

Student Health Advisory Council SHAC 2021-2022 Annual Report and Accomplishments

SISD Student Health Advisory Council (SHAC) annually presents a progress report to the school board. It will be available on the SISD SHAC website. SHAC will make additional recommendations to the school board on an “as needed” basis. The council consists of 25-30 voting members including students, parents, community members and employees of the school district. We had three virtual meetings for the 2021-2022 school year. The meeting dates were: September 21, 2021, November 10th, 2021, and April 21st, 2022. SHAC is also part of the Smithville Whole Health Partnership and works in a collaborative effort between the school, community, and families for the health and wellness of the students that we serve.

A primary goal of SISD SHAC is to assist the district in ensuring that local community values are reflected in the district’s health education instruction. (Education Code 28.004 (a) [See EHAA regarding duties of the SHAC.] The following health components are: obesity, tobacco use, drug abuse and prevention, human sexuality, prevention of child abuse, bullying, diabetes, mental health, and or/ any other health issue that we may see in our school aged children. A few of the accomplishments of this year include, but are not limited to:

Human Sexuality:

Aim for Success - This year “Just Say YES – **Youth Equipped to Succeed**” program was presented at the JH and HS campuses. The process has changed this year. Parents/guardians were required to sign an Opt In form versus the Opt Out form. This requirement was mandated by the State of Texas Legislature. We had fewer High School students participating due to the new process of “opting in” the Aim for Success program. The parent presentation was given the evening prior to the student presentations.

Health education classes:

Dr. Caudill spoke with community members prior to COVID Pandemic about supplementing the classes with guest speakers that have been screened for content. The sub-committee will plan to work on the process for the next school year.

The CTE Health Pathway classes have been expanded and growth will continue into the 2022-23 school year. The Freshman and Sophomore students have received their HIPAA (medical confidential), Heartsaver CPR, and BLS CPR certifications this school year. Health Certifications will continue to expand to include 12 Lead EKG and Phlebotomy Certifications for the Sophomore and Juniors at the High School.

Reduction of Childhood obesity

Mr. Lowery has a Garden Tower in each school cafeteria. He continues to work in the school gardens and produces vegetables for the school cafeterias.

SISD child nutrition has been able to purchase produce from local vegetable farms.

SISD child nutrition delivers meals for school children throughout the community including summers. Plans to include students in “Its Time Texas” health and wellness challenge will be implemented this upcoming school year.

Employee Wellness Challenge:

Judy Bergeron and Jill Strube presented the It's Time Texas community wellness challenge for the SISD staff members and community. School participation has declined and plans to restore the health and wellness challenge will be visited this upcoming school year.

Athletic Physicals:

JH and HS students had the opportunity to receive their required medical physicals at no charge during the school day. ALLY ER provided the service for these students.

Community outreach programs:

Wesley Community Nurse and Walgreens offered flu shots for the SISD staff members.

SISD nurses received a grant from Rack Room Shoes for the Shoes that Fit program. Shoes were purchased and given to the SISD students in need of a new pair of shoes.

Born Again Emporium gives clothes to the SISD community at no charge.

Smithville Community Clinic is providing free services for Behavioral Health. These services are available for SISD students and staff members.

All meetings held by SHAC were virtual due to the COVID Pandemic. SHAC's goal is to continue to increase participation of parents and community members. Reminder emails are sent to all SHAC members regarding upcoming meeting dates.

The SISD bylaws are available on the SHAC web page found at www.smithvilleisd.org website.

All minutes are available on our SHAC web page found at www.smithvilleisd.org website.

Co-chairs: Judy Bergeron and Sophie Weinheimer, RN

Thank You!