



2024-2025 Boerne ISD School Health Advisory Council (SHAC) Meeting #1

Tuesday, October 1, 2024

4:30PM to 5:30PM

Meeting Minutes

Call to Order

The School Health Advisory Council held the first meeting of the 2024-2025 school year on Tuesday, October 1, 2024. The meeting was called to order at 4:35PM with a welcome delivered by Krista Pomeroy, Chief of Student Support Services. Introductions proceeded the welcome from those present. Mrs. Pomeroy reviewed what was accomplished last year, and introduced the topic for this school year's SHAC meetings- developing policies around digital devices.

In Attendance: Krista Pomeroy, Kathy Bandujo, Bryce Boddie, Kristen Burford, Courtney Darter Bruce, Itzel Estrella, Jasmine Glaser, Becca Jones, Stan Leech, Minka Misangyi, Kim Seelman, Elky Van Es, Aubrie Walker.

Not in attendance: Kinley Albright, Tiffany Fleming, Roger Gonzales, Kate Harrison, Michelle Holcomb, Jennifer Howell, Gina Riha, Andrea Salazar.

Overview of TEA's Integration of Digital Devices in Public Schools - Health & Safety Guidelines

Mrs. Pomeroy began by reading the TEA policy guidelines for developing policies around digital devices. She stated that the committee will be able to make recommendations for the policy around total daily screen time and once the policy is developed we will be able to create regulations around the policy. Mrs. Pomeroy then introduced the book, *The Anxious Generation*, by Jonathan Haidt. This book will provide insight into how our children are impacted by technology and digital devices. It also gives ideas on how school has an impact. She then went into how our district is already implementing limited access to digital devices, i.e. usage during passing periods, and at lunch. Mrs. Pomeroy spoke on how since COVID and remote learning we have become dependent on technology and devices. She then gave instructions on how SHAC will collaborate and summarize and begin planning for BISD Guidelines for Use of Digital Devices. SHAC will use this information to help make recommendations for the policy. SHAC will also build recommendations for parents and families with information regarding digital device use.

Planning for Boerne ISD Guidelines for Use of Digital Devices - Extended Learning & Home Recommendations

Mrs. Pomeroy divided those present into small groups and gave each group a section of TEA's Integration of Digital Devices in Public Schools: Health and Safety Guidelines to read and discuss. They will then summarize their section for the committee. The first group summarized their section stating: empowering parents was key in their section. The next group stated: that they were in shock with the statistics regarding screen time for entertainment. They stated that it will be hard to limit technology in the classroom as students are taught on a smart board, all tests are on the computer, assignments are on google classroom, etc. When considering time limitations, you have to consider how in elementary school you can give teachers a limit and can be accomplished because they are the only teacher, but when we get to secondary we have to consider the time allotted to each teacher would add up. The section that was read only correlated to entertainment, but does the same apply to studies? The next group spoke on the amount of breaks in devices. They mentioned a 20/20/20 rule. It implies that every 20 minutes look at an object that is 20 feet away for at least 20 seconds. The last group spoke on body mechanics and position of using digital devices. Education is key and creating healthy habits, taking breaks from technology.

With all the information we learned today, Mrs. Pomeroy posed 3 topics that the committee will make recommendations regarding. The three topics are: digital devices at home, digital devices and homework, total daily screen time. Committee members wrote their recommendations on post-it notes and posted under each topic and then time was given to review everyone's input. Mrs. Pomeroy stated these notes will be typed up, and next meeting the longer document will be shared to make recommendations to what is happening in our schools. She reviewed that our focus is our parents and offering guidance and recommendations around total usage time.

Adjournment

Mrs. Pomeroy adjourned the SHAC Meeting at 5:29pm.