

When the meeting starts.....

**RECORDING  
IN PROGRESS**



**MARBLE FALLS ISD**

**SCHOOL HEALTH ADVISORY COUNCIL  
(SHAC)**

January 25, 2024

4:30pm – 5:30 p.m.

Marble Falls ISD, Community Room



# TODAY'S AGENDA

Time	Agenda Item
4:30 p.m.	Call to Order
	Public Comments
	Public Comments: Curriculum materials for the District's instruction in prekindergarten relating to the prevention of child abuse, family violence, dating violence, and sex trafficking
	Review Last SHAC Meeting
5 min	Update: Curriculum materials for the District's instruction in prekindergarten relating to the prevention of child abuse, family violence, dating violence, and sex trafficking
15 min	Presentation: Employee Wellness
10 min	Presentation: FitnessGram
15 min	Discussion/Activity: Wellness Policy & Plan
5 min	Discussion: Recruitment of Members
5 min	Next Steps & Future Meeting Dates
5:30 p.m.	Adjourn





# PUBLIC COMMENTS



# PUBLIC COMMENTS

Curriculum materials for the District's instruction in prekindergarten relating to the prevention of child abuse, family violence, dating violence, and sex trafficking




# Review November Meeting





Update: PK curriculum materials for the District's instruction in prekindergarten relating to the prevention of child abuse, family violence, dating violence, and sex trafficking





# Recommendation for Curriculum Materials for the District's Instruction Relating to the Prevention of Child Abuse, Family Violence, Dating Violence, and Sex Trafficking







# Play it Safe!

## Kindergarten – Grade 8





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## About Us

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# About Play it Safe!®

*An Evidence-Based Child Sexual Abuse Prevention Program*



# Play it Safe!®





# Main Topics Reinforced in Each Grade

## Three Kinds of Touch

- Safe, Unsafe, Confusing or Unwanted Touch

## Three Part Safety Rule

- Say no, run away, tell a trusted adult

It is NEVER too late to tell

Child Abuse is NEVER the child's fault



# EMPLOYEE WELLNESS



# Employee Assistance Program

**This is your place to find tools to support your mental, emotional, physical and financial well-being.**

## Employee Assistance:

- ✓ Stress, anxiety, depression
- ✓ Relationship, family, parenting issues
- ✓ Substance abuse
- ✓ Anger, grief, loss
- ✓ Life transitions
- ✓ Referrals for additional treatment

## Work/Life Assistance:

- ✓ Child care resources
- ✓ Elder care resources
- ✓ Financial or legal issues
- ✓ Relocation support
- ✓ Short-term confidential counseling from Licensed Professional Counselors

**Experiencing a Crisis/Emergency NOW?**

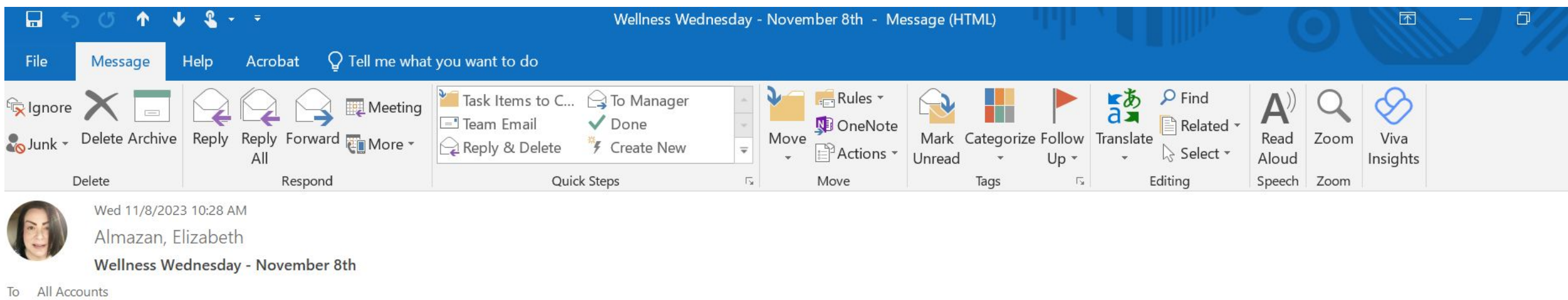
**Emergency Help is Available 24/7**



**CALL: 1-888-293-6948**







Mustangs,

Here is a quick challenge for you this Wellness Wednesday.

What is a HIIT workout? Basically, it's high-intensity interval training; a form of training that involves short bursts of super – intense exercise with rest in between. Who doesn't have 5 minutes? <https://youtu.be/q2NZyW5EP5A>

Thank you,  
Elizabeth



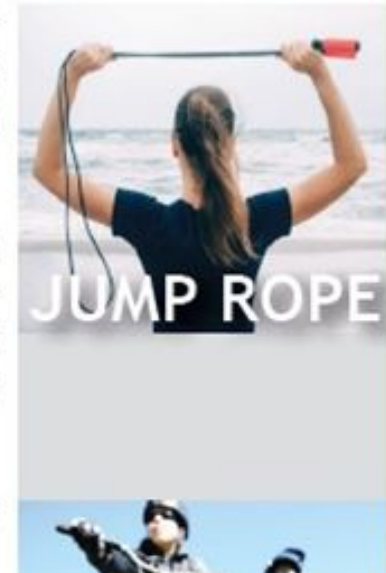


## A Quick Way to “HIIT” Exercise Goals

Do you struggle to maintain a consistent workout routine because it's hard to find time in your schedule? High intensity interval training, known as HIIT, may be what you've been looking for! HIIT workout sessions are typically 10 to 30 minutes long but burn 25-30% more calories in the same time frame as other exercise methods!

Studies have compared HIIT to traditional exercise methods, and the results are impressive. In addition to burning extra calories, HIIT also improves oxygen consumption (similar to endurance training), reduces blood sugar, and boosts insulin resistance beyond what can be achieved through normal exercise methods. With the help of HIIT, the body's metabolic rate rises for hours after exercising, longer than from jogging or weight training.

And just like most other exercises, HIIT offers the benefits of increased muscle mass, bone density, and immune function along with decreased blood pressure and body fat.





### *Examples of HIIT Exercises:*

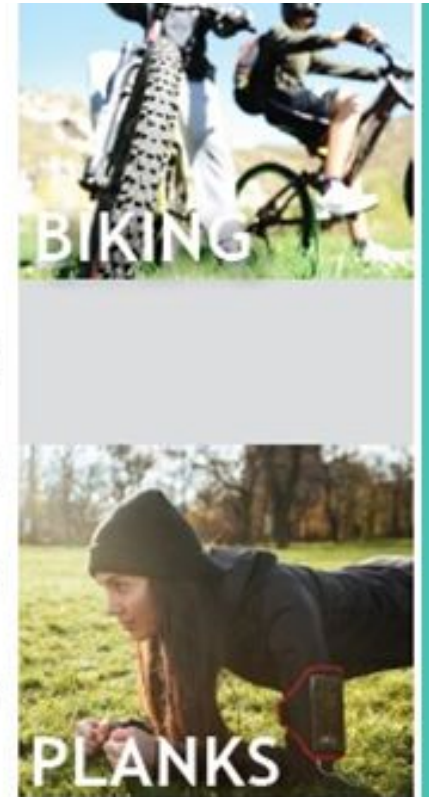
- Jumping rope
- Walking/jogging
- Biking
- Stationary exercises: planks, mountain climbers, crunches

### *Tips for HIIT:*

- Use a timer.
- Choose up to 5 exercises that you can do at a high level of intensity for 10 seconds, up to 2 minutes, each.
- For each exercise, rest for 2-3 times the amount of time you worked. Repeat the work-rest interval for 10 minutes, up to 30 minutes, rotating through the different exercises.
- The goal is to increase your heart rate 80% above its resting rate and then barely allow it to recover before starting the next exercise.

Many gyms offer HIIT classes, but a quick Google search will turn up many ideas and videos for exercises you can do at home. Check with your doctor to see if HIIT is a good option for you.

Resource: <https://pubmed.ncbi.nlm.nih.gov/25162652/>





## *Working~Well Challenge Question*

**TRUE OR FALSE**

**HIIT workouts require special equipment.**



**Click  
HERE**

**to view the  
article**

**for the**

**Challenge  
Question.**

**Answer the Challenge Question  
HERE  
to be entered in the monthly drawing!**



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PRINT THIS TIP IN

ENGLISH

PRINT THIS TIP IN

SPANISH

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This information is meant to complement the advice & guidance of your physician and/or safety professional, not replace it.

We welcome your comments, suggestions and input at [well-connected@edwardsrisk.com](mailto:well-connected@edwardsrisk.com)

This Health & Safety Tip of the Week is provided by







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JUMP ROPE



BIKING



PLANKS

Resource: <https://pubmed.ncbi.nlm.nih.gov/25162652/>



Scan HERE for the Challenge Question answer

### TRUE OR FALSE

HIIT workouts require special equipment.

- A. True
- B. False



This information is meant to complement the advice & guidance of your physician and/or safety professional, not replace it. We welcome your comments, suggestions and input at [well-connected@edwardrisk.com](mailto:well-connected@edwardrisk.com)

This Health & Safety Tip of the Week is provided by:



## Una forma rápida de alcanzar los objetivos del ejercicio

¿Tiene dificultades para mantener una rutina de ejercicios constante porque le resulta difícil encontrar tiempo en su agenda? ¡El entrenamiento interválico de alta intensidad, conocido como HIIT por sus siglas en inglés, puede ser lo que estaba buscando! Las sesiones de entrenamiento HIIT suelen durar entre 10 y 30 minutos, ¡pero queman entre un 25% y un 30% más de calorías en el mismo periodo de tiempo que otros métodos de ejercicio!

Los estudios han comparado el HIIT con los métodos de ejercicio tradicionales, y los resultados son impresionantes. Además de quemar calorías adicionales, el HIIT también mejora el consumo de oxígeno (similar al efecto del entrenamiento de resistencia), reduce el azúcar en sangre, y aumenta la resistencia a la insulina más allá de lo que se puede lograr con los métodos de ejercicio tradicionales. Con la ayuda del HIIT, la tasa metabólica del cuerpo aumenta durante horas después del ejercicio, más tiempo que al trotar o entrenar con pesas.

Y al igual que la mayoría de los otros ejercicios, HIIT ofrece los beneficios de un aumento en la masa muscular, en la densidad ósea, y en la función inmune además de una disminución de la presión arterial y de la grasa corporal.

### Ejemplos de ejercicios en una rutina HIIT:

- Saltar la cuerda
- Caminar/trotar
- Ciclismo
- Ejercicios estacionarios: planchas, escaladores, abdominales

### Consejos para HIIT:

- Utilice un temporizador.
- Elija hasta 5 ejercicios que puede realizar a un alto nivel de intensidad durante 10 segundos, hasta 2 minutos, cada uno.
- Para cada ejercicio, descanse 2 o 3 veces la cantidad de tiempo que trabajó. Repita el intervalo de trabajo-descanso durante 10 minutos, hasta 30 minutos, rotando entre los diferentes ejercicios.
- El objetivo es aumentar su frecuencia cardíaca un 80% por encima de su frecuencia en reposo y luego apenas permitir que se recupere antes de comenzar el siguiente ejercicio.

Muchos gimnasios ofrecen clases HIIT, pero una búsqueda rápida en Google mostrará muchas ideas y videos de ejercicios que puede hacer en casa. Consulte con su médico para saber si HIIT es una buena opción para usted.

Resource: <https://pubmed.ncbi.nlm.nih.gov/25162652/>



Escanea AQUÍ para encontrar la respuesta

### VERDADERO O FALSO

Los entrenamientos HIIT requieren equipo especial.

- A. Verdadero
- B. Falso



Esta información está destinada a complementar el consejo y la orientación de su médico y/o profesional de la seguridad, no para reemplazarlo. Agradecemos sus comentarios, sugerencias y aportes en [well-connected@edwardrisk.com](mailto:well-connected@edwardrisk.com). Este Consejo de Salud y Seguridad de la Semana es proporcionado por:



NEW Monthly Safety Short Video - "Security in the Workplace" - Message (HTML)

File

Message

Help

Acrobat

Tell me what you want to do

Ignore

Junk

X

Delete

Archive

Reply

Reply All

Forward

Meeting

More

Task Items to C...

Team Email

Reply & Delete

To Manager

Done

Create New

Move

Rules

OneNote

Actions

Mark Unread

Categorize

Follow Up

Translate

Find

Related

Select

Read Aloud

Zoom

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Delete

Respond

Quick Steps

Move

Tags

Editing

Speech

Zoom



Fri 10/27/2023 11:16 AM

Almazan, Elizabeth

NEW Monthly Safety Short Video - "Security in the Workplace"

To All Accounts

Mustangs,

I would like to take a moment and remind you that we all have a responsibility to identify and report workplace safety hazards. We encourage you to pause for 4 minutes and watch the "Security In The Workplace" Safety Short provided by our partners in loss prevention – please see the clickable links below for access.

English video link: <https://app.knowmia.com/tND9?tab=Details> Spanish video link: <https://app.knowmia.com/pVMK?tab=Details>

Saludos y buenas tardes,

Yo deseo que se tomen un momento y recordarles que todos tenemos la responsabilidad de identificar y notificar los riesgos de seguridad en el lugar de trabajo. Le animamos que haga una pausa de 4 minutos para ver el Corto video de “Seguridad en lugar de trabajo” patrocinado por nuestros socios en la prevención de pérdidas. Consulte los enlaces que aparecen a continuación para acceder al video.

Enlace de video en español: <https://app.knowmia.com/tND9?tab=Details> Enlace de video en inglés: <https://app.knowmia.com/pVMK?tab=Details>





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OneNote

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Mark Unread

Categorize

Follow Up

Translate

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Viva Insights

Thu 10/26/2023 4:16 PM

Almazan, Elizabeth

\*Free Gift

To Campus-MFHS

Vaccine Clinic and HR Power Hour.pdf

324 KB

Marble Falls High School 2023 Flu Clinic Flyer updated.pdf

188 KB

Good afternoon Marble Falls Elementary,

HR is collaborating with HEB to provide a vaccine clinic exclusively for our staff. HR Power Hour will be going on at the same time, if you have any question pertaining to benefits, time off requests, paycheck history access, and more. Please see the attached flyer for dates/times.

A QR code for you to register is available. Walk-ins are welcome, however, registration will allow you to schedule an appointment and enter your information ahead of time. Please bring you a **COPY OF INSURANCE AND PRESCRIPTION CARD.**

Employee’s will receive a complimentary MFISD lunch bag. Even if you do not plan to receive a vaccination, we encourage you to stop by and pick up your lunch bag.

Thank you,  
Elizabeth








# FitnessGram






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# Physical Fitness Assessment Initiative

State law requires school districts to annually assess the physical fitness of students enrolled in grade three or higher and to provide the results of individual student performance on the administered physical fitness assessments to the Texas Education Agency (TEA). The Physical Fitness Assessment Initiative (PFAI) is a program designed to collect and analyze the required student physical fitness data.

In accordance with [Texas Education Code §§38.101- 38.104](#), the TEA is required to complete the following objectives:

1. Adopt an assessment instrument to be used by all Texas public school districts
2. Compile the results of the physical fitness assessment captured by school districts and provide summary results
3. Analyze the results received for each school district to determine whether a relationship exists between student academic achievement levels, attendance levels, obesity, student discipline problems, and school

## Health, Safety, & Discipline

- [Safe and Supportive Schools](#)
- [Student Discipline](#)
- [Child Abuse Prevention Overview](#)
- [Coordinated School Health](#)
- [Human Trafficking](#)
- [Physical Fitness Assessment](#)**
  - [Fitness Data](#)
  - [PFAI FITNESSGRAM® Resources](#)**
- [Pregnancy Related Services](#)
- [Restorative Discipline Practices](#)



# FACTS, FIGURES & IMPACT

Research from The Cooper Institute and other entities shows that students who are physically fit perform better in school, have higher reading and math scores, fewer behavioral problems and miss fewer days of school.



48%

Students who don't attend weekly  
PE class



24%

Students who get 60 minutes of  
daily physical activity



49%

Overweight teens with heart  
disease risk factors



# FITNESS IS THE FOUNDATION

For nearly 50 years, The Cooper Institute has stood as a beacon of fitness and health through scientific research, education and advocacy.

For decades, FitnessGram by The Cooper Institute has set the standard of youth fitness measurement and data collection. Our research gives decision-makers at all levels the data needed to improve fitness and fight childhood obesity. Together with teachers, school administrators, legislators, business partners, and healthcare professionals, we can make sure that the students of today grow up to be the healthy workers of tomorrow. We want every child to build healthy habits today so they can live well into the future.



The  
**Cooper Institute**<sup>®</sup>  
WELL. INTO THE FUTURE.





**Learn.**



**Assess.**



**Address.**



**Repeat.**

WELCOME





# FitnessGram Assessment

Students participating in the FitnessGram assessment gain a better understanding of their own health-related fitness. Schools that include the FitnessGram assessment in their physical education programs are better equipped to meet student fitness needs and teach healthy habits that will last **Well. Into the Future.**

## HEALTH-RELATED FITNESS COMPONENTS

AEROBIC CAPACITY

MUSCULAR STRENGTH, ENDURANCE & FLEXIBILITY

BODY COMPOSITION



## Aerobic Capacity

Aerobic capacity is evaluated using estimates of  $VO^2$  max (also known as maximal oxygen uptake).  $VO^2$  max reflects the maximum rate that the respiratory, cardiovascular, and muscular systems can take in, transport, and use oxygen during exercise. Good aerobic capacity (cardiorespiratory fitness) has been shown to reduce the risk of high blood pressure, coronary heart disease, obesity, diabetes, the metabolic syndrome, and some forms of cancer.

**FitnessGram Tests**   PACER   •   1-Mile Run   •   1-Mile Walk

*All Healthy Fitness Zone scores for aerobic capacity are reported as estimates of  $VO^2$  max. Higher  $VO^2$  max scores reflect a greater ability to take in and use oxygen and a greater potential to perform endurance exercise.*





# Muscular Strength

Test components for the musculoskeletal system are broken down into three primary areas: muscular strength, muscular endurance and flexibility. FitnessGram® tests these three areas to assess the functional health status of the musculoskeletal system.

- Muscular strength is the maximal force your muscles can exert in a single effort.
- Muscular endurance is the ability to sustain, or repeat muscular activity, over time.
- Flexibility describes the range of motion of muscles at the joint.

FitnessGram recommends tests of the upper body and the abdominal/trunk areas to assess musculoskeletal fitness because of their relationship to activities of daily living, good posture, and back health.

**FitnessGram Tests** Abdominal Strength & Endurance • Trunk Extensor Strength & Flexibility • Upper Body Strength & Endurance • Flexibility

*Musculoskeletal fitness helps an individual perform daily activities more easily, reduces the risk of injury, and improves abdominal and back health. Most important, helping children and youth be aware of the status of their muscular strength, endurance and flexibility can carry forward into adulthood, preventing health concerns and improving quality of life.*





## Body Composition

Body composition describes what part of total body weight is fat, and what part is fat free. Fat-free body weight includes bones and muscles. FitnessGram believes it is important to educate youth and parents about appropriate levels of body composition. Some body fat is needed for overall good health, but too much can lead to health problems, including high blood pressure, high cholesterol, type 2 diabetes and heart disease. Overweight youth are at a higher risk for becoming overweight adults. Therefore, by maintaining a healthy weight a child can potentially reduce their future risk of health problems.

**FitnessGram Tests**   **Body Fat Percentage** • **Body Mass Index (BMI)**

*FitnessGram body composition standards are based on percent body fat. Although an assessment of percent body fat utilizing a bioelectric impedance device or skin-fold assessment would be ideal, practical application in schools is very difficult. Therefore, FitnessGram also provides standards for a widely-used alternative indicator of body composition known as Body Mass Index (BMI).*

*The BMI is based on weight relative to height and essentially indicates if the weight is appropriate for the height. BMI cannot measure fat directly, but it can help assess health risks related to a body weight that is too great or too little for the height. FitnessGram BMI standards for youth take into account age and sex as determined by the [Centers for Disease Control](#).*



# HEALTHY FITNESS ZONES

Rather than focusing on percentile norms, which rank students against each other, FitnessGram by The Cooper Institute focuses on criterion-referenced standards. These standards, developed by the [FitnessGram Advisory Board](#), determine if a student is at a health risk. The goal of FitnessGram is for all children to be in the Healthy Fitness Zone in all five components.

These fitness zones are based on clear potential health risks, and they take into account various age and gender differences. The Healthy Fitness Zones allow for more personalized feedback and makes it possible to provide more effective prescriptive messages to youth about their potential health risks and how to improve their fitness level.



## Healthy Fitness Zone

This Healthy Fitness Zone® indicates that the student is considered to be fit enough for good overall health. Most students who are regularly active should be able to score within or above the Healthy Fitness Zone on most FitnessGram assessments.

## Needs Improvement

This zone indicates a potential for future health risks if fitness doesn't improve. Increased activity as well as eating a healthy, controlled diet could delay or reverse this potential risk. Students in the Needs Improvement Zone will see messaging on their FitnessGram Student Reports explaining how they can move into the Healthy Fitness Zone.

## Health Risk

The Health Risk zone suggests that the student has a probability for future health problems if they don't improve their physical fitness. The need for increased activity and eating a healthy diet is more urgent for students in this category than those in the Needs Improvement Zone.





# NEXT STEPS AND FUTURE MEETING DATES



# FUTURE MEETING DATES:

February 28, 2024

May 15, 2024



# ADJOURN

