



# NAVARRO



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INDEPENDENT SCHOOL DISTRICT

## School Health Advisory Committee

2024-2025 Annual Report

In 1995, Texas passed a law (SB 1) that added Section 28.004 to the Texas Education Code. This law says that every local school district must create a **School Health Advisory Council (SHAC)**.

A SHAC is a volunteer advisory council to the school district Board of Trustees and is composed by a of majority parents, but also community leaders, school personnel, and other representatives. By law, SHAC's duties include recommending policies, procedures, curriculum, and strategies for health education appropriate for specific grade levels and community needs. SHACs can provide invaluable advice to the district on methods to advance student academic performance by promoting, practicing, and coordinating school health education and services. SHAC contributions to coordinated school health programming can lead to a greater positive impact on student health and learning.



# 2024-2025 School Health Advisory Targeted Goals

## Goal 1: Expand SHAC Membership

To effectively enhance membership within the School Health Advisory Council (SHAC), we implemented the following strategies:

- **Outreach at Events**: Flyers promoting SHAC membership were prominently displayed and distributed during the Panther Palooza event, reaching a wide audience of students, parents, and community members.
- **Online Accessibility**: An easy-to-navigate online application for SHAC membership was made available on the district's website, simplifying the sign-up process for interested individuals.
- **Inclusion in Communication**: Membership opportunities were actively featured in campus newsletters throughout the year, ensuring that families and staff continually have access to information about joining SHAC.
- **Advance Meeting Notification**: All SHAC meeting dates were published at the start of the school year, allowing members and prospective members ample time to plan their participation.
- **Community Engagement**: We reached out to local community members and organizations, inviting them to participate in SHAC discussions and initiatives, fostering a collaborative approach to student health.

By executing these targeted strategies, we aim to create a more diverse and vibrant SHAC that effectively represents the interests and needs of our school community.

# 2024-2025 School Health Advisory Targeted Goals

## Goal 2: Provide Coordinated Health Activities at all campuses that are an integral part of the campus culture.

The the following slides will depict what each campus is doing in key areas to highlight this initiative.



# Navarro Elementary SHAC 2024-2025

## **Physical Fitness Activities & Campus Health initiatives**

- Field Day
- Panther Run
- Jingle Bell Run
- FitnessGram
- CATCH Week
- Jump Rope for Heart
- Weekly Health Concepts (Nutrition, Hygiene, Exercise, etc.)



## **Nutritional Student Supports**

- Adopt a Cow-May
- Farm Fresh Challenge
- Bulletin Board Veggie of the Month
- National School Lunch Week
- National School Breakfast Week
- Apple donation for Jingle Bell Run



## **Mental Health Campus Supports**

- Guadalupe County Advocacy Center
- Core Essentials
- TCHAT
- Connections Individual and Family Services - individual and small group
- Counselor-created PLC Lessons
- Bridge Builders / Guadalupe County Juvenile Prevention Services
- Mental Health Officers



## **Additional Campus SHAC support**

- Self Care Stations (class settings)
- CATCH Week (Colab w/ PE)
- Collaboration with Bluebonnet Trails for on-site counseling and family support
- Head Start mental health consultant through the Early Childhood Wellness Program / Family Service in SA

# Navarro Intermediate SHAC 2024-2025

## Physical Fitness Activities & Campus Health initiatives

- Jump Rope For Heart
- FitnessGram
- Field Day
- Reindeer Run



## Mental Health Campus Supports

- Guadalupe County Advocacy Center
- SHARE Program
- TCHATT and Bluebonnet Trails
- Leader in Me

## Nutritional Student Supports

- Adopt a Cow-Ashley
- Farm Fresh Challenge
- Bulletin Board Veggie of the Month
- National School Lunch Week
- National School Breakfast Week
- Garden Tower



## Additional Campus SHAC support

- Reindeer Run
- Field Day
- Color Run
- Self Care Stations





# Navarro Junior High SHAC 2024-2025

## Physical Fitness Activities & Campus Health initiatives

- FitnessGram
- PE/Outdoor Ed Classes
- Outdoor Recess during lunch
- Field Days
- CPR/First Aid courses



## Mental Health Campus Supports

- SHARE Program
- Teen Safety Matters Program
- Bluebonnet Trails
- Mental Health Officers
- Guadalupe County Advocacy Center
- Guadalupe County Juvenile Prevention Officers
- CIS/Contract Counseling



## Nutritional Student Support

- Farm Fresh Challenge
- Bulletin Board Veggie of the Month
- National School Lunch Week
- National School Breakfast Week

## Additional Campus SHAC support

- Complete community needs assessment survey to identify additional supports that are needed for student safety, well-being and mental health through targeted campus programs. (May)

# Navarro High School SHAC 2024-2025

## Physical Fitness Activities & Campus Health initiatives

- Fitnessgram
- PE teacher covers many sports and activities for students to learn to play to stay active for their life
- WorkSite Step Challenge



## Mental Health Campus Supports

- **Mental Health Officers:** Dedicated professionals available to provide guidance and support for students facing mental health challenges.
- **Bluebonnet Trails:** Accessed on a case-by-case basis, offering specialized support tailored to individual needs.
- **Counseling Services:** Trained counselors available for initial screenings and to provide immediate assistance to students seeking help.

## Nutritional Student Supports

- Farm Fresh Challenge
- Bulletin Board Veggie of the Month
- National School Lunch Week
- National School Breakfast Week

## Additional Campus SHAC support

- **Increased Member Participation:** Encouraging more members to attend SHAC meetings to ensure a diverse range of perspectives and ideas are represented.
- **Enhanced Faculty Involvement:** Actively seeking greater participation from faculty members to foster collaboration and promote mental health initiatives across campus



# Additional SHAC Topics This Year



The **Catch My Breath** anti-vaping curriculum, created by The University of Texas, aims to educate middle and high school students about the dangers of vaping and tobacco use. The Catch My Breath curriculum from the University of Texas teaches middle and high schoolers about the risks of vaping and tobacco. It educates students on the harmful health effects and helps them resist peer pressure through refusal strategies and critical thinking about marketing. The program also equips educators with resources and involves parents in conversations about these dangers. Ultimately, Catch My Breath aims to lower youth vaping rates and encourage a healthy, tobacco-free life by raising community awareness and emphasizing prevention.



Required Fentanyl Awareness Training for grades 6th-12th: Each school district and open-enrollment charter school is required to annually provide to students in grades 6–12 research-based instruction on fentanyl abuse prevention and drug poisoning awareness ([TEC. §38.040](#)). The required instruction in fentanyl prevention and drug poisoning awareness must include:

- Suicide prevention
- Prevention of the abuse of and addiction to fentanyl
- Awareness of local school and community resources and any processes involved in accessing those resources
- Health education that includes information about substance use and abuse, including youth substance use and abuse

Navarro ISD elected to create an ecourse for students to take in Eduphoria to meet this requirement.

The background features large, stylized letters 'N' and 'T' in a light purple color. Each letter has a thick, light yellow outline and a thin white inner border, giving them a 3D or layered appearance. The 'N' is on the left and the 'T' is on the right, both centered vertically.

**Thank You**