

RESOLUTION
McAllen ISD School Health Advisory Council (SHAC)
Recommendations on Requiring High School Health
[04-08-10 SHAC meeting]

WHEREAS, § 28.004 of the Texas Education Code requires school districts to consider the recommendations of the local school health advisory council before changing the district's health education curriculum or instruction; and

WHEREAS, § 28.004 of the Texas Education Code also requires the local school health advisory council to recommend to administration the number of hours of instruction to be provided in health education; and

WHEREAS, there is national, state, and community concern about the increase in obesity, diabetes, and other medical conditions among school-age youth; and

WHEREAS, research indicates that schools rated “exemplary” had a much higher incidence of students in the health fitness zone (FitnessGram assessment) than schools that were rated lower than “exemplary;” and

WHEREAS, the Texas Legislature recently has passed numerous health-related laws that impact instruction of public school students, thereby indicating a general concern about the health of students, including requirements in Child Nutrition, Wellness, Physical Education, Health Education, FitnessGram assessments, Coordinated School Health, and the operations of local School Health Advisory Councils; and

WHEREAS, adolescents are more likely than younger students to engage in risk-taking behaviors, such as tobacco and substance abuse, early onset sexual activity; and

WHEREAS, the rise in the rate of teen pregnancy and Sexually Transmitted Infections (STI) nationally, in Texas, and in Hidalgo County is cause for concern; and

WHEREAS, the community, schools, parents and adolescents need information about various aspects of health-related issues in order to make good decisions about their well-being, development, and safety; and

WHEREAS, the local school health advisory council has considered that local community values are reflected in any recommendation made by the council;

NOW, THEREFORE, based on this information, BE IT RESOLVED that the McAllen Independent School District School Health Advisory Council recommends that:

- ***Coordinated School Health goals from each component (counseling and mental health services; health education; healthy and safe school environment; health services; nutrition services; parent and community involvement; physical education; and, staff wellness promotion) be included in Campus Improvement Plans for elementary and middle schools;***
- ***High School health ½ credit for high school graduation should be required for all students in the McAllen ISD;***
- ***Recess minutes are not counted toward physical activity minutes;***
- ***For elementary schools that have scheduled above the state-mandated minute (30 minutes daily or 135 minutes per week) requirements of physical activity, continue the practice; and, for elementary schools that have scheduled the minimum requirement of physical activity minutes (30 minutes daily or 135 minutes per week), develop an action plan that will increase the minimum requirements of physical activity minutes; and,***
- ***A research-based Human Sexuality curriculum that is currently under review will be presented for approval.***

Aforementioned Resolution was initially discussed at the January 28, 2010, February 4, 2010 and March 11, 2010 meetings of the School Health Advisory Council. Suggestions and modifications were initiated and finalized at the March 11th meeting. Resolution was approved verbally or via email by SHAC members during the month of April 2010. Approved resolution was presented (as an administrative policy) to the McAllen ISD Board of Trustees in the annual SHAC report to the Board.