

# SCHOOL HEALTH ADVISORY COUNCIL

Aledo ISD  
2014-2015

# PURPOSE OF THE SHAC

- From TEC 28.004[a]:

The purpose of the School Health Advisory Council (SHAC) is, “...to assist the District in ensuring that local community values are reflected in the District’s health education instruction.”



# REQUIREMENT OF THE SHAC

- From TEC 28.004[m]:

The School Health Advisory Council (SHAC) shall, at least annually  
*“...submit a report to the Board on the activities of the SHAC during the period between the date of the current report and the last prior report.”*



# SHAC MEMBERSHIP

This year the SHAC consisted of 34 members:

- 14 parents
- 7 teachers
- 3 nurses
- 3 community reps
- 2 counselors
- 2 students
- 2 administrators
- 1 AISD police officer



# MEETING DATES

Four SHAC meetings were held during the 2014-2015 school year:

- October 6
- November 10
- January 12
- April 20
  
- \*February 23, cancelled due to weather and not rescheduled



# HIGHLIGHTS FROM SHAC - 2014-2015

Reviewed and amended bylaws:

- To state that McAnally Intermediate School shall have a minimum of 2 parent reps (to bring consistent with middle school who also has a 2 parent rep minimum with a 2-grade configuration)



# HIGHLIGHTS FROM SHAC - 2014-2015

Reviewed and recommended USDA and TDA school nutrition policies regarding nutritional guidelines:

- Relative to food used for instructional purposes, fundraisers that have food as a sale item, and school-wide party days
- For inclusion in Aledo ISD Wellness Policy



# HIGHLIGHTS FROM SHAC - 2014-2015

The SHAC recommended *Healthy Handwashing*:

- Assembly-style program
- Teaches young kids proper technique and necessity for washing hands
- Approved by Board of Trustees on October 20, 2014





# HIGHLIGHTS FROM SHAC - 2014-2015

The SHAC recommended *Natural High*:

- Online resources encouraging students to find their 'natural high' through sports, music, art or other ways instead of through drugs
- Utilized by grades 5-8 during Red Ribbon Week
- Approved by Board of Trustees October 20, 2014



# HIGHLIGHTS FROM SHAC - 2014-2015

The SHAC recommended *Play it Safe*:

- Assembly-style program targeted to grades PK-12 on topic of child abuse prevention
- Two campuses hosted assembly this school year
- Approved by Board of Trustees October 20, 2014



# HIGHLIGHTS FROM SHAC - 2014-2015

The SHAC recommended the *Texas School Drug Survey*:

- Administered through the Public Policy Research Institute at Texas A&M
- Surveys are completed by randomly chosen 6<sup>th</sup> – 12<sup>th</sup> grade students between window from May 12 – May 27
- Most recent participation by AISD was in spring 2008
- Survey reports will be used to assess programming and needs in the areas of drug awareness and prevention



# HIGHLIGHTS FROM SHAC - 2014-2015

The SHAC recommended *REAL Essentials*:

- Abstinence-based human sexuality curriculum
- Published by the Center for Relationship Education
- Delivered by Grace House Ministries of Weatherford
- Approved by Board of Trustees on February 16, 2015



# HIGHLIGHTS FROM SHAC - 2014-2015

Reviewed and discussed online bullying reporting mechanism:

- Solicited feedback on use and benefits
- Consideration for modifications to format and philosophy of form
  - No changes have taken place with online report form at this time



# HIGHLIGHTS FROM SHAC - 2014-2015

Reviewed and discussed food allergies and district protocol:

- Relative to administrative decision to no longer serve peanuts or peanut-based products at school
- Relative to parental request to designate one elementary campus as completely peanut-free (meaning no outside peanut products could be allowed in either)
- Consideration for a happy medium to more clearly designate areas in cafeteria where peanuts or peanut-based products would not be permitted



# HIGHLIGHTS FROM SHAC - 2014-2015

Subcommittee on *Physical Activity & Fitness* (required from 83<sup>rd</sup> Regular legislative session):

- Subcommittee comprised of 3 parents, 2 administrators, 1 teacher, 1 community member
- Subcommittee met twice
  - February 17, March 31



# HIGHLIGHTS FROM SHAC SUBCOMMITTEE- 2014-2015

Reviewed and discussed *FitnessGram* reports from 2013-2014 school year and 2014-2015 school year:

- *FitnessGram* is the state mandated instrument used to assess the fitness levels of students in public schools in Texas
- Aledo ISD trends suggested the following:
  - Percentage of students testing in Healthy Fitness Zone (HFZ) for aerobic capacity decreased notably as students got older (*though there was improvement in 2014-2015*)
  - Body Composition was the category that consistently had the lowest number of students testing in the HFZ
  - Fewer than 50% percent of students tested in the HFZ for all 6 categories at nearly all campuses for both the 13-14 and 14-15 school years





# HIGHLIGHTS FROM SHAC SUBCOMMITTEE- 2014-2015

Made recommendations to SHAC based on review of *FitnessGram* data:

- That we establish a goal that 80% of all students being assessed will fall within HFZ
- That we incentivize the participation for students to get most accurate data possible
- That we standardize the administration of the *FitnessGram* instrument to provide consistency in results and reports
- That we increase time spent practicing *FitnessGram* activities
- That we consider increasing amount of daily aerobic activity
- That we NOT consider Body Composition Index as a valid measure from aggregate data, and that students outside of HFZ for Body Composition should be addressed individually



# HIGHLIGHTS FROM SHAC - 2014-2015

The SHAC approved all recommendations made by the Subcommittee on Physical Activity & Fitness:

- Planned changes to administration of *FitnessGram* will begin in 2015-2016 school year



# HIGHLIGHTS FROM SHAC - 2014-2015

The SHAC approved consent letters for 2015-2016 school year:

- Passive consent for *REAL Essentials* sex education program
- Active consent for Parenting and Paternity Awareness (p.a.p.a.) program for any student taking high school credit health course in 8<sup>th</sup> grade

