

No. _____



UNITED INDEPENDENT SCHOOL DISTRICT INFORMATIONAL ITEM

TOPIC: Presentation of Annual Progress Report of the School Health Advisory Council (SHAC)

SUBMITTED BY Sandra Alvarez **OF:** Executive Director

APPROVED FOR TRANSMITTAL TO SCHOOL BOARD: _____

DATE ASSIGNED FOR BOARD CONSIDERATION: May 19, 2010

United Independent School District School Health Advisory Council



Annual Progress Report To the Board of Trustees

April 29, 2010



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.

United ISD SHAC Members

2009-2010



Mrs. Sandra Alvarez del Castillo: Chairperson
Mrs. Martha Sanderson: Co-Chairperson/Parent
Ms. Angelica Arreola: Parent
Dr. Sara Campos: Health Services
Ms. Elsa Davila: Parent
Ms. Ma. Luisa Dominguez: Parent
Ms. Maricela Garcia: Parent
Dr. Hector Gonzalez: Health Services
Ms. Zaida Gonzalez: Health Services
Ms. Petra Hernandez: Parent
Ms. Gabriela Lozano: Parent
Ms. Nora Martinez: Health Services
Ms. Patricia Montemayor: Parent
Mr. Jerry Perez: Parent
Ms. Tatiana Quetzel: Parent
Mr. Alfredo Rendon: Parent
Ms. Glenda Ruiz: Parent
Ms. Monica Spinelli: Parent
Ms. Sandra Suarez: Parent
Ms. Maria Tanguma: Parent
Ms. Angelica Tarver: Parent
Ms. Angelica Zarzosa: Parent

Coordinated School Health Advisory Members:

Ms. Sandra Cavazos: Student Services
Mr. Bobby Cruz, Ms. Lisa Haberkorn: Health & Physical Education
Ms. Ann Macdonald, Mrs. Roylin Wilson: Curriculum & Instruction
Ms. Irene Rosales: Health Services
Mrs. Christy Uribe-Flores: Guidance & Counseling
Ms. Aryana Valdez/Ms. Elisa Santos: Nutrition Services

Coordinated School Health



All Texas schools are required by law to implement a Coordinated School Health (CSH) program in grades K-8. United Independent School District's CSH is *Bienestar*.



What is Coordinated School Health?

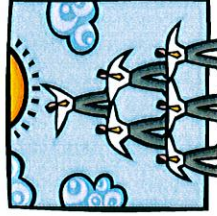
Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.

Coordinated School Health

Eight Components

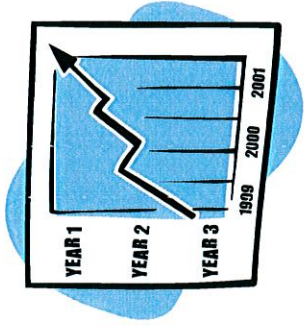
- Health Education
- Healthy and Safe School Environment
- Counseling and Mental Health Services
- Parent and Community Involvement
- Staff Wellness Promotion
- Health Services
- Physical Education
- Nutrition Services





2009-2010 Texas Goals for Districts and Campuses

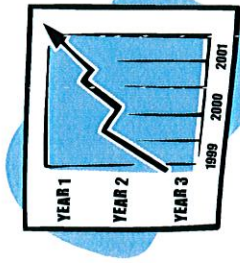
- ✓ Increase percentage of students able to achieve the healthy fitness zone standard in all six required test items.
- ✓ Develop and implement goals and objectives for physical education/activity programs after reviewing data collected through fitness assessment and other evaluation methods.
- ✓ Incorporate CSH as a part of Campus Improvement Plans.
- ✓ Strengthen and utilize SHACs to support the implementation of all school health policies and practices.



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.

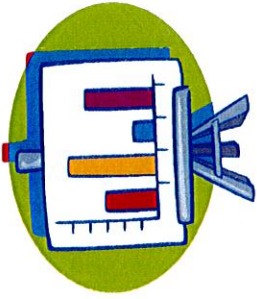


FitnessGram®

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.



Campus/District FitnessGram® Data

UISD FITNESSGRAM RESULTS

2008-2009

Campus	Enrollment	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ
DISTRICT		25,234	11,796	47	25,094	16,872	67	25,319	20,401	81	25,452	22,558	89	25,681	16,039	63
Alexander HS		2,380	606	25	2,345	1,319	56	2,380	1,957	82	2,389	2,242	94	2,400	1,518	63
Clark MS		892	203	23	892	369	41	892	675	76	893	705	79	894	547	61
United MS		920	550	60	917	666	73	918	650	71	918	885	96	921	670	73
Clark EL		127	98	77	130	93	72	136	106	78	132	117	87	133	92	69
CSBS EL		408	306	75	405	273	67	407	282	69	408	395	97	408	255	63
Gutierrez EL		352	275	78	348	282	81	352	341	70	355	350	97	355	251	71
Newman EL		263	154	59	263	242	92	263	254	97	263	238	91	262	126	48
Nye EL		386	277	72	385	223	58	387	187	48	387	380	98	388	198	51
TOTAL		5,728	2,469	43	5,685	3,467	61	5,735	4,452	78	5,745	5,312	93	5,761	3,657	64
LBJ HS		1,862	504	27	1,798	869	48	1,830	1,443	79	1,840	1,750	95	1,815	1,148	63
LBV MS		481	311	65	479	438	91	479	463	97	481	460	96	483	317	66
Los Obispos MS		829	163	20	830	538	65	829	549	66	830	628	76	839	523	62
Garcia MS		524	115	22	526	378	72	527	493	94	528	375	71	531	297	56
Arndt EL		245	166	68	235	158	67	245	230	94	248	229	92	248	141	57
Centeno EL		219	169	77	217	197	91	218	201	92	219	213	97	219	183	84
DD Hachar		147	126	86	171	94	55	171	64	37	175	160	91	175	119	68
Juarez/Lincoln EL		132	100	76	96	25	26	123	52	43	131	125	95	126	74	59
Kennedy/Zapata EL		227	164	72	225	183	81	224	210	94	224	200	89	227	115	51
Prada EL		326	233	72	330	205	62	331	275	83	331	231	70	331	179	54
Perez EL		373	235	63	376	171	46	376	141	38	377	351	93	376	243	65
Roosevelt EL		354	213	60	351	293	84	352	335	95	352	345	98	361	225	62
TOTAL		5,719	2,499	44	5,634	3,549	63	5,705	4,456	78	5,736	5,067	88	5,731	3,564	62
HFZ = Healthy Fitness Zone - students in this zone are considered physically fit for their age and/or grade level on that test item																

red= cardiovascular endurance

green= push-ups

aqua= curl-ups

pink= trunk lift

lt. blue= shoulder stretch

purple= body composition

UISD FITNESSGRAM RESULTS 2008-2009

Campus	Enrollment	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ
DISTRICT		25,234	11,796	47	25,094	16,872	67	25,319	20,401	81	25,452	22,558	89	25,681	16,039	63
United HS		2,601	517	20	2,646	1,989	75	2,652	2,058	78	2,646	2,457	93	2,753	1,529	56
Trautmann MS		1,244	469	38	1,209	927	77	1,234	912	74	1,248	1,098	88	1,251	906	72
Washington MS		1,101	759	69	1,089	687	63	1,112	1,015	91	1,101	870	79	1,114	815	73
Borchers EL		238	188	79	238	199	84	238	180	76	238	237	99	238	156	66
Malakoff EL		378	336	89	376	249	66	377	304	81	379	338	89	379	287	76
Fasken EL		406	311	77	406	344	85	406	392	97	407	397	98	403	250	62
Finley EL		278	217	78	279	177	63	279	233	84	279	228	82	280	197	70
Kazen EL		253	217	86	295	238	81	297	250	84	297	295	99	297	206	69
De Llano EL		347	279	80	292	166	57	288	177	62	345	287	84	347	206	59
Muller EL		367	286	78	364	332	91	366	355	97	366	345	94	369	317	86
Trautmann EL		395	312	79	393	254	65	395	331	84	396	370	93	396	205	52
TOTAL		7,608	3,891	51	7,587	5,562	73	7,644	6,207	81	7,702	6,922	90	7,827	5,074	65
United South HS		2,244	568	25	2,194	1,511	69	2,204	2,056	93	2,213	2,180	99	2,258	1,307	58
Gonzalez MS		629	241	38	617	498	81	625	580	93	630	620	98	629	454	72
United South MS		1,171	474	41	1,169	736	63	1,169	889	76	1,168	452	39	1,167	693	59
Cuellar EL		285	221	78	280	233	83	285	277	97	268	268	100	286	172	60
Garcia EL		393	325	83	387	166	43	388	154	40	392	269	69	392	244	62
Killam EL		282	223	79	326	269	83	317	297	94	332	309	93	327	186	57
Ruiz EL		330	249	76	280	126	45	327	312	95	330	322	98	330	212	64
Salinas EL		497	383	77	496	409	83	491	481	98	497	476	96	497	256	52
Zaffirini EL		438	317	72	439	246	56	439	239	54	439	359	82	439	220	50
TOTAL		6,269	3,001	48	6,188	4,194	68	6,245	5,285	85	6,269	5,255	84	6,325	3,744	59

red= cardiovascular endurance

green= push-ups

aqua= curl-ups

pink= trunk lift

lt. blue= shoulder stretch

purple= body composition

Status of Health and Fitness

District Overview

2008-2009

Grade	Total # of Students Assessed at least one time		FITNESSGRAM® Test (% Achieving Healthy Fitness Zone on all 6 tests)			
		Girls	Boys		Girls	Boys
3	2,867	1,394	1,473	774	32.35	21.92
4	2,988	1,437	1,551	707	30.61	17.21
5	2,809	1,396	1,413	546	24.78	14.15
6	2,725	1,335	1,390	546	21.72	18.41
7	2,999	1,466	1,533	500	17.18	16.17
8	2,839	1,347	1,492	380	12.99	13.73
9	2,836	1,375	1,461	338	10.90	12.86
10	2,522	1,274	1,248	251	10.36	9.53
11	2,215	1,112	1,103	152	7.28	6.43
12	1,871	937	934	132	7.47	6.63

FITNESSGRAM Testing

Program Analysis District

	2007-2008 Data				2008-2009 Data			
	FITNESSGRAM® Test (% Achieving Health Fitness Zone on all 6 tests)				FITNESSGRAM® Test (% Achieving Health Fitness Zone on all 6 tests)			
Grade	Total	Girls	Boys		Total	Girls	Boys	
3	751	30.47	20.05		774	32.35	21.92	
4	568	27.01	12.75		707	30.61	17.21	
5	442	20.24	10.81		546	24.78	14.15	
6	414	15.89	12.47		546	21.72	18.41	
7	279	9.59	10.47		500	17.18	16.17	
8	312	10.38	11.77		380	12.99	13.73	
9	236	7.58	8.80		338	10.90	12.86	
10	202	8.10	8.45		251	10.36	9.53	
11	180	6.61	10.39		152	7.28	6.43	
12	125	7.24	9.70		132	7.47	6.63	

Total # of students tested: 25,353

Total # of students tested: 25,541

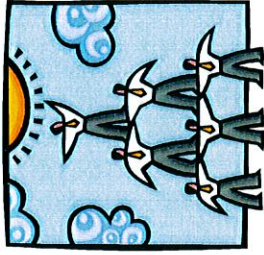
FITNESSGRAM Testing

Longitudinal Side-by-Side Study

2007-2008				2008-2009			
FITNESSGRAM® Test (% Achieving Health Fitness Zone on all 6 tests)				FITNESSGRAM® Test (% Achieving Health Fitness Zone on all 6 tests)			
Grade in 2008- 2009	Total	Girls	Boys	Grade in 2009-2010	Total	Girls	Boys
N/A	N/A	N/A	N/A	3	774	32.35	21.92
3	751	30.47	20.05	4	707	30.61	17.21
4	568	27.01	12.75	5	546	24.78	14.15
5	442	20.24	10.81	6	546	21.72	18.41
6	414	15.89	12.47	7	500	17.18	16.17
7	279	9.59	10.47	8	380	12.99	13.73
8	312	10.38	11.77	9	338	10.90	12.86
9	236	7.58	8.80	10	251	10.36	9.53
10	202	8.10	8.45	11	152	7.28	6.43
11	180	6.61	10.39	12	132	7.47	6.63
12	125	7.24	9.70	N/A	N/A	N/A	N/A

Total # of Students Tested: 25,353

Total # of Students Tested: 25,541



United ISD SHAC Goals

1. Increase number of children in healthy fitness zone as assessed by FitnessGram®
2. Increase SHAC parent membership and participation
3. Provide oversight in development of goals and objectives for Coordinated School Health in Elementary and Middle School Campus Improvement Plans
4. Develop goals and objectives for physical education after receiving Fitness Gram data
5. Initiate School Health Index (SHI) Survey
6. June Retreat – Develop SHAC goals for 2010-2011

SHAC Activity Report



1. Participation in Elementary and Middle School in the development of Coordinated School Health (CSH) goals and objectives
2. Implementation of updated and revised *Bienestar* Program at elementary schools
3. Discussion of PAPA Curriculum requirements
4. Discussion of Fitness Gram results
5. Participation in Healthy Lifestyle Activity
-Walk Across Texas Challenge



2009-2010 SHAC Meeting Dates

1. September 10, 2009
2. April 8, 2010
3. April 29, 2010
4. May 13, 2010
5. June 10, 2010

(Minimum of four meetings required annually. Anyone is welcome to attend any meeting.)