

Lamar CISD
School Health Advisory Council
Annual Report 2016-2017

What is a School Health Advisory Council (SHAC)?

- Per Texas Law (Texas Education Code, Title 2, Chapter 28, Section 28.004), a SHAC is a school board appointed advisory group of individuals who represent different segments of the community including:
 - Parents (majority of members by law)
 - Community Members
 - Students
 - Staff
- The LCISD SHAC works together to improve the health of all students and families through coordinated school health programs.

State Legislated SHAC Requirements

The following are requirements of local SHACs per legislation:

(Texas Education Code, Chapter 28, Section 28.004)

- A **parent** must serve as a co-chair
- A minimum of five members must be appointed to serve on the SHAC by Board of Trustees
- **Majority of members must be parents** who are not employees of the district
- SHAC must meet at least 4 times a year
- SHAC is required to submit recommendations regarding the districts' health education curriculum
- The SHAC shall report **directly** to the school board at least once **annually** with a detailed account of SHAC activities and recommendations.

Why Wellness In Schools?

Research shows that healthy children do better in school - from attendance and behavior to academics and overall performance.

- Obese and overweight kids miss school 2 to 4 times as much as healthy weight kids – due to illness and social concerns, like bullying.

If kids aren't in school, they can't learn.

- There are 1,000 students in XISD, 30% are overweight or obese.
- Student absence in XISD costs \$45 per day.
- Obese children miss an average of 12 days of school per year, two more days than normal weight students.
- That adds up to over \$100,000 in lost revenue just for the obese children.
- And, that means 12 days per year they are not in class, learning.
- In a larger district, the financial loss can be in the millions!

Healthy homes and healthy schools support healthy children.

10 Components of Coordinated School Health

SHAC Focus Areas 2016-2017

1. Health Education including Human Sexuality Instruction
2. Counseling, Psychological and Social Services
3. Social and Emotional School Climate
4. Family Engagement
5. Community Involvement
6. Nutrition Environment and Services
7. Physical Education and Physical Activity
8. Employee Wellness
9. Physical Environment
10. Health Services



Developed by CDC and ASCD
(Association for Supervision and Curriculum Development)

LCISD SHACH 2016-2017

Meetings at a Glance

Met the required 4 times during the school year. Speakers were:

- Cat French, Director of Elijah Rising (human trafficking prevention non-profit)
 - Jill Thaxton, parent, presented info on FightTheNewDrug school presentations
 - Janet Pozmantier, Director of Center for School Behavioral Health, division of Mental Health America of Greater Houston
 - Dr. Jeff Temple, UTMB-Galveston, The Fourth R Program
 - Stephanie Kellam, United Healthcare/FBISD Wellness Coordinator
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Reviewed and updated LCISD Wellness Policy to submit to school board for review.

Passed at June 2017 meeting.

2016-2017 School Year Primary Focus Areas

Based on Whole School, Whole Community, Whole Child model

- Health Education
 - Evaluate and recommend relationships program to include sexual education program
- Counseling, Psychological & Social Services and Social & Emotional School Climate
 - Evaluate and recommend mental health programs/resources
- Community Involvement/Family Engagement
 - Increase participation by parents and community members via social media and PTO contacts

LCISD SHAC Recommendations 2016-2017

- **Continue to review and recommend abstinence plus program to be adopted district wide.**
- **Review and update Recess Policy within district Wellness Policy.**
- **Partner with campuses to further promote wellness for students and staff.**

Questions and Comments

Brenda Thompson, Chair
Hope Frohbeiter, Vice-Chair
Eddie Gradney, Secretary

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