

Santo ISD School Health Advisory Council



Annual Progress Report To the Board of Trustees

November 19, 2015



School Health Advisory Council

Every independent school district is required by law to have a school health advisory council (SHAC) of which the majority of members must be parents who are not employed by the school district.

Texas Education Code
Title 2, Chapter 28, Section 28.004



Mission Statement

“We the Santo ISD SHAC will endeavor to create an environment that nurtures physical, mental, emotional, spiritual, and social health so students can learn at their highest potential.”

**Santo ISD SHAC Members
2015-2016**

Mrs. Melissa Freitas: Chairperson/Parent
Mrs. Connie Smith, LVN: Co-Chairperson/Health Services
Mrs. Kami Flavin: Parent
Mrs. Amy Tunnell: Parent
Mrs. Alice Ramsey: Parent
Mrs. Jennifer Mitchell: Parent
Mrs. Tricia Jones: Parent
Dr. John Jones: Parent
Caleb Bubenik: Student
Mrs. Amber Laursen: Physical Education
Mrs. Gabriel Gann: Parent
Mr. Jon Wells: Parent
Oaxie Wells: Student
Bin Wells: Student
Carly Popp: Student
Girl Scout Troop 8353: Community Group





What is a SHAC?

A SHAC is a group of individuals representing segments of the community and school district which provides advice to the district on coordinated school health (CSH) programming and its impact on student health and learning.



Coordinated School Health



All Texas schools are required by law to implement a CSH program in grades K-8.

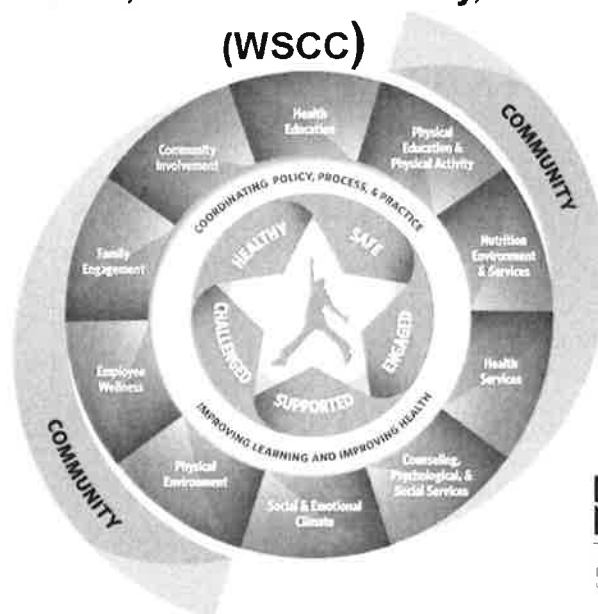
Texas Education Code
Title 3, Chapter 38, Section 38.013



What is Coordinated School Health?

Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.

Coordinated School Health Whole School, Whole Community, Whole Child (WSCC)



Coordinated School Health



Ten Components

- Health Education
- Nutrition Environment and Services
- Employee Wellness
- Social and Emotional School Climate
- Physical Environment
- Health Services
- Counseling, Psychological, and Social Services
- Community Involvement
- Family Engagement
- Physical Education and Physical Activity



Texas Goals for Districts and Campuses

- ✓ Increase percentage of students able to achieve the healthy fitness zone standard in all six required test items.
- ✓ Develop and implement goals and objectives for physical education/activity programs after reviewing data collected through fitness assessment and other evaluation methods.
- ✓ Incorporate CSH as a part of Campus Improvement Plans.
- ✓ Strengthen and utilize SHACs to support the implementation of all school health policies and practices.



State Legislated SHAC Requirements Committee-related



The following are requirements of local SHACs per legislation:

- ✓ A parent must serve as a co-chair
- ✓ Majority of members must be parents who are not employees of the district
- ✓ SHAC must meet at least 4 times a year
- ✓ SHAC must deliver an annual report to the Board of Trustees



State Legislated Requirements District/Campus-Related



SHACs can provide oversight for the following activities required of local campus/districts per legislation:

- ✓ Provide written notice, course content and parents' rights regarding sexuality education
- ✓ Ensure that pre-k students participate in 30 minutes of daily vigorous activity
- ✓ Include goals and objectives for CSH in Campus Improvement Plans
- ✓ Choose an evidenced based alcohol awareness instructional program
- ✓ Comply with revised graduation requirements





FitnessGram®

Senate Bill 530 required beginning with the 2007-08 school year, that the FitnessGram® physical fitness assessment be administered to all students in grades 3-12.

FitnessGram® is a health-related fitness assessment developed by The Cooper Institute for Aerobic Research and is a research-based criterion referenced test.



Significant Relationships Between Physical Fitness and Indicators of Academic Achievement

- ✓ At schools that have earned the state's top rating, about 80 percent of the students have healthy levels of cardiovascular fitness.
- ✓ At schools that have received the state's lowest rating called, slightly more than 40 percent of the students achieved cardiovascular fitness.
- ✓ Higher levels of fitness were associated with better school attendance.
- ✓ Higher levels of fitness at a school were also associated with fewer disciplinary incidents. The research looked at the number of incidents involving drugs, alcohol, violence and truancy.
- ✓ Counties with high levels of cardiovascular fitness tended to have high passing rates on the Texas Assessment of Knowledge and Skills (TAKS). Regional and county data can be found at www.texasyouthfitnessstudy.org.





Santo ISD SHAC Goals

1. Support Santo ISD programs to promote positive physical and mental health.
2. Identify and assist with needs of school community related to health safety.
3. Offer students age appropriate information to improve disease prevention.
4. Increase membership and participation in Santo ISD SHAC.
5. Provide a reliable and accurate source for health information.
6. Develop user-friendly webpage to connect SHAC with community and update public events.

SHAC Activity Report



1. Introduced newsletter to increase awareness of health related topics.
2. Pledged to assist and support Wildcat Parent Association
3. Recruited Girl Scout Troop 8353 for membership in SHAC.
4. Revised Santo ISD SHAC Mission Statement
5. Initiated development of Santo ISD SHAC website.

Santo ISD SHAC Information

- ✓ The Santo ISD SHAC Web Information is included on schools health services webpage
- ✓ Minutes and agendas of all meetings currently can be found at Elementary Nurse's office.



2015-2016 SHAC Meeting Dates

1. September 15, 2015
2. October 15, 2015
3. December 3, 2015
4. February 11, 2016
5. March 17, 2016
6. April 28, 2016

Anyone is welcome to attend any meeting.