

School Health Advisory Council (SHAC) & Nutrition Team Annual Report for 2015-2016

Authority and purposes for the SHAC:

Title 2, Chapter 26, Section 28.004 of the Texas Education Code requires school districts to establish a School Health Advisory Council (SHAC) to assist the district in ensuring that local community values are reflected in the district's health education instruction.

In the 81st (R)—2009 legislative session, Senator Jane Nelson introduced S.B. 283 which amended section 28.004 of the Education code and added further requirements for a school district's SHAC. These requirements included having the SHAC meet at least four times each year and the board of trustees appoint at least five members to SHAC. The majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district. A parent must be appointed as chair or co-chair. The SHAC is required to submit an annual written report to the board with recommendations.

In the 83rd (R)-2013 legislative session, HB 1018 added an additional responsibility to the School Health Advisory Council. SHAC is required to establish a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness and make policy recommendations to increase physical activity and improve fitness among students.

Active Members of the SHAC/ Nutrition Team for 2015/2016:

Tommy Hooker, Superintendent: non-voting member
Lynn Crabb, District RN, SHAC Liaison: non-voting member
Nancy Hallowell, Cafeteria Manager
Maggie George, Production Manager/Cafeteria
Lise Chumbley, High School Teacher - Secretary
Kadie Cornelius, Elementary Teacher
Norma Rodriguez, Thrall Elementary Paraprofessional
Stephanie Woelfel, Parent - Co-Chair/ Acting Chair
Erica & Matt Bodiford, Parents
Carrie O'Connor, Health Care Professional/Parent
Christina Hernandez, Health Care professional/Parent
Madalynn Woelfel, Student
Sebastian Bodiford, Student

Members were commended for their dedicated service to SHAC and thanked for their participation.

Dates of SHAC meetings:

September 21, 2015
November 11, 2015
February 22, 2016
March 28, 2016

All meetings are open to the public.

Topics of interest covered for the 2015-2016 school year.

1. Wellness Policy - SHAC/ Nutrition Team completed the review of the Thrall Wellness Plan and it's components as it applies to TISD. The following are the changes recommended for the Wellness Policy:

In addition to legal requirements, the District shall:

Establish guidelines for school-sponsored fund-raising activities that involve serving or selling food.

SHAC /Nutrition Team RECOMMENDS ADDING: [STUDENT WELFARE: WELLNESS AND HEALTH SERVICES (LOCAL) (FFA)]

Page 4 under **Nutrition Guidelines**

~~2. Foods and beverages should not be offered as a reward or withheld as punishment.~~

SHAC /Nutrition Team Recommends changing the wording to: Foods and/or beverage may be used as a reward but should not be withheld as a punishment unless stated in a student's IEP or 504 Plan.

Page 4 under **Nutrition Guidelines**

Those students that arrive late due to bus arrival time **and those students with early athletics** will be allowed to eat breakfast. Lunch periods may be compressed on shortened days.

SHAC /Nutrition Team Recommends changing the wording to include: and those students with early athletics

Page 5 under **Nutrition Guidelines**

~~20. Elementary classrooms may serve one nutritious snack per day, in the morning or afternoon (not during lunchtime), under the teacher's guidance. The snack may be provided by the school food service, the teacher, parents or other groups, and should be at no cost to the students~~

SHAC /Nutrition Team Recommends changing the wording to: Foods Elementary classroom may have one nutritious snack per day, in the morning or afternoon (not during lunchtime), under the teacher's guidance. Each Student will have a snack that is provided by their parent.

Page 6 under **Wellness Goals**

1. Nutrition education will be included in health curriculum each year for all students in grades **PreK** ~~Kindergarten~~ through eighth grade.

SHAC /Nutrition Team recommends: adding PreK

4. The Coordinated School Health Curriculum, ~~Healthy & Wise,~~ **CATCH** will be taught in grades kindergarten through eighth for a minimum of ~~60~~ **30** minutes per week.

SHAC /Nutrition Team Recommendation: Provide funding for the purchase of Coordinated School Health "CATCH" along with the training of staff. And changing the minimum to 30 minutes per week.

A Coordinated School Health Plan is required in Texas Education Code Title 3, Chapter 38, Section 38.013.A. 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. Each component makes a unique contribution while also complementing the others, ultimately creating a whole that is more than just the sum of its parts. Health is not just the absence of disease it is complete physical, mental, and social well-being.

~~6. At the high school level, the Health Education curriculum will be taught for one semester, and is recommended at grade nine.~~

SHAC /Nutrition Team Recommendation: removing number 6 - health is no longer offered in High School

Page 7 under **WELLNESS GOALS: PHYSICAL EDUCATION**

5. Recess must be ~~have active supervised~~ **supervision**. Appropriate equipment and space is to be made available so that students can be physically active and safe.

SHAC /Nutrition Team recommends changing the wording to: **have active supervision**

Page 7 under **WELLNESS GOALS: SCHOOL BASED ACTIVITIES**

~~2. The sale of individually wrapped candy (i.e. candy bars) as a fund-raiser shall be prohibited; however, packaged candy gift items are allowed provided they are only part of a fund-raising project that includes other gift items (i.e. nuts, candles, jewelry) as well.~~

SHAC /Nutrition Team recommends: **removing this goal**

Page 8 under **WELLNESS GOALS: SCHOOL BASED ACTIVITIES**.

5. Wellness information for the staff will be dispersed through ~~e-conference~~ **Google/ Internet services** and other appropriate activities.

SHAC /Nutrition Team recommend updating the wording: remove e-conference replace with **Google/Internet services**

7. Student access to vending machines will be published in the student handbook and posted on the District web site **if the District so chooses to provide vending machines for students, in the future.**

SHAC /Nutrition Team recommend updating the wording: **if the District so chooses to provide vending machines for the students, in the future.**

9. **The appropriate staff** Teachers, Coaches, Nutrition Staff, and Health Services must participate in training for the implementation of the Coordinated School Health Program.

SHAC /Nutrition Team recommend updating the wording to: **The appropriate staff**

The following references were updated:

Updated: USDA - 2015-2020 Dietary Guidelines

Updated to 2015 Child Nutrition Reauthorization Recommendations

Catch: Coordinated Approach to Child Health: <http://catchinfo.org>

P.A.P.A PROGRAM: <https://texasattorneygeneral.gov/cs/p.a.p.a.-for-educators>

SHAC/Nutrition Team also reviewed, discussed the following:

1. **SHAC Supports** the CPR training for staff members whose certification has expired is held annually. This includes teachers who travel with students away from the campus, bus drivers, and coaches.
2. **SHAC Supports and recommends funding of CPR instruction** for one grade level on the middle school campus. This is in accordance with Chapter 74 Curriculum Requirements: §74.38. Requirements for Instruction in Cardiopulmonary Resuscitation (CPR).
3. All physical education classes are instructed by certified teachers.
4. **SHAC /Nutrition Team continues to support** the Tiger Giving Tree
5. **SHAC /Nutrition Team continues to support** Fresh fruit being offered to each grade following the "Dietary Guidelines for Americans." Farm-to-School Programs – Maggie Georg shared information about farm-to school initiatives which promote incorporating more locally grown foods in school nutrition programs. Foods of Minimal Nutritional Value (FMNV) requirements and avenues to best inform parents of updates were discussed.
6. **SHAC /Nutrition Team Supports:** The State mandated screenings: Vision, Hearing, Acanthosis and Spinal

7. **SHAC /Nutrition Team Supports Staff Wellness:** Flu Vaccine was offered to our staff. Also Erica came twice a month to offer massages to our staff at a cost of \$1 per minute.
8. **SHAC /Nutrition Team Supports & Recommends:** to continue the curriculum Wellness & Sexual Health through Health in grades 6 through 8 and the P.A.P.A. (Parenting and Paternity Awareness program which required by HB 2176). School districts and teachers may use their discretion to modify the suggested sequence and pace of the program at any grade level. Students under 14 years of age must have parental permission to participate in the parenting and paternity awareness program.
9. With regard to membership on the School Health advisory Council/Nutrition Team we recommend that **SHAC /Nutrition Team 2016/2017** membership include the following individuals:

Tommy Hooker, Superintendent: non-voting member
Lynn Crabb, District RN, SHAC Liaison: non-voting member
Erica & Matt Bodiford, Parents
Sebastian Bodiford, Student
Lise Chumbley, High School Teacher
Kadie Cornelius, Elementary Teacher
Maggie George, Production Manager/Cafeteria
Nancy Hallowell, Cafeteria Manager
Christina Hernandez, Health Care professional/Parent
kara Moellenberg, Health Care Professional/Parent
Carrie O'Connor, Health Care Professional/Parent
Melissa Randig, parent
Norma Rodriguez, Thrall Elementary Paraprofessional
Brigid Tretter, Student
Tina Waid, parent
Stephanie Woelfel, Parent
Madalynn Woelfel, Student

Conclusion: SHAC appreciates the opportunity to explore such a wide range of health issues that are integral to the success of all students in school and to the fulfillment of the Thrall ISD mission. We welcome continued guidance from the School Board and are pleased that the School Board recognizes that schools share responsibility with parents and interested members of the community to guide and support students in their healthy development

Respectfully submitted

Lynn Crabb, RN