



October 21, 2024

School Health Advisory Council

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Purpose



School Health Advisory Council (SHAC) assists the district in ensuring that local community values are reflected in health education instruction. Additionally, SHACs play an important role in strengthening the connection between health and learning. They help parents, and community stakeholders reinforce the knowledge and skills children need to stay healthy for a lifetime.

Policy/Membership

- Texas law requires the establishment of a SHAC for every school district (Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004)
- SHAC is a group appointed by the school district to serve at the district level.
- Members of the SHAC come from different areas of the community and from within the school district.
- Majority of members must be parents who are not employed by LISD.
- Board will consider approval of membership at the October 21 meeting.

23-24 Meeting Dates & Accomplishments



SHAC met four times during the 23-24 school year:

- October 25, 2023
- November 29, 2023
- February 21, 2024
- March 20, 2024

Topics Included:

- Increasing physical activity during the elementary school day
 - New Indoor Recess Guidelines
 - New 3rd-5th Brain Break Activities
- HB 3908 Fentanyl Poisoning Awareness

Communication with Parents:

- Back to school forms allow parents to opt in/out
- Notice of upcoming lessons for increased transparency

SHAC Subcommittee Topics and Upcoming Work for 2024-25

- SHAC committee will meet four times this school year
- The committee will focus on researching technology screen time and the effects of screen time on elementary and middle school aged students. Recommendations will be developed.
- Continue collaboration with Child Nutrition/Aramark on sampling food and providing feedback



SHAC Approved Programs

- 21 Day Challenge data
 - Over 3000 students participated
- 21 Day Challenge at Work
 - Over 1600 employees participated
- Kids Heart Challenge
 - All 5th grade students learned the lifesaving skill of CPR



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