

**THRALL ISD SCHOOL HEALTH ADVISORY COUNCIL (SHAC)  
ANNUAL REPORT TO THRALL ISD SCHOOL BOARD  
June 5, 2012**

**History:** Texas mandates that each school district has a SHAC of which the majority of members must be parents who are not employed by the district (Title 2, Chapter 28, Section 28.004 of Texas Education Code). A SHAC is defined as a group of individuals representative of segments of the community, appointed by the School Board to serve on the Council. They provide advice on coordinated school health programming and its impact on student health and learning. The SHAC has met 6 times during this school year. Senate Bill 283, TEC 28.004 mandates the SHAC met at least four times each year. As required by law, the SHAC will submit a written report to the School Board once annually with detailed accounts of activities and recommendations.

The SHAC met six times during the school year: October 17, 2011, November 14, 2011, January 23, 2012, February 27, 2012, April 2, 2012 and April 30, 2012.

**Members of 2011/2012 SHAC:**

Diane Gwinn – Parent / Chairperson & Secretary  
Stephanie Woelfel – Parent / Vice Chairperson  
Erica & Matt Bodiford – Parents  
Cheryl Hall– Parent  
Tricia Van Til– Parent  
Tommy Hooker- Superintendent  
Norma Rodriguez – Thrall Elementary Paraprofessional  
Lise Chumbley – HS Teacher  
Lynn Crabb, District Nurse- SHAC Liaison  
Tina Pitt -Nutrition Director  
Emily Hall- Student  
Shelby Miller –Student  
Angela Rodriguez - Student

During the 2011-2012 school year, the SHAC recommended and/or supported the following health-related events which have taken place:

1. **District Staff Development: CPR / First Aid / AED / Blood Borne Pathogens Training**
2. **Vision and Hearing Screening: conducted throughout the school year by Nurse.**
3. **Sex Education: presentations by grade levels 6-9 of Worth the Wait**
4. ***Pappa* Training: Recommended for the HS health teacher**
5. **Scoliosis Screening and preliminary Acanthosis Nigrosis Screening: conducted by Nurse**
6. **Tiger Giving Tree: Community involvement in support of our students/parents in financial need.**

**7. Staff Wellness – Flu shots & Annual Wellness Fair**

**8. Health Teacher/ Dell Childrens**

**Recommendations & Plans for the 2012 - 2013 School Year:**

The SHAC proposes to the Thrall ISD School Board the following for the coming school year:

**SHAC plans to increase their involvement in the Nutrition Committee**

The purpose of the group is to review menus, research options, identify resources, and make recommendations to improve food service and to combat childhood obesity and diabetes.

**SHAC supports the Fitnessgram Data to Evaluate Physical Education**

All students in grades 3-12 are required to be assessed once annually using FITNESSGRAM. [www.fitnessgram.net/texas](http://www.fitnessgram.net/texas)

**District Support for the Continuation of Sex Education Lessons – Worth the Wait**

It is the consensus of the SHAC to continue with program. The impact of the program goes beyond sex education including character development, decision making and responsibility which are important skills for our children to have. Parents will continue to be provided permission form for their child participating in these specific classes. **If funding is available SHAC recommends updating the current curriculum with Worth the Wait material published in 2010/2011.**

**District Support for Employee Wellness Program Component**

The SHAC recommends creation of an exercise class for Thrall ISD employees to promote employee well-being. Research on cost is ongoing.

At least 50 percent of health-care expenditures are lifestyle-related, and therefore, potentially preventable. Yet despite the \$5000 an average employer spends on health care per employee each year, most employers are spending less than 5 percent of that on medical screenings and prevention. Worksite wellness program contribute to reduction in health-care costs, sick leave, disability costs, and worker's compensation.

<http://www.dshs.state.tx.us/wellness/worksite/resources.shtm>

**Health Teacher/ Dell Childrens**

Online lesson plans and resources for the Elementary teachers. Enhances their current health curriculum taught in the classroom.

<http://www.healthteacher.com/home>

**Recommended Council for the 2012/2013 school Year:** The following is a list of potential members for your review and/or approval. Membership in this council is a 1-year commitment. These nominees have been contacted and are excited about the work of this council.

- Diane Gwinn – Parent
- Stephanie Woelfel – Parent
- Erica & Matt Bodiford – Parents
- Cheryl Hall– Parent
- Tricia Van Til– Parent
- Tommy Hooker- Superintendent
- Norma Rodriguez – Thrall Elementary Paraprofessional
- Cyndi Walls – Elementary Teacher
- Lise Chumbley – HS Teacher
- Lynn Crabb, District Nurse- SHAC Liaison
- Tina Pitt -Nutrition Director
- Emily Hall- Student
- Anna Rodriguez –Student
- Angela Rodriguez – Student
- Blake Crabb – Student
- Rhonda Killough, LVN – Williamson County & Cities Health District: Taylor Public Health Center Site Co-Coordinator
- Linda Finn, MA, LPC-Intern – Williamson County & Cities Health District: Children: Case Manager

This past year has been a successful and we hope through some of our effort the students and staff will be better prepared to make healthy lifestyle choices.

We recognize & appreciate our student representatives Angela Rodriguez, Shelby Miller and Emily Hall for giving their time on the council.

On behalf of the SHAC I would also like to thank the school Board for their continued support of the School Health Advisory Council.

Respectfully Submitted,

Lynn Crabb, RN  
District School Nurse  
SHAC Liaison