

# **Millsap ISD**

# **School Health Advisory Council**



## **Annual Progress Report**

## **To the Board of Trustees**

**August 24<sup>th</sup> 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. The SHAC is annually appointed by the local education agency Board of Trustees.

Texas Education Code

Title 2, Chapter 28, Section 28.004





# 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?

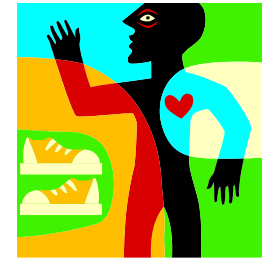
Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.

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

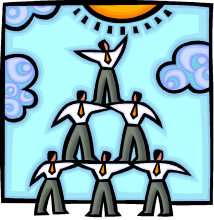


# Coordinated School Health

## 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

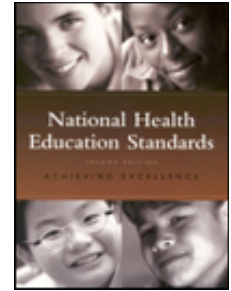


# **Texas Goals for Districts and Campuses**

- ✓ **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.**



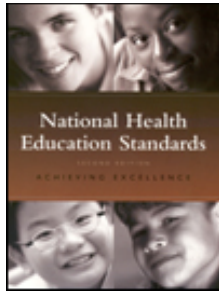
# The National Health Education Standards



The National Health Education Standards (NHES) are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health.

The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.





# The National Health Education Standards

## **Standard 1:**

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

## **Standard 2:**

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

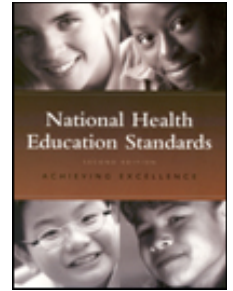
## **Standard 3:**

Students will demonstrate the ability to access valid information, products, and services to enhance health.

## **Standard 4:**

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

# The National Health Education Standards



## **Standard 5:**

Students will demonstrate the ability to use decision-making skills to enhance health.

## **Standard 6:**

Students will demonstrate the ability to use goal-setting skills to enhance health.

## **Standard 7:**

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

## **Standard 8:**

Students will demonstrate the ability to advocate for personal, family, and community health.



# State Legislated SHAC Requirements

## Committee-related



The following are requirements of local SHACs per legislation:

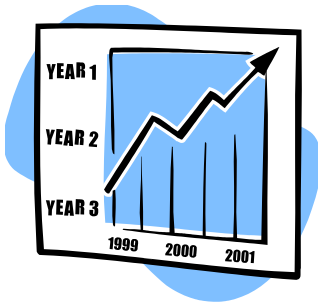
- ✓ A parent must serve as a co-chair
- ✓ A minimum of five members must be appointed to serve on the SHAC by Board of Trustees
- ✓ Majority of members must be parents who are not employees of the district
- ✓ SHAC must meet at least 4 times a year
- ✓ SHAC must deliver an annual report to the Board of Trustees
- ✓ SHAC is required to submit recommendations regarding the districts' health education curriculum

# **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 if taught**
- ✓ **Ensure that full-day pre-k students participate in 30 minutes of daily vigorous activity**
- ✓ **Include goals and objectives for CSH in HS and MS Campus Improvement Plans**
- ✓ **Administer FitnessGram® to all students in grades 3-12**
- ✓ **Choose an evidenced based alcohol awareness instructional program**
- ✓ **Use the PAPA program in HS or MS health classes**
- ✓ **Comply with revised graduation requirements**

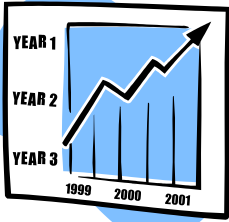


# FitnessGram®

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.



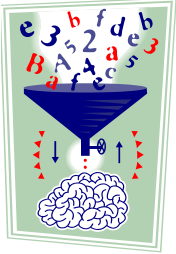


# FitnessGram®

**FitnessGram®** establishes a baseline of a healthy fitness zone from which students can set goals and check their progress (non-competitive) to plan for lifelong physical activity and to maintain and improve their fitness level. Health-related fitness assessment measures students' aerobic capacity, muscular strength/endurance, flexibility and body composition.

**FitnessGram®** provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.

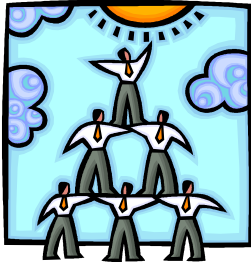
**FitnessGram®** does not place an emphasis on skill or sports-related fitness such as speed measured by an individual's 40 yard dash time. It does not compare students to other students.



# **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 State of Texas Assessments of Academic Readiness (STAAR). Regional and county data can be found at [www.texasyouthfitnessstudy.org](http://www.texasyouthfitnessstudy.org).**





# Millsap ISD SHAC Goals

1. Increase number of children in healthy fitness zone as assessed by FitnessGram®
2. Currently working on coordinating a health fair in order to offer community services such as blood pressure clinic, possible blood screening, and possible blood drive
3. SHAC has concerns about adequate portions of lunch being provided to students and is currently looking into how our committee can help alleviate this concern.
4. SHAC recommends that Abstinence and Substance programs become more prevalent in students education.

# SHAC Activity Report



1. SHAC has developed a brochure with general health information which can be obtained at each campus.

# Useful Web Sites



- ✓ Texas School Health Advisory Committee:  
[www.dshs.state.tx.us/schoolhealth/shadvise.shtm](http://www.dshs.state.tx.us/schoolhealth/shadvise.shtm)
- ✓ DSHS School Health Program: <http://www.dshs.state.tx.us/schoolhealth/>
- ✓ TXPTA Healthy Lifestyle Web page:  
[www.txpta.org/programs/healthy-lifestyles](http://www.txpta.org/programs/healthy-lifestyles)
- ✓ TEA Fitness Data:  
[http://tea.texas.gov/Texas\\_Schools/Safe\\_and\\_Healthy\\_Schools/Physical\\_Fitness\\_Assessment\\_Initiative/Fitness\\_Data/](http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Physical_Fitness_Assessment_Initiative/Fitness_Data/)
- ✓ Youth Risk Behavior Surveillance (YRBS) Survey:  
[www.dshs.state.tx.us/chs/yrbs/query/yrbss\\_form.shtm](http://www.dshs.state.tx.us/chs/yrbs/query/yrbss_form.shtm)
- ✓ CDC Coordinated School Health: [www.cdc.gov/HealthyYouth/CSHP](http://www.cdc.gov/HealthyYouth/CSHP)
- ✓ Texas Department of Agriculture Square Meals: [www.squaremeals.org](http://www.squaremeals.org)
- ✓ Regional Education Service Centers: <http://ritter.tea.state.tx.us/ESC>
- ✓ Texas Legislature Online: [www.capitol.state.tx.us](http://www.capitol.state.tx.us)
- ✓ Texans Standing Tall: <http://www.texansstandingtall.org/>

# QUESTIONS?

This presentation was developed by the Texas Department of State Health Services, Texas School Health Advisory Committee, May, 2015. For additional information about this presentation, contact [www.dshs.state.tx.us/schoolhealth/shadvise.shtm](http://www.dshs.state.tx.us/schoolhealth/shadvise.shtm).

Links to external sites appearing in this presentation are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services. The sites also may not be accessible to people with disabilities.

