicia (Resource)
Illiana Reyna-Kuntz

- For the Food Group, our focus is on Nutrition and Education, the group members are:
Bettina Seigel
Tom Goselin
Melanie Rosen (Mary could not be here tonight)
- For Physical Education, the group members are:
Rose Haggerty
Deandra Dillard
Dale Davidson (will be a floater)

Each group will have 45 minutes to meet and discuss the issues they most want to address and set up goals.

Meeting resumed at approximately 7pm.

- A. The Nutrition Group presented their proposal first. They group decided that to focus on Soda (Sugar sweetened carbonated drinks) on all school campuses – district wide. We want all soda out.
 - a. It was decided that the Food Services Committee will find a strategy to remove all soda drinks in all HISD buildings.
- B. The Teen Pregnancy Prevention Group presented their proposal second. They proposed three priorities:
 1. Access current practices regarding human sexuality education at Middle Schools and High Schools.
 2. Select and pick up a High School Curriculum.
 3. Determine if mandating EBP (Evidence Based Programs) are feasible.
 4. Make sure that teachers are thoroughly trained. SHAC can establish the set number of components.
 5. Make sure that materials should be made readily available, so that parents can access them.
- C. The Physical Education Group presented their proposal third. They want to focus on laws:
 1. Senate Bill 891
 - a. Student/Teacher ratio for Secondary Safety Plan
 2. Senate Bill 530
 - a. Adhering to Time Requirements
 3. Coordinated School Plan indentifies Activity
 4. HISD Wellness Policy

The ultimate goal is to have effective teacher/quality instruction, and to make parents aware that the law requires schools to hold structured physical education classes.

- Now that all 3 groups have proposed their goals, one person will report to the Board. It probably will be Dale Davidson. However, all are invited to attend.
- The SHAC presentation is to advise the Board and to inform the Board of what SHAC is doing.

Before closing, Joseph presents a NCAA Final Four Point Guard Volunteer Application for open positions to all SHAC members. There is also mention of the upcoming Teen/Parent Health Summit, and the Big Tent Conference. All SHAC members are invited.

Meeting closes at approximately 7:47pm.

Minutes taken and submitted by UHD student Tereasa Jabbour

THE HOUSTON INDEPENDENT SCHOOL DISTRICT



AGENDA

**Board of Education
Meeting**

March 10, 2011

THE HOUSTON INDEPENDENT SCHOOL DISTRICT
BOARD OF EDUCATION

Agenda Index

- | | |
|---|------------------------|
| A. Superintendent's Priority Items | E. Human Resources |
| B. Board of Education | F. Business Operations |
| C. Closed Session
(Closed to Public) | G. Finance |
| D. Academic Services | H. Other |

MEMBERS OF THE BOARD OF EDUCATION

Paula M. Harris, *President*
Manuel Rodriguez, Jr., *First Vice President*
Anna Eastman, *Second Vice President*
Carol Mims Galloway, *Secretary*
Michael Lunceford, *Assistant Secretary*
Harvin C. Moore
Lawrence Marshall
Greg Meyers
Juliet Stipeche

Terry B. Grier, Ed.D., *Superintendent of Schools*

Office of Superintendent of Schools
Board of Education Meeting of March 10, 2011

Office of Academic Services
Michele Pola, Interim Deputy Chief Academic Officer

SUBJECT: ACCEPTANCE OF FUNDS FROM AND AUTHORIZATION TO NEGOTIATE AND EXECUTE A CONTRACT WITH THE UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER AT HOUSTON – CENTER FOR HEALTH PROMOTION AND PREVENTION RESEARCH

The University of Texas Health Science Center at Houston–Center for Health Promotion and Prevention Research (UTHSCH-CHPPR) received a five-year grant, funded through the Office of Adolescent Health, to implement the replication of evidence-based programs designed to reduce and prevent teenage pregnancy. As a part of the grant, UTHSCH-CHPPR will fund \$280,400 to support the Houston Independent School District’s (HISD) implementation of the “It’s Your Game” program in grades seven and eight at 42 middle schools. The HISD Board of Education is requested to accept these funds and to authorize the superintendent of schools or a designee to negotiate and execute a contract with the University of Texas Health Science Center at Houston.

The “It’s Your Game” program will be integrated into the district’s middle school health education curriculum. The funds will be used to: 1) purchase age-appropriate instructional resources, 2) provide a stipend to teachers to coordinate school efforts, 3) provide professional development focused on program implementation and strategies to handle sensitive issues, and 4) select a district representative or consultant to collaborate with UTHSCH-CHPPR to monitor program activities, and provide technical assistance to school staff.

The district’s School Health Advisory Council will work closely with UTHSCH-CHPPR and the Health and Physical Education Department during each phase of the project to provide direction, input, and feedback.

Attached is a line item budget by category.

COST/FUNDING SOURCE(S): The total cost of this program is \$280,400 and will be funded by federal grant funds from the Office of Adolescent Health
SR1 33-6299-678-99-UG3-UG3.

STAFFING IMPLICATIONS: UTHSCH-CHPPR will fund a district representative or a consultant through September 29, 2015.

ORGANIZATIONAL IMPACT: This agenda item supports HISD Goal No. 1: Increase Student Achievement. This item is aligned with Core Initiative 1: Effective Teacher in Every Classroom and Core Initiative 3: Rigorous Instructional Standards and Supports. It supports HISD's health education curriculum and instruction efforts intended to keep middle school students from engaging in behaviors that put them at risk for HIV, STI, and teen pregnancy.

THIS ITEM DOES NOT REQUIRE CONSULTATION.

THIS ITEM DOES NOT ESTABLISH, MODIFY, OR DELETE BOARD POLICY.

RECOMMENDED: That the Board of Education accept funds from and authorize the superintendent of schools or a designee to negotiate and execute an agreement with the University of Texas Health Science Center–Center for Health Promotion and Prevention Research, effective March 11, 2011.

D. ACADEMIC SERVICES - ITEMS APPROVED UNANIMOUSLY:

- D-1 Acceptance Of Funds From And Authorization To Negotiate And Execute A Contract With The University Of Texas Health Science Center At Houston - Center For Health Promotion And Prevention Research
- D-3 Approval To Close The Ninth-Grade College Preparatory College
- D-4 Approval To Close The Contemporary Learning Center Middle School
[WITHDRAWN]
- D-5 Approval To Repurpose And Rename The Contemporary Learning Center At A New Location
- D-8 Approval Of 2011 District-Wide And School-Based Summer Education Programs

E. HUMAN RESOURCES – ITEMS APPROVED UNANIMOUSLY

- E-2 Approval Of Amended ASPIRE Award Model For Principals And Assistant Principals For The 2010-2011 School Year

F. BUSINESS OPERATIONS – ITEMS APPROVED UNANIMOUSLY:

- F-1 Approval Of Third Amendment To Communications Equipment License Agreement With Hines REIT For Trunked Radio Antenna And Repeater Space **[WITHDRAWN]**
- F-2 Acceptance Of Agreement With The University Of Houston To Allow Transportation Services To Participate In A Research Project With The University Of Houston Cullen College Of Engineering To Test Emerging Technology On Reducing Diesel Emissions
- F-3 Establishment Of New Board Policy CNC(LOCAL), Transportation Management: Transportation Safety-First Reading
- F-4 Approval To Negotiate And Execute The Purchase Of \$200 Million Of Property Insurance Coverage

** Any supplemental information to Agenda Items may be found in the Meeting Folder of this date located in the Office of Board Services, Houston Independent School District.

Office of the Superintendent of Schools
Board of Education Meeting of February 11, 2010

Office of Academic Services
Charles Morris, Deputy Chief Academic Officer

**SUBJECT: APPROVAL OF FOUR HEALTH-RELATED PROGRAMS TO SERVE
AS THE DISTRICT'S APPROVED SUPPLEMENTAL RESOURCE
LIST**

The Houston Independent School District's (HISD) School Health Advisory Council requests that the Board of Education approve four health-related programs to serve as the district's approved supplemental resource list. The programs are:

- City of Houston HIV Prevention
- Safer Choices
- It's Your Game...Keep It Real
- Love U2

The programs have been thoroughly reviewed and it is confirmed that these programs meet the established criteria for use in schools. Any of these four programs are available for campuses to choose from to supplement the district's health curriculum.

Detailed information about these programs is attached.

COST/FUNDING SOURCE(S): The total cost for the *Safer Choices* program is \$190 per kit and will be funded by school and grant funds for schools that wish to participate. The other three programs are available at no cost to the district
(GF1-13-6399-XXX-XX-E1/S1 101)
(SR1 13-6399-678-99-KX5 KX5).

STAFFING IMPLICATIONS: None

ORGANIZATIONAL GOALS/ IMPACT: This agenda item supports HISD Goal 1: Increase Student Achievement. It supports HISD's schools by ensuring that local community values and health issues are reflected in the district's health-education curriculum and instruction.

THIS ITEM DOES NOT REQUIRE CONSULTATION.

THIS ITEM DOES NOT ESTABLISH, MODIFY, OR DELETE BOARD POLICY.

RECOMMENDED: That the Board of Education approve the four health-related programs to serve as the district's approved supplemental resource list, effective February 12, 2010.

HOUSTON INDEPENDENT SCHOOL DISTRICT
SCHOOL HEALTH ADVISORY COUNCIL RECOMMENDATIONS FOR APPROVAL
 February 11, 2010

Program Title Contact Person	Program Description	Program Focus	Grade Levels Served	Cost to District
<p>City of Houston HIV Prevention Developed by: City of Houston Health Dept. Florida Kweekeh 713-794-9135 Bee Busy Darcy Padgett, 713-774-8800</p>	<p>This interactive age-appropriate human immunodeficiency virus (HIV) prevention program focuses on the development of student knowledge related to disease/pregnancy prevention and skills such as communication, refusal, and decision-making that will lead to a healthy lifestyle. Presentations are conducted by a contracted community-based organization (CBO). Note: Grades 1-5 will focus primarily on skill development such as personal hygiene for disease prevention.</p>	<p>Abstinence Plus Prevention ES 1-5 MS 6-8 HS 9-12</p>		None
<p>Safer Choices Education Training Research & Associates Sue Wald, 800-325-3048, ext.164</p>	<p>The goal of the Safer Choices program is to reduce and prevent sexually transmitted diseases, HIV, and teen pregnancy. This 10-12-lesson program is designed to help students personalize their risk with an emphasis on refusal skills through role-play.</p>	<p>Abstinence Plus Prevention HS 9-12</p>		Complete Kit \$190 per kit
<p>It's Your Game... Keep It Real UT School of Public Health-Prevention Research Center Christine Markham 713-500-9646 Melissa Peskin 713-500-9759</p>	<p>The "It's Your Game (YIG)... Keep It Real program is a human immunodeficiency virus (HIV), sexually transmitted infection (STI), and pregnancy-prevention program for middle-school students. The YIG intervention consists of 12 lessons designed for seventh grade and 12 lessons designed for eighth grade. This computer-based program integrates group-based classroom activities with personalized journaling. A life-skills decision-making paradigm underlies the activities, teaching students to select personal limits regarding risk behaviors.</p>	<p>Abstinence Plus Prevention MS</p>		None
<p>Love U2 Child Builders Janet Pozmantier 713-400-1158</p>	<p>Love U2™ was created by Marlene Pearson, a nationally recognized expert in teen relationships. The program is composed of 13 lessons that empower students with knowledge and skills to prevent dating violence and form healthy relationships. This program also provides training opportunities for teachers and other interested district personnel who work with high-school students.</p>	<p>Teen Relationships HS 9-12</p>		None

BUDGET FOR SUPPLEMENTAL FUNDS
September 1, 2010 – August 31, 2011

Attachment D-1

Budget Item	UTSHC
<u>Personnel</u> Stipends for School Leaders \$1,200 x 42 middle schools	\$50,400.00
<u>Consultants</u> Assist with "It's Your Game . . . Keep It Real" training and program implementation	\$20,000.00
<u>Other</u> Instructional materials/supplies schools need to implement the programs \$5,000 x 42 middle schools	\$210,000.00
<u>Total</u>	\$280,400

School Health Advisory Council Meeting

MINUTES

SEPTEMBER 6, 2012 5:30-7:30PM

HMWES_ BOARD SERVICES
CONFERENCE ROOM

MEETING CALLED BY	Dale Davidson\Rose Haggerty
TYPE OF MEETING	Monthly
FACILITATOR	Dale Davidson
NOTE TAKER	Rose Haggerty, Eric Ratliff and Dale Davidson
TIMEKEEPER	SHAC members
ATTENDEES	Dale Davidson, Eric Ratliff, , Delia Thibodeaux, Dominique Patterson, Cheryl McCurdy, Melanie Gilmore, Ann Lynd, Michael Pomeroy,

Agenda topics

5:30-5:35 WELCOM AND INTRODUCTIONS DALE DAVIDSON

DISCUSSION	8 members present; one new person from the Texas Freedom Network	
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE

5:35-5:40 AGENDA OVERVIEW DALE DAVIDSON

MEETING DATES	See the meeting schedule located at the bottom of the agenda.	
Meeting Objectives:	<ul style="list-style-type: none"> Review Upcoming SHAC Priorities and Events Review & Discuss Supplemental Instructional Resources for Recommendation Update on HPE and Health and Medical Services 	
CONCLUSIONS	Correct the January meeting date to January 10	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
Date changed	Rose Haggerty	Sept. 6, 2012

5:40-5:55 RECAP 2011-2012 YEAR DALE DAVIDSON

DISCUSSION	Review 2011-2012 Annual Report	
	<ul style="list-style-type: none"> A draft copy of the 2011-2012 SHAC Report was presented to members. Dale briefly highlighted major accomplishments during the year and advised members to review the report included in individual folders. Suggestion: take a look at the "Healthier US Schools Challenge" as a model to determine schools with exemplary HPE programs 	
CONCLUSIONS	<ul style="list-style-type: none"> Need to complete Food Services section before submission Dale and Rose would finalize the report for submission to the Board of Trustees 	

ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
<ul style="list-style-type: none"> Contact Food Services to determine the status of goals addressed in the 2010-2011 Executive Summary 	Rose Haggerty	October
<ul style="list-style-type: none"> Submit the 2011-2012 Report to Board of Trustees 	Dale Davidson/Rose Haggerty	October

5:55-6:30 SUPPLEMENTAL INSTRUCTIONAL RESOURCES SHAC MEMBERS

DISCUSSION	Focus on consistency regarding outside programs and presenters	
	<ul style="list-style-type: none"> Rose presented evaluation documents for use when reviewing program and presentations <ul style="list-style-type: none"> -Program Evaluation Form for use by SHAC members -Teacher Evaluation Form for use with classroom presentations -Media Evaluation Form for use when teachers review videos for SHAC recommendations Rose presented a draft Notification Letter to be distributed to approved outside presenters 	
	<ul style="list-style-type: none"> Possible elimination of the City of Houston (COH)-HIV Prevention Program Concern that there would not be support for elementary schools 	
CONCLUSIONS		
	<ul style="list-style-type: none"> Need to request information from Baylor College of Medicine regarding the implementation of "Big Decisions" at HSPVA Follow up with "Don't Sleep On It" regarding school presentations Follow up with Florida K. to determine the need to keep the COH program on the list. 	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
<ul style="list-style-type: none"> Add a disclaimer to Notification Letter Include signature line for the presenter on the letter 	Rose Haggerty	TBD
<ul style="list-style-type: none"> Contact Florida K regarding the COH program Contact Cory ?? regarding "Don't Sleep On It" 	Rose Haggerty Felicia Ceaser-White	ASAP ASAP

6:30-6:45 HPE UPDATES/FEEDBACK ROSE HAGGERTY



DISCUSSION	Impact of supplemental funding and student centered instructional programs	
	<ul style="list-style-type: none"> Noted, this is the last year for the YRBS and HIV Prevention funds sponsored by CDC HPE staff will apply for a cost extension to cover payroll and activities through July 2012 for both YRBS and HIV IYG-31 schools participating in the program and receiving funds to support implementation; starting year 3; 8th grade implementation in fall and 7th in the spring Rose shared parent concerns surfacing in CyFair ISD regarding IYG implementation Off Campus Physical Education Program-(OCPEP)concerns regarding application process and excluding 6th grade from the program Noted when the OCPEP application was developed many elementary schools were still serving 6th grade, therefore it was decided to eliminate 6th grade from the program 	
CONCLUSIONS		
	<ul style="list-style-type: none"> Continue to update SHAC regarding HPE programs including the implementation of IYG The OCPEP application needs to be review for clarification 	
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
<ul style="list-style-type: none"> Submit Cost extension application to maintain staff through July 2012 	Rose Haggerty Felicia Ceaser-White Beverly marlin	TBD
<ul style="list-style-type: none"> Revise and update the OCPEP Application to include 6-8 grade 	HPE Staff	TBD

6:45-7:00 HEALTH & MEDICAL SERVICES UPDATE GWEN JOHNSON

DISCUSSION	Programs supported through Health and Medical Services	
	<ul style="list-style-type: none"> Overview of the school-based clinic housed at Elrod Elementary; requires parent consent; staffed by Nurse practitioners Review of the SB27 Food Allergy policy Review of the Can Do Project efforts to reduce childhood obesity Sudden cardiac risk study; concerns about student MRI and unit screening Still conducting vision screening and Asthma Education Pregnancy services moved to Community Services 	

CONCLUSIONS		
<ul style="list-style-type: none"> There is a need to have clarification regarding 		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
<ul style="list-style-type: none"> the Request a presentation regarding the Sudden Cardiac Death Study 	Gwen Johnson	Oct 4 th meeting

7:00-7:30

ANNOUNCEMENTS/REFLECTIONS/CLOSURE

SHAC MEMBERS

DISCUSSION		
Members were encouraged to attend: <ul style="list-style-type: none"> Parents for Public School of Houston Summit October 5th at the HCC District's Teen Parent Health Summit November 10th 		
CONCLUSIONS		
ACTION ITEMS	PERSON RESPONSIBLE	DEADLINE
OBSERVERS		
RESOURCE PERSONS	Rose Haggerty, Gwen Johnson	
SPECIAL NOTES		

THE UNIVERSITY OF TEXAS HEALTH SCIENCE CENTER – HOUSTON
Teenage Pregnancy Prevention: Replication of Evidence-based Programs HSC-SPH-10-0455
Parent Permission Form

Who we are: We are from ICF Macro, a research services company working on behalf of the University of Texas Health Science Center at Houston (UTHSC) School of Public Health. We do many studies with young people in schools all over the country every year.

Your child is invited: We would like to invite your child to take part in a research study called “Teenage Pregnancy Prevention: Replication of Evidence-based Programs” conducted by Dr. Susan Tortolero, of the UTHSC. The study is about understanding what young people think about relationships, parent communication, and sexual behavior. The U.S. Department of Health and Human Services, Office of Adolescent Health wants to know what young people think about sex education classes in their schools.

Why are we doing the study? We are doing this study because we hope to:

- Learn what young people think about sex education in schools.
- Learn what young people think about relationships, parent communication, sexual behavior, pregnancy, and sexually transmitted diseases (STDs).
- Make better programs to help young people make healthier decisions about relationships and sexual behavior.

How the study works:

- Surveys will take place at school during school hours.
- Your child will **be excused from class** to do the survey; it will not affect his/her grades.
- The study is not part of school and your child will not be graded.
- Your child will be asked to fill out a survey three times over the next three years.
 - The survey will be given on a computer with headphones to help keep your child’s answers private.
 - The survey will ask what he/she knows, thinks, and feels about things like relationships, parent communication, sexual behavior, pregnancy, and sexually transmitted diseases (STDs).
 - Each survey will last about 45-60 minutes.
 - All personal information your child provides will be kept private. It will only be used for the study and your child’s answers will never be associated with his/her name or yours.
 - If your child moves to another school, he/she will be contacted at that school to take the survey.
 - If your child is not able to do the last two surveys at school, he/she will have the option to do the surveys at another location (e.g., library) or via the web.
 - Your child will not be identified in any reports or publications from this study. A special number will be used to identify your child in the study.
 - Your child can refuse to answer any question at any time and he/she can stop participating in the study at any time.

Confidentiality: Any personal information about you or your child that is gathered during this study will remain confidential. No information that can identify you or your child (like name, date of birth, school or grade level) will ever be linked to the answers he/she gives. A special number will be used to identify your child in the study. Further, you and your child will not be personally identified in any reports or publications that may result from this study.

To further help us protect your privacy, we have obtained a Certificate of Confidentiality from the United States Department of Health and Human Services (DHHS).

With this Certificate, we cannot be forced (for example by court order or subpoena) to disclose information that may identify you in any federal, state, local, civil, criminal, legislative, administrative, or other proceedings. The researchers will use the Certificate to resist any demands for information that would identify you or your child except to prevent serious harm to you or others, and as explained below.

You should understand that a Certificate of Confidentiality does not prevent you, or a member of your family, from voluntarily releasing information about yourself or your child or your involvement in this study.

If an insurer or employer learns about your participation, and obtains your consent to receive research information, then we may not use the Certificate of Confidentiality to withhold this information. This means that you and your family must also actively protect your own privacy.

A Certificate of Confidentiality does not represent an endorsement of the research study by the Department of Health and Human Services or the National Institutes of Health.

Study Withdrawal: Your child's participation is voluntary. He/she can withdraw from the study at any time. Your permission is also voluntary, and you can withdraw your child from the study at any time. If your child stops taking part in the study or you do not want your child to be in the study, this decision will not affect your child's grades or the services available to you or your child at school.

Alternatives: The only other choice is to not allow your child to take part in the study.

Benefits: This study may not help you or your child directly. The benefit of your child taking part is that he or she will help us create better health education programs for middle school students in the future.

Risks and/or Discomforts: There is very little risk to your child if taking part in the study. He/she might feel discomfort or embarrassment by some questions asked in the surveys. Your child will not have to answer any questions he/she does not want to answer. The surveys will be given on a computer. This helps maintain privacy and decrease any discomfort while completing the surveys.

Reimbursement/Compensation: Your child will receive a \$5 gift card just for returning this form regardless of whether you provide permission and/or your child wants to take part or not. If your child does take part, he/she will receive a \$10 gift card after completing each of the first two surveys and \$15 gift card after completing the third survey.

In case of injury: Your child should not suffer any injuries from this study. If any injuries happen because of being in this study, please know that no plans have been made to provide free treatment or any other financial payment. The same emergency treatment and services offered to the community will be offered to your child. To report an injury, please contact Dr. Tortolero at 713-500-9634, or the Committee for the Protection of Human Subjects at 713-500-7943.

Questions: If you have any questions about the study, please call Dr. Tortolero at 713-500-9634. For any questions about the survey, please call Sara Bausch at 202-862-1139.

Signature: Please sign below only if you understand the information given to you about the research. Check "Yes" if you choose for your child to take part in the study, or "No" if you choose for your child not to take part in the study. Make sure that any questions have been answered and that you understand the study. If your child does take part in this research study, a copy of this consent form will be given to you.

Please return this permission slip to your child's teacher within five days.

Yes, my child **may** take part in the surveys

No, my child **may not** take part in the surveys

Childs name (Please print)

School: _____

Child's Date of Birth: _____

Your Signature: _____

Your Name (please print): _____

This research study (HSC SPH 10-0455) has been reviewed and approved by the Committee for the Protection of Human Subjects (CPHS) of the University of Texas Health Science Center at Houston (UTHSC—Houston). If you have questions about your child's rights, please call CPHS at 713-500-7943.

Thank you for taking the time to read this.

Dear Parents/Guardians,

The University of Texas Health Science Center at Houston (UTHSC) School of Public Health needs your help on an important study. We would like to invite your child to take part in a research study called "Teenage Pregnancy Prevention: Replication of Evidence-based Programs", conducted by Dr. Susan Tortolero, of the UTHSC.

If you give your permission for your child to participate in this study, then we will invite your child to participate. If your child agrees to participate, he/she would be excused from class to do a confidential survey on a laptop computer. Participation would not affect your child's grades and he/she can refuse to answer any question or stop at any time. The survey would ask what he/she knows, thinks, and feels about things like relationships, parent communication, sexual behavior, pregnancy, and sexually transmitted diseases (STDs).

Participating youth will take the survey in 7th grade, again in the 8th grade and a third time in the 9th grade. That means your child would be asked to fill out the same survey three times over the next three years. Each survey would last about 45-60 minutes. In return for his/her time, your child would receive a gift card worth \$10 for the first two surveys and a \$15 gift card for the third survey. If your child moves to another school, he/she would be contacted at that school to take the survey. Although it takes place in school during school hours, the survey is completely voluntary; your child does not have to participate. If your child cannot participate during school hours, we may ask to meet in another public place, such as a library or community center.

Attached is a list of frequently asked questions that we hope will be helpful to you in making your decision. We have also included a list of questions for your child should he/she have questions. If you or your child has any further questions, please feel free to contact Dr. Tortolero at 713-500-9634.

We hope you will allow your child to help us in this important study. Please review and sign the attached parental permission form and check whether you agree to allow your child to participate or not. When your child brings back the parent permission form, your child will receive a \$5 gift card regardless of your and your child's decision to participate in the study. Please also go over the information with your child and let them know they will be asked for their consent prior to taking the survey.

Sincerely

Dr. Susan Tortolero

signatory

Frequently Asked Questions (Parents)

1. What is the purpose of this study?

To develop programs that teach youth how to make healthy decisions, communicate effectively with their peers and establish healthy friendships and romantic relationships. We can do this by asking them confidential questions about their attitudes, opinions, and behaviors regarding relationships, parent communication, and sexual behaviors among other topics.

2. Who is doing the study?

The study was developed by researchers from the University of Texas Health Science Center at Houston and is funded by the Office of Adolescent Health in the Department of Health and Human Services. The data collectors work for ICF Macro, a health services research company with over 40 years of experience.

3. How long will the study last?

The study lasts for three years, but the effort is minimal. Your child will be asked to complete three surveys over the next three years.

4. Is my child committed to participate for the next three years?

No. We hope he or she will want to stay in the study, and that you will allow this, but either of you can opt out of the study at any time you wish. If you wish to withdraw your permission, you can do so at any time by calling or writing to the principal investigator:

Susan Tortolero, Ph.D.
The University of Texas Health Science Center at Houston
School of Public Health
7000 Fannin St, Suite 2080
Houston, Texas 77030
713-500-9634

11. Why are you studying my child?

We have selected schools in Harris County to participate in the study, and your child's middle school agreed to take part in the study. Since your child is enrolled in a class in a participating school, we are asking him or her to participate.

12. Is the information you collect confidential? Who will see the information that is collected?

Yes. We respect your privacy and that of your child. All answers will be kept completely confidential. Only the study staff will see the information collected in the study as group data. Information will be kept in a secure location. We will not give information that identifies you personally to anyone that is not involved in the study including any agencies.

To further help us protect your privacy, we have obtained a Certificate of Confidentiality from the United States Department of Health and Human Services (DHHS). With this Certificate, we cannot be forced (for example by court order or subpoena) to disclose information that may identify you in any

federal, state, local, civil, criminal, legislative, administrative, or other proceedings. The researchers will use the Certificate to resist any demands for information that would identify you or your child, except to prevent serious harm to you or others. A Certificate of Confidentiality does not prevent you, or a member of your family, from voluntarily releasing information about yourself or your child, or your involvement in this study. You should understand that we will in all cases, take the necessary action, including reporting to authorities, to prevent serious harm to yourself, children, or others. For example, in the case of child abuse or neglect. Certificate of Confidentiality does not represent an endorsement of the research study by the Department of Health and Human Services or the National Institutes of Health.

13. Can I get the results of the survey?

Because the survey is confidential, we can't allow you to view what any one respondent said. We will allow people to view the overall results when the study is complete.

14. What happens to the information my child gives you?

Your child's answers will be combined with the answers from all the other participants in the study, and never associated with any other information. All personal identifying information about your child or your family (name, date of birth, address, school, etc.) is kept confidential and separate from survey answers. Even the schools will only have access to the same general reports as the public.

15. What if I want my child to participate but my child refuses?

We can answer any questions your child has but we will never make him or her participate if your child does not want to.

16. Will my child be penalized by the school or his/her teacher for not participating?

No. Participating or not participating will not affect your child's grades or the resources that your child receives. This is a completely voluntary activity, but we hope everyone will want to participate.

17. What will my child get out of this?

Many participants in previous studies have enjoyed the experience of using a computer and filling out a survey. We would also offer your child an incentive in appreciation for his/her time.

Frequently Asked Questions (for your child)

1. What are you asking me to do?

We are asking that you complete a survey on a laptop computer. The questions are about you, but nobody will see your answers but you. You will be the only person who knows how you answered each question. We also would like you to complete an information sheet so that we can contact you for your next survey.

2. How was I picked to be in the study?

Your middle school agreed to take part in the study. Since you are enrolled in a class in this school, we are asking you to take part.

3. Do I have to take part?

No, your taking part is completely voluntary. You may refuse any part of the study, and you may drop out of this study at any time.

4. Will anything happen to me if I do not take part?

No. Your grades or schoolwork will not be affected.

5. How many surveys do I have to do?

There are a total of three surveys, one now, one in 8th grade and one in 9th grade.

6. Do I have to do them all?

No. If you complete the survey this time, we will come back next year and ask you to do it again. If you decide you do not want to take part then, you can refuse the survey. You are free to drop out of the study at any time.

7. Why should I take part?

This is an opportunity to do something that might help kids like you. Many people have found taking part in a study like this one interesting.

8. What do I get for taking part?

We will give you a gift card worth \$10 for the first two surveys and \$15 for the third survey.

9. Can my friends participate?

If they are in your school and in the same grade as you, they will be invited to take part. We can only survey you and other students like you in the schools and classes that are part of the study.

10. Will my parents see my answers?

No. Nobody will see your answers once you enter them into the computer, and your answers are never associated with your name.

SAMPLE LETTERS FOR GRADES 6-8

Dear Parents,

Health Education is an instructional program that addresses critical issues that affect the life, living and learning of students. This comprehensive program focuses on the knowledge and skills students need to help them practice positive behaviors and avoid risk-taking behaviors. The main goal of the program is to empower students when making decisions and taking responsibility for their personal health and well-being.

HISD mandates Health Education for students in grades 6-8. Students enrolled in physical education will receive six consecutive weeks of health instruction. Health Education focuses on the development of health and safety principles. This comprehensive program is designed to help students make responsible and informed decisions on matters important to their personal health and well-being. The curriculum stresses personal, mental, physical, and social development. Critical health issues are addressed, such as, disease prevention including HIV/STDs, human sexuality, sedentary life styles, inadequate nutrition, alcohol, drugs, gangs, violence, and death. Students are provided an opportunity to learn concepts that will enrich the quality of their life. Instructional activities stress life skills such as communication, conflict resolution, refusal, decision-making, goal-setting, interpersonal relationships and stress management.

The curriculum is an abstinence-based document that stresses "abstinence" from all harmful behaviors and particularly the importance of abstaining from sexual activity before marriage. Health-related instructional materials were reviewed by the district's School Health Advisory Council (SHAC), an advisory committee of parents, teachers, administrators, clergy, and health professionals. The curriculum documents were developed by master teachers with input by the SHAC. Health classes are taught by certified health and physical education teachers who have received training regarding the sensitive delivery of critical health issues.

Middle school health education classes are required. However, your child may be exempted from the Human Sexuality Unit when it becomes a personal concern. Parents must submit a formal request stating the reason for exemption in writing and forwarded to the health teacher. Please be advised that if you choose to have your child opt-out of the human sexuality unit, an alternative lesson requiring parental involvement will be provided to you and your child.

You are encouraged to discuss all health topics with your child, visit health classes, and review health instructional materials at your convenience. If further information is needed, call the Health and Physical Education Department at (713) 556-6823.

Sincerely,

Principal

Estimados padres,

La "Educación de la salud" es un programa que trata temas críticos que afectan la vida y el aprendizaje de los estudiantes. El enfoque central de este completo programa es obtener el conocimiento y las destrezas que los estudiantes necesitan para practicar conductas positivas y evitar los comportamientos conflictivos. La meta principal del programa es habilitar a los estudiantes a la hora de tomar decisiones y responsabilizarse por su salud y bienestar personales.

Esta materia es obligatoria en sexto, séptimo y octavo grados. El curso es de un semestre y se concentra en la salud y la seguridad de los estudiantes. El programa está diseñado para ayudar a los estudiantes en hacer decisiones informadas sobre asuntos relacionados a su salud y bienestar. El currículo enfatiza el desarrollo personal, mental, físico y social. Se abordan temas de importancia crítica como la prevención de enfermedades, incluyendo VIH, otras enfermedades sexuales que pueden ser transmitidas, sexualidad, estilos de vida sedentarios, nutrición, alcohol, drogas, pandillas, violencia y muerte. Las estudiantes aprenden conceptos diseñados para mejorar la calidad de sus vidas. Las actividades destacan la importancia de la comunicación, la resolución de conflictos, el proceso de hacer decisiones, establecer metas, relaciones interpersonales y el estrés.

El currículo destaca la "abstinencia" de todos comportamientos negativos, y en particular, la importancia de la abstinencia sexual antes del matrimonio. Todos los materiales de instrucción para la educación de la salud fueron revisados por un comité asesor compuesto de padres, maestros, administradores, miembros del clero y profesionales de la salud. Las guías fueron desarrolladas por maestros expertos y aprobados por la Mesa Directiva. Las personas encargadas de impartir las clases de salud son maestros de educación física y de salud certificados que recibieron entrenamiento para tratar importantes temas de salud considerados de naturaleza delicada.

Si los padres lo solicitan, el estudiante puede ser exento de tomar la sección del curso sobre sexualidad. En este caso, los padres deberán presentar al maestro una solicitud formal indicando la razón por dicha exención. Tengan en cuenta que al ser exento de esta sección, el estudiante deberá tomar una unidad alternativa que requiere la participación de los padres.

Les animamos a discutir todos los temas de salud con sus hijos, visitar los salones de clase y revisar los materiales de instrucción cuando le resulte conveniente. Si necesitan más información, llamen al Departamento de Educación Física y de Salud al 713-556-6823.

Sinceramente,

Director(a)