

Navarro Independent School District: School Health Advisory Council (SHAC) 2025-2026
Annual Report

2025-2026 School Health Advisory Committee Meeting Dates

- a. September 22, 2025 - 5:00 p.m. – Navarro High School Library
- b. October 27, 2025 – 5:00 p.m. – Navarro High School Library
- c. February 9, 2026 – 5:00 p.m. – Navarro High School Library
- d. April 13, 2026 - 5:00 p.m. – Navarro High School Library

Meeting agendas and minutes can be accessed on the Navarro ISD website at the following link:
https://www.navarroisd.us/29876_3

1. Statutory Authority and Purpose

In 1995, the Texas Legislature passed Senate Bill 1, which added Section 28.004 to the Texas Education Code (TEC), requiring every local school district to establish a School Health Advisory Council (SHAC). In accordance with this statute and Navarro ISD policy FFA(LOCAL), the SHAC serves as a volunteer advisory council to the Board of Trustees. The primary duty of the SHAC is to recommend policies, procedures, curriculum, and strategies for health education that are appropriate for the specific grade levels and unique community needs of our district. By coordinating school health services and promoting wellness, the council provides vital guidance on methods to advance student academic performance. We believe that SHAC contributions to coordinated school health programming lead to a greater positive impact on student health and learning.

2. Council Composition and Governance

To ensure our wellness initiatives reflect the values of our community, the SHAC is legally required to be composed of parents of students enrolled in the district. Our committee is further strengthened by the inclusion of a diverse group of stakeholders, including:

- Community leaders and members of the public
- Community health professionals
- School personnel and administrators
- Board members
- Food service providers
- Physical education teachers
- School health professionals (Registered Nurses and Licensed Vocational Nurses)

The committee is committed to increasing student voice and representation in its work. Efforts will be made to actively recruit secondary student members for the 2026–2027 school year to ensure meaningful participation and input.

The importance of a School Health Advisory Committee (SHAC) is underscored by the significant level of student health needs across the district. During the most recent reporting period, school health professionals documented approximately 23,000 clinic visits and 7,000 home contacts, illustrating the critical role that health services play in supporting student success. A coordinated school health program, guided by the SHAC, ensures that these needs are

Submitted: May 2026

Navarro Independent School District: School Health Advisory Council (SHAC) 2025-2026 Annual Report

addressed through a comprehensive and aligned approach that integrates health services, nutrition, mental health supports, and health education. By bringing together diverse stakeholders—including educators, health professionals, parents, and community members—the SHAC helps the district proactively respond to student needs, promote wellness, and remove barriers to learning. This collaborative effort not only supports the immediate health concerns of students but also fosters long-term habits that contribute to improved academic outcomes and overall well-being.

Navarro ISD prioritizes transparency. Meeting dates, agendas, and minutes are posted on the district website. Furthermore, the student handbook identifies the individual responsible for wellness policy oversight and provides a formal invitation for the public to participate in the development, implementation, and evaluation of district health plans.

3. 2025-2026 Targeted Goals and Implementation Strategies

The SHAC identified two primary objectives for the 2025-2026 school year to strengthen the district's health culture.

Goal 1: Expand SHAC Membership

The council implemented the following strategies to foster a more diverse and representative membership:

- **Outreach at Events:** Distributed flyers and shared SHAC information with the community during Open House, Meet the Teacher, and Districtwide events such as Panther Palooza.
- **Online Accessibility:** Maintained an easy-to-navigate online application on the district website to simplify the sign-up process.
- **Campus Newsletters:** Featured "SHAC Corner" updates and membership opportunities in regular campus communications.
- **Advance Notification:** Published all yearly meeting dates at the start of the school year to facilitate participation.
- **Community Outreach:** Conducted direct invitations to local organizations and community members.

Goal 2: Coordinated Health Activities

The objective is to provide coordinated health activities across all campuses that are an integral part of the campus culture. As a key strategy, the district implemented a "**Health Tip of the Week**" program, where weekly tips are distributed to match the health and wellness concepts being highlighted by coaches and teachers in the classroom.

4. Campus-Specific Health and Wellness Highlights

The following table details the comprehensive health, mental health, and nutritional supports provided across the district at each campus.

Submitted: May 2026

**Navarro Independent School District: School Health Advisory Council (SHAC) 2025-2026
Annual Report**

Campus	Physical Fitness & Health	Mental Health Support	Nutritional Support
<i>Navarro Elementary</i>	Field Day; Panther Run; Jingle Bell Run; FitnessGram; CATCH Week; Jump Rope for Heart; Weekly Health Concepts (Nutrition, Hygiene, Exercise)	Self-care stations; Guadalupe County Advocacy Center; TCHATT; Connections Individual and Family Services; Core Essentials; Bridge Builders/Guadalupe County Juvenile Prevention Services; Mental Health Officers; Head Start mental health consultant; Bluebonnet Trails.	Adopt a Cow; Farm Fresh Challenge; "Veggie of the Month" bulletin boards; National School Lunch/Breakfast weeks; Apple donation for Jingle Bell Run.
<i>Navarro Intermediate</i>	Jump Rope for Heart; FitnessGram; Field Day; Reindeer Run; Color Run.	"Leader in Me" program; SHARE program; TCHATT; Bluebonnet Trails; self-care stations; Guadalupe County Advocacy Center.	Adopt a Cow; Garden Towers; National School Lunch and Breakfast weeks; Farm Fresh Challenge; Bulletin Board Veggie of the Month.
<i>Navarro Junior High</i>	FitnessGram; PE/Outdoor Education classes; Outdoor Recess during lunch; Field Days; CPR/First Aid courses	SHARE program; Bluebonnet Trails; Mental Health Officers; Guadalupe County Advocacy Center; Guadalupe County Juvenile Prevention Officers; CIS/Contract counseling, TCHATT (Texas Child Health Access Through Telemedicine)	Farm Fresh Challenge; Monthly nutrition bulletin boards; National School Lunch and Breakfast weeks
<i>Navarro High School</i>	WorkSite Step Challenge; FitnessGram; PE curriculum focusing on many sports/activities to foster life-long fitness.	Counseling screenings; Mental Health Officers; Bluebonnet Trails (case-by-case), Friday lessons through Advisory period, Connections Counseling Referrals, TCHATT Referrals, Monthly Themes and Activities at lunch, Mental Health Awareness in the month of May	National School Breakfast and Lunch weeks; Farm Fresh Challenge; Bulletin Board Veggie of the Month

Submitted: May 2026

Navarro Independent School District: School Health Advisory Council (SHAC) 2025-2026
Annual Report

5. Mandated Health Education and Specialized Curriculum

Navarro ISD utilizes research-based curriculum to address critical health risks and comply with state mandates. These materials are intended to:

- Educate students on the harmful health effects of tobacco and e-cigarettes
- Develop refusal strategies and peer pressure resistance
- Foster critical thinking skills related to choices and long-term effects of health behaviors, empowering students to make informed decisions that support their overall well-being and lifelong success
- Involve parents in preventative conversations

Mandated Fentanyl Awareness Training (Grades 6-12)

In compliance with TEC §38.040, the district provides annual instruction regarding fentanyl abuse prevention and drug poisoning awareness. Navarro ISD utilizes an e-course hosted in Eduphoria to cover:

- Suicide prevention
- Prevention of fentanyl abuse and addiction
- Awareness of local school and community resources and the processes for accessing them

6. Wellness Plan Evaluation and Nutrition Standards

The district Wellness Plan was formally assessed in 2024 and is reviewed annually at the final School Health Advisory Committee meeting. The Child Nutrition Director oversees the implementation of policy FFA(LOCAL), ensuring healthy nutrition messages are promoted in cafeterias and classrooms. The wellness policy can be access on the Navarro ISD website at the following link: <https://www.navarroisd.us/shac>

Nutrition and Wellness Actions:

- **Operational Standards:** All campuses ensure students have adequate time in the master schedule to eat school meals (breakfast and lunch).
- **Educational Engagement:** The Child Nutrition Department works with the campuses Implementation of "Farm Fresh Fridays," "Veggie of the Month" displays, and kitchen tours with kindergarten classes

The Child Nutrition Department works collaboratively with school campuses to promote healthy eating habits and nutrition education for all students. Through close coordination with campus administrators, teachers, and wellness teams, the department supports the integration of nutrition concepts into daily instruction and school activities. This includes providing resources for classroom lessons, promoting healthy menu choices, and supporting campus wellness initiatives aligned with district and state guidelines. By partnering with campuses, the Child Nutrition Department helps create a consistent message about the importance of balanced nutrition,

Submitted: May 2026

Navarro Independent School District: School Health Advisory Council (SHAC) 2025-2026
Annual Report

empowering students to make informed food choices that support their health, learning, and overall well-being.

Physical Fitness Sub-Committee

Our Physical Education program is designed to promote lifelong fitness, develop fundamental movement skills, and encourage positive attitudes toward physical activity. In addition to physical development, we emphasize character building through our H.E.A.R.T. core values: Honesty, Effort, Attitude, Respect, and Teamwork. These values are intentionally embedded into daily activities to help students grow both physically and socially. We also promote the importance of good personal hygiene, teaching habits such as proper cleanliness, the use of deodorant when appropriate, and overall self-care to support a healthy and active lifestyle.

Physical Fitness Assessment and Accomplishments

During the 2025–2026 school year, all students enrolled in a physical fitness course in grades 3 - 12 participated in the FitnessGram assessment. This assessment includes the PACER test (cardiovascular endurance), curl-ups (core strength and endurance), and trunk lift (flexibility and lower back strength).

Overall, students performed very well across all assessed areas. No significant areas of concern were identified, and most of the students assessed were able to demonstrate age-appropriate fitness levels. Students consistently showed strong effort, positive attitudes, and respect for their peers, reflecting both their physical progress and the impact of our H.E.A.R.T. core values.

Areas of Focus for 2026–2027

While overall performance was strong, continued emphasis will be placed on improving core strength, flexibility, and overall body control. These areas are essential for injury prevention and long-term physical development.

Plan for Continued Growth

To support student growth in these areas, the PE program will incorporate:

- Targeted core strengthening activities (sit-ups, planks, and stability exercises)
- Flexibility routines, including dynamic stretching and mobility exercises
- Movement-based drills that promote coordination, balance, and body awareness
- Structured fitness stations and progress monitoring to track student improvement
- Continued reinforcement of H.E.A.R.T. core values in all activities to build character alongside physical fitness

In addition, a strong emphasis was placed on preparing our 5th grade students for the transition into junior high pre-athletics. We will continue to challenge them to push beyond their comfort zones, develop discipline, and build the physical and mental readiness needed for the next level. This includes introducing more structured workouts, reinforcing expectations for effort and

Submitted: May 2026

Navarro Independent School District: School Health Advisory Council (SHAC) 2025-2026
Annual Report

accountability, and helping students gain confidence as they move toward a more competitive and performance-based environment.

Our goal is to continue developing a well-rounded program that supports student health, builds character, and encourages students to lead active, positive lifestyles. Through fitness, character, and pride, our students continue to grow, lead, and represent what it truly means to be a Panther.

7. Conclusion and Future Outlook

The contributions of the SHAC are essential to fostering a safe, healthy, and supportive environment for our students. By aligning health services with academic goals, we ensure that Navarro ISD health initiatives have a greater positive impact on student health and learning. Looking ahead to the 2026-2027 school year, the SHAC will continue to evaluate student safety and well-being through the May community needs assessment survey. Future initiatives under consideration include:

- **Walking Path Enhancements:** Labeling walking paths with mileage markers to encourage physical activity.
- **Community Events:** Bringing back the Health Fair and organizing a district Bike Rodeo.
- **Seasonal Initiatives:** Implementing "Harvest Month" to highlight locally grown produce.

We remain dedicated to identifying additional supports that ensure every student in Navarro ISD is healthy, safe, challenged, supported, and engaged.

Submitted: May 2026