

**ALIEF MONTESSORI COMMUNITY SCHOOL (AMCS)  
BOARD POLICY MANUAL  
POLICY: STUDENTS**

**Sec. 1. ESTABLISHMENT OF A STUDENT HEALTH ADVISORY COUNCIL**

The Board shall establish a local student health advisory council (“SHAC”). *Education Code 12.104(b)(3)(DD); 28.004.*

The purposes of the SHAC are (1) to assist AMCS in ensuring that local community values are reflected in the school’s health education instruction and (2) to make recommendations before AMCS changes its health education curriculum or instruction. *Education Code 28.004(a), (b).*

**a) *SHAC Membership***

The Board shall appoint at least five members to the SHAC. A majority of members must be persons who are parents of students enrolled in AMCS and who are not employed by AMCS. One of those members shall serve as chair or co-chair of the SHAC.

The Board may also appoint one or more persons from each of the following groups or a representative from a group other than a group specified:

1. Classroom teachers employed by AMCS
2. School counselors certified under Education Code Chapter 21, Subchapter B, employed by AMCS
3. School administrators employed by AMCS
4. Health-care professionals licensed or certified to practice in this state, including medical or mental health professionals;
5. The business community;
6. Law enforcement;
7. Nonprofit health organizations; and
8. Local domestic violence programs.

*Education Code 28.004(d).*

**b) *SHAC Duties***

The duties of the SHAC include recommending:

1. The number of hours of instruction to be provided in:
  - a. Health education in kindergarten through grade eight; and
  - b. If AMCS requires health education for high school graduation, health education, including physical health education and mental health education, in grades 9 through 12;
2. Policies, procedures, strategies, and curriculum appropriate for specific grade levels



- designed to prevent physical health concerns, including obesity, cardiovascular disease, Type 2 diabetes, and mental health concerns, including suicide, through coordination of:
- a. Health education, which must address physical health concerns and mental health concerns to ensure the integration of physical health education and mental health education
  - b. Physical education and physical activity;
  - c. Nutrition services;
  - d. Parental involvement;
  - e. Instruction on substance abuse prevention;
  - f. School health services including mental health services;
  - g. A comprehensive school counseling program;
  - h. A safe and healthy school environment; and
  - i. Employee wellness;
3. Appropriate grade levels and methods of instruction for human sexuality instruction'
  4. Strategies for integrating curriculum components specified in subparagraph 2 with the following elements in a coordinated school health program for the school:
    - a. School health services, including physical health service and mental health services, if provided at a campus by AMCS or a third party under a contract with the school;
    - b. A comprehensive school counseling program;
    - c. A safe and healthy school environment; and
    - d. School employee wellness;
  5. If feasible, joint use agreements or strategies for collaboration between AMCS and community organizations or agencies;
  6. Strategies to increase parental awareness regarding:
    - a. Risky behaviors and early warning signs of suicide risks and behavioral health concerns, including mental health disorders and substance use disorders; and
    - b. Available community programs and services that address risky behaviors, suicide risks, and behavioral health concerns;
  7. Appropriate grade levels and curriculum for instruction regarding the dangers of opioids, including instruction on:
    - a. Opiate addiction and abuse, including addiction to and abuse of synthetic opioids such as fentanyl; and
    - b. Methods of administering an opioid antagonist, as defined by Health and Safety Code 483.101; and
  8. Appropriate grade levels and curriculum for instruction regarding child abuse, family violence, dating violence, and sex trafficking, including likely warning signs that a child may be at risk for sex trafficking, provided that the SHAC's recommendations do not conflict with the essential knowledge and skills developed by the State Board of Education.

*Education Code 28.00(c).*

Any joint use agreement that AMCS and a community organization or agency enter into based on a recommendation of the SHAC must address liability for AMCS and community organization or agency in the agreement. *Education Code 28.004(n).*

The SHAC shall consider and make policy recommendations to AMCS concerning the importance



of daily recess for elementary students. The SHAC must consider research regarding unstructured and undirected play, academic and social development, and the health benefits of daily recess in making the recommendations. The SHAC shall ensure that local community values are reflected in any policy recommendation made to AMCS *Education Code 28.004(l)*.

The SHAC shall make policy recommendations to AMCS to increase parental awareness of suicide-related risk factors and warning signs and available community suicide prevention services. *Education Code 28.004(o)*.

## **Sec. 2. SHAC MEETINGS**

The SHAC shall meet at least four times each year. For each meeting, the SHAC shall:

1. At least 72 hours before the meeting:
  - a. Post notice of the date, hour, place, and subject of the meeting on a bulletin board in the central administrative office of each AMCS campus; and
  - b. Ensure that the required notice is posted on the school's Internet website, if AMCS has an Internet website;
2. Prepare and maintain minutes of the meeting that state the subject and content of each deliberation and each vote, order, decision, or other action taken by the council during the meeting;
3. Make an audio or video recording of the meeting; and
4. Not later than the tenth day after the meeting, submit the minutes and audio or video recording of the meeting to AMCS.

As soon as practicable after receipt of the minutes and audio or video recording, AMCS shall post the minutes and audio or video recording on the school's Internet website, if AMCS has an internet website.

*Education Code 28.004(d-1), (d-2)*.

## **Sec. 3. SHAC SUBCOMMITTEE**

The SHAC shall establish a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness and make policy recommendations to increase physical activity and improve fitness among students. *Education Code 28.004(l-1)*.

## **Sec. 4. REQUIRED REPORTS**

In addition to performing other duties, the SHAC shall submit to the Board, at least annually, a written report that includes:

1. Any SHAC recommendation concerning AMCS's health education curriculum and instruction or related matters that the council has not previously submitted to the Board;
2. Any suggested modification to a SHAC recommendation previously submitted to the Board;



3. A detailed explanation of the SHAC's activities during the period between the date of the current report and the date of the last prior written report; and
4. Any recommendations made by the physical activity and fitness planning subcommittee.

*Education Code 28.004(m).*

**Sec. 5. REQUIRED NOTIFICATIONS**

AMCS shall publish in the student handbook and on the AMCS Internet website, if the school has a website:

1. A statement of the policies and procedures adopted to promote the physical health and mental health of students, the physical health and mental health resources available at each campus, contact information for the nearest providers of essential public health services under Chapter 121, Health and Safety Code, and the contact information for the nearest local mental health authority;
2. A statement of the policies adopted to ensure that elementary school, middle school, and junior high school students engage in at least the amount and level of physical activity required by Education Code 28.002(1);
3. A statement of:
  - a. The number of times during the preceding year the SHAC has met;
  - b. Whether AMCS has adopted and enforces policies to ensure that school campuses comply with Texas Education Agency vending machine and food service guidelines for restricting student access to vending machines; and
  - c. Whether AMCS has adopted and enforces policies and procedures that prescribe penalties for the use of e-cigarettes, as defined by Education Code 38.006, and tobacco products by students and others on school campuses or at school-sponsored or school-related activities;
  - d. A statement providing notice to parents that they can request in writing their child's physical fitness assessment results at the end of the school year; and
  - e. For each AMCS campus, a statement of whether the campus has a full-time nurse or full-time school counselor.

