

To: ECISD Board of Education  
From: Student Health Advisory Council, ECISD  
Re: SHAC Updates & Recommendations  
Date: April 26, 2011

#### Human Growth & Development

ECISD SHAC wishes to thank you for allowing Texas Tech University Health Science Center medical personnel, under the supervision of Dr. Elisa Brown, to educate our 7th grade students about Human Growth and Development/Sexuality. We feel that allowing the students to understand anatomy, physiology, disease processes, and ways to prevent unwanted diseases is a more comprehensive education. Council members have had the opportunity to attend a training to better understand the presentation. In our current discussions we would like to see this extended to the upper grades as feasible. We would also like to see a merging or cooperation of Texas Tech and Life Center to enhance and broaden information for all secondary grades. Abstinence is important, but students need to understand relationships as well as prevention.

#### Teen Parent Services

Following the recent decision to close the ECISD Teen Parent Center, ECISD SHAC strongly encourages the continuation of health, nutritional, and safety support for young mothers and their children at Odessa High School, Permian High School, and Zavala Elementary Daycare.

#### Physical Activity/Exercise

In addition to concerns of student obesity, research indicates that student academic performance and appetite improve if physical activity (Recess or PE) occurs prior to lunch.

#### Student Health Professionals

SHAC wishes to remind all of the importance of school nurses and the impact they have on student health. They also provide the opportunity of educating students, employees and families about proper health care. Furthermore, the Ronald McDonald Care Mobile has been an outstanding asset to the district, and assists nurses in implementing their programs.

#### Student Nutrition

The SHAC has endorsed a study provided by the Texas Tech University Health Sciences Center of Excellence in Evidence-Based Nursing to monitor the amounts and types of food being discarded by ECISD students on a regular basis. Findings will be shared with SHAC and ECISD following the study, with hopes that efficient and effective strategies can be implemented to improve student nutrition.

#### Additional Topics of Concern

The ECISD SHAC has discussed and will continue to pursue improvements in student drug and alcohol abuse, mental health, and teen dating violence.

As a council, we remain committed to our charge of student health issues, and appreciate the opportunity to serve.