

Thrall ISD
Annual Report of the School Health Advisory Council (SHAC)
May 2011

Thrall School Health Advisory Council (SHAC), per requirement of SB283 presents the following annual report of their activities and any recommendations made.

What is the School Health Advisory Council (SHAC)

State law mandates that each school district have a School Health Advisory Council (SHAC) that reviews all health curriculum and supports a Coordinated School Health Program in the district. The Thrall Independent School District's SHAC is composed of 13 members. The membership includes parents and TISD staff representatives interested in the physical and behavioral health of children. The School Health Advisory Council works to strengthen programs with TISD to promote the health of the students and staff. It focuses on the critical health issues of Thrall ISD students in the areas of obesity, diabetes and asthma.

Responsibilities of the SHAC include:

- a. Approval of all health related curriculum, including human sexuality education
- b. Review of the TISD wellness policy
- c. Implementation of Coordinated School Health across the district

The Board appointed SHAC members for the 2010-11 school-year includes:

Chair: Diane Gwinn

Vice-Chair: Stephanie Woelfel

Secretary: Cheryl Hall

Students: Liberty Beckermann, Alma Rodriguez, and Deanna Hall

Community Members: Cindy Beckermann, Cheryl Hall, Diane Gwinn, Tricia Van Til, Stephanie Woelfel

TISD Personnel: Bruce Davis, Superintendent; Lynn Crabb, District Nurse- SHAC Liaison;

Lise Chumbley, HS Teacher; Norma Rodriguez, Teaching Assistant; and Tina Pitts, Nutrition Director

Since our last report to the board, the council has continued efforts to remain in compliance with **updated requirements pertaining to SHAC**, including but not limited to the following:

- 1) Meet 4 times/year at a minimum.

- 2) Contain a minimum of 5 members, including parents not employed by the school district.
- 3) Report directly to the school board at least once annually with detailed account of SHAC activities and recommendations.
- 4) Parent as chair/co-chair.
- 5) Recommend indicators for evaluating effectiveness of Coordinated School Health Programs.

Accomplishments and Goals of the School Health Advisory Council from Fall 2010 to Spring 2011

A. The council has met five times in the 2010-2011 school year

| Table 1. Meetings of the TISD SHAC 2010-2011 |
|---|
| September 13, 2010 |
| October 18, 2010 |
| November 15, 2010 |
| March 7, 2011 |
| March 28, 2011 |
| *Minutes are located on the Thrall ISD web site |

B. Council voted to buy crackers for the Health Office. Cheryl Hall purchased the crackers and donated them to the Health Office.

C. Puberty education was recommended for 4th & 5th grade. Mrs. Lenz was present at the meeting and gave her permission to proceed. Nurse Crabb showed the film to the girls and Coach Ball showed the film to the boys. "Always Changing" was the film recommended by the council for viewing.

D. The Human Sexuality Curriculum "Worth the Wait" was reviewed. **The recommendation of the Council is to continue with the current program.**

E. The P.A.P.A. (Parenting and Paternity Awareness) program was reviewed and discussed. The 80th Legislature passed HB 2176 directing all school districts to use this program which is put out by the Attorney General of Texas. The Council recommended the information be presented to Mr. Burkhardt for consideration. Coach Doege attended the training and will teach P.A.P.A. in his Health classes.

F. The Council is reviewing and working on revising the current Wellness policy. The current policy has not been reviewed since voted on by the Board in 2006.

Coordinated School Health Program is part of the Wellness Policy.

It is designed to prevent obesity, cardiovascular disease and Type 2 diabetes in elementary school, and middle school students. Each program must provide for coordinating:

- 1) Health Education
- 2) Physical education and physical activity
- 3) Nutrition services; and
- 4) Parental involvement

The Council is researching program components to further understand how to better implement this required plan. Currently the Healthy and Wise program is listed in the policy as being used by the district.

G. Cell Phone signs were needed on the street in front of the school. Council member Stephanie Woelfel volunteered to contact the local police department for information. Mr. Davis wrote the required letter and the signs have been installed.

H. The Council applied for a competitive grant from Whole Food Market, Great American Salad Bar Project for a salad bar with the permission of Superintendent Davis. Tricia Van Til volunteered to compile the information required and submit the grant on behalf of the SHAC. In January 2011 it was announced our district was a winner of a salad bar. The Council deeply appreciates the time Mrs. Van Til spent on the grant. The addition of the salad bar in our cafeteria will encourage students and staff to eat more fresh vegetables.

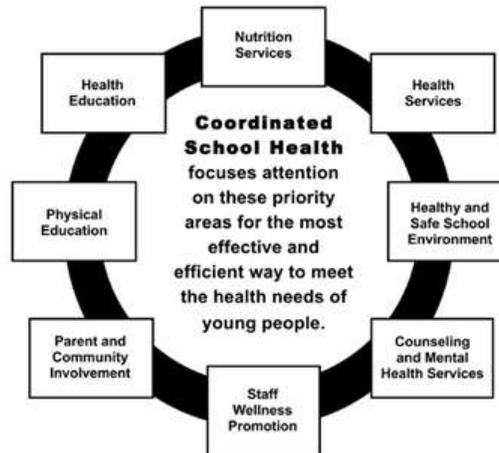
I. The Council assisted with the Flu Clinic that was provided for our students on September 29, 2011.

J. Employee wellness was discussed and a decision was made to continue with the Staff Wellness Fair. The Fair was held on May 11 from 10am to 2pm in the Board Room of the Administration building. Thirty five staff members attended the fair.

K. The Council reviewed and would like to recommend the program "Too Good For Drugs" for the Board. This is a 10 week (1 day each week) evidenced based curriculum which is presented by Life Steps. Trained Life Steps staff will present the material to students in grades 3 through 5. The cost for the district would be the Life Skills notebook at 99 cents per student. This program would reinforce the information the students obtain during Red Ribbon Week. The Council will look for funding options if the Board approves the program.

The Council would like to thank Liberty Beckermann and Alma Rodriguez for their 3 years of committed service on the Council. We wish them the very best as they move on to college. We would also like to thank Deanna Hall for serving on the Council this past year. The student representatives bring youthful insight and ideas which has been very helpful in our meetings.

The Council will continue to evaluate the 8 Modules of Coordinated School Health and make any suggestions, or recommendations we feel will encourage the health of our students, staff, or community.



Respectfully,

Lynn Crabb,RN

District Nurse - SHAC Liaison