

# **Student Health Advisory Council SHAC 2020-2021 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 four virtual meetings for the 2020-2021 school year. The meeting dates were: November 18th, 2020, January 27th, March 10th, and May 12th, 2021. 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 “The Achieve Success” program was presented virtually during Tiger Time at the JH and HS campuses. The reduction in size to a classroom vs. an assembly was a big positive.
- The parent presentation was given virtually 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.
- A CTE Health Pathway class will be offered to the HS students starting in the 2021-22 school year. After completing 4, the students will have the opportunity to receive their medical assistant certificate.

## 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.
- Catherine Pressler is assisting with virtual field trips to local farms/gardens.
- 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.

## 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 nurses became involved in challenging their prospective campuses to sign up and participate.

Athletic Physicals:

- JH and HS students had the opportunity to receive their required medical physical 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.
- Head Start Program has provided SISD information about the application process.

All meetings held by SHAC were virtual due to the COVID Pandemic. We were fortunate to have a high school student participate virtually during one of the meetings. 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](http://www.smithvilleisd.org) website.

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Co-chairs: Judy Bergeron and Sophie Weinheimer, RN

Thank You!