

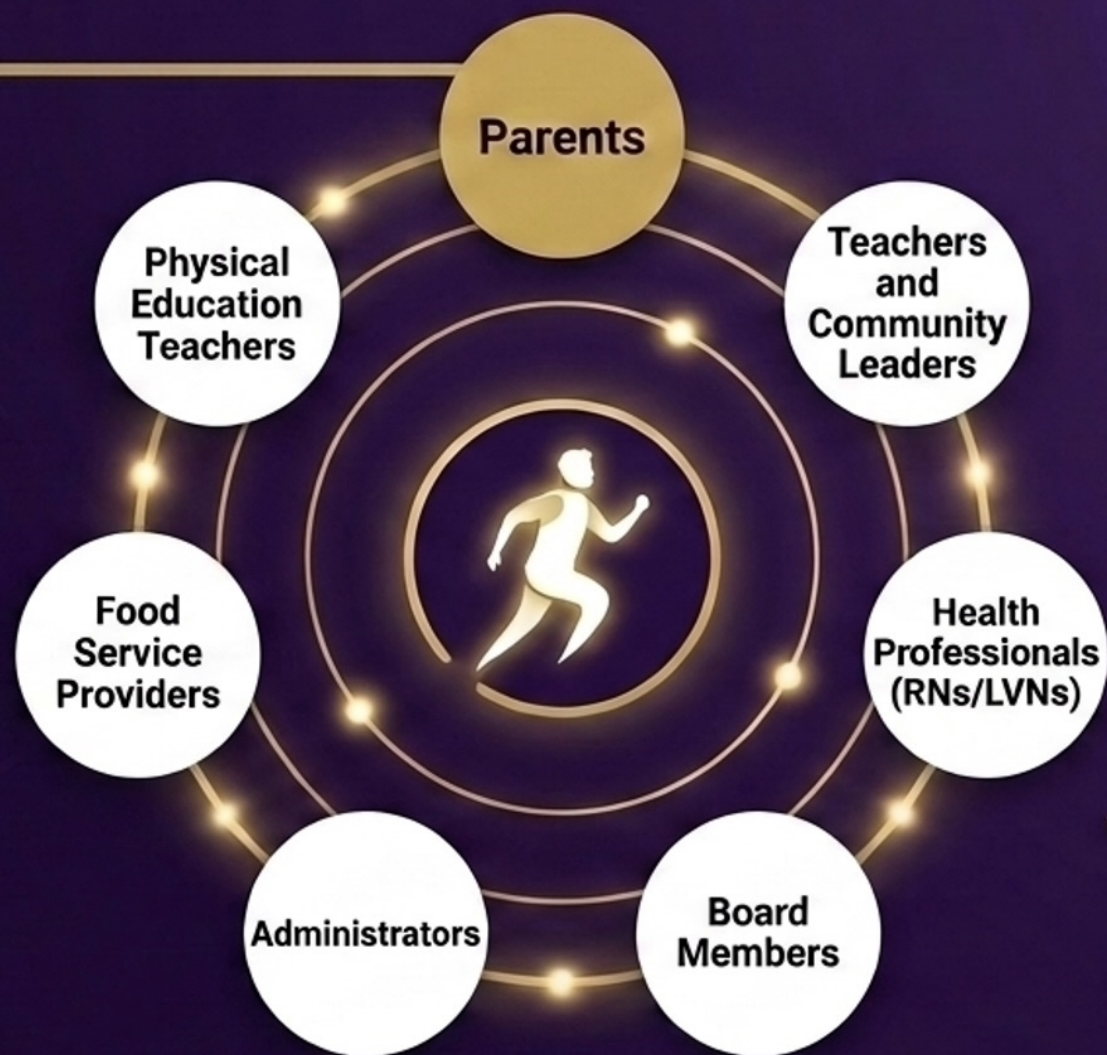


School Health Advisory Committee (SHAC)

2025-2026 Annual Report: Fostering
Wellness, Driving Student Success



A Community Led Committee Driving Coordinated Health



2026-2027 Focus: Actively recruit secondary students to participate on the SHAC committee.

Meeting agendas, minutes and the wellness policy can be accessed at: <https://www.navarroisd.us/shac>

Strategic Priorities: Expanding Reach and Campus Integration

Expand SHAC Membership

Event Outreach
(Panther Palooza/Open House)

Online Accessibility
(District Website Apps)

Campus Newsletters
(SHAC Corner)

Advance Notification & Community Invites

Coordinated Health Activities



'Health Tip of the Week' program—distributing weekly concepts that perfectly match the wellness lessons highlighted by coaches and teachers in the classroom.

Tailored Wellness Activities Across All Navarro Campuses

| | Navarro Elementary | Navarro Intermediate | Navarro Junior High | Navarro High School |
|---------------------------|--|----------------------|--|---------------------|
| Physical Fitness & Health | Panther/Reindeer/Color Runs, Jump Rope for Heart, FitnessGram | | Outdoor Education, CPR/First Aid, WorkSite Step Challenge, Lifelong sports focus. | |
| Mental Health Support | Self-care stations, Guadalupe Co. Advocacy Center, Bluebonnet Trails, TCHATT, "Leader in Me" | | Mental Health Officers, CIS/Contract counseling, Friday Advisory lessons, May Mental Health Awareness. | |
| Nutritional Support | National School Breakfast/Lunch Weeks, Farm Fresh Challenge. | | | |
| | Adopt a Cow, "Veggie of the Month" boards. | | Monthly Lunch Themes. | |

Equipping Students for High-Stakes Decisions



Execution & Compliance

Delivering state-mandated training in grades 6-12 to ensure comprehensive awareness and compliance.

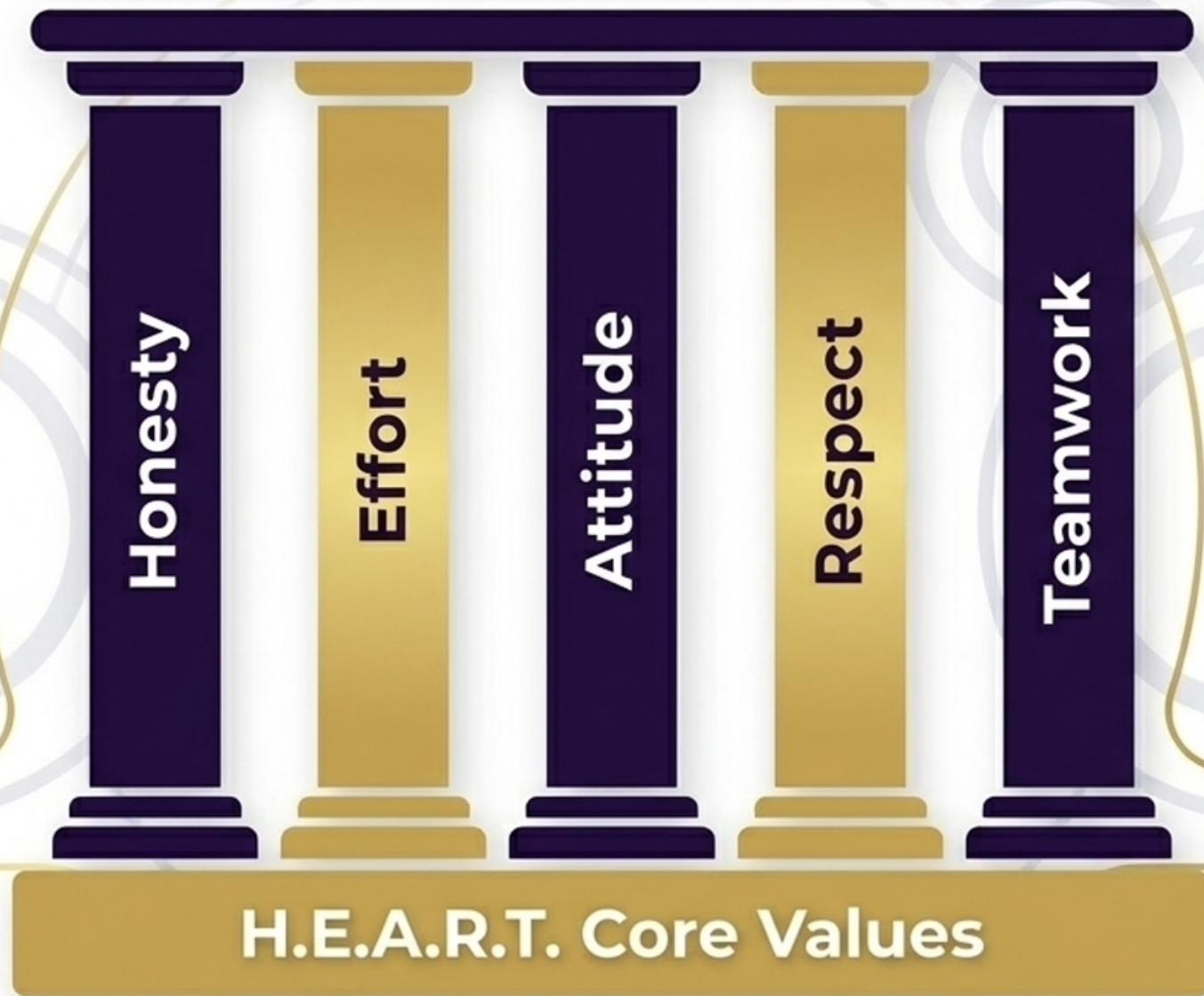
Integrating vital community resources and proactively involving parents in preventative conversations.

Fueling the Mind: Integrating Nutrition and Instruction



Formally assessed in 2024; policy FFA(LOCAL) overseen by the Child Nutrition Director to empower informed student choices.

Physical Education: Character is Our Core



Lifelong Wellness

Developing fundamental movement skills alongside positive personal hygiene habits (cleanliness, deodorant use, self-care).

The Philosophy

"We intentionally embed these core values into daily activities to ensure students grow both physically and socially."

2025-2026 Fitness Assessment Results & Next Steps



PACER
(Cardiovascular Endurance)



Curl-ups
(Core Strength)



Trunk Lift
(Flexibility & Lower Back)



No significant areas of concern; age-appropriate fitness demonstrated with high **H.E.A.R.T.** effort.

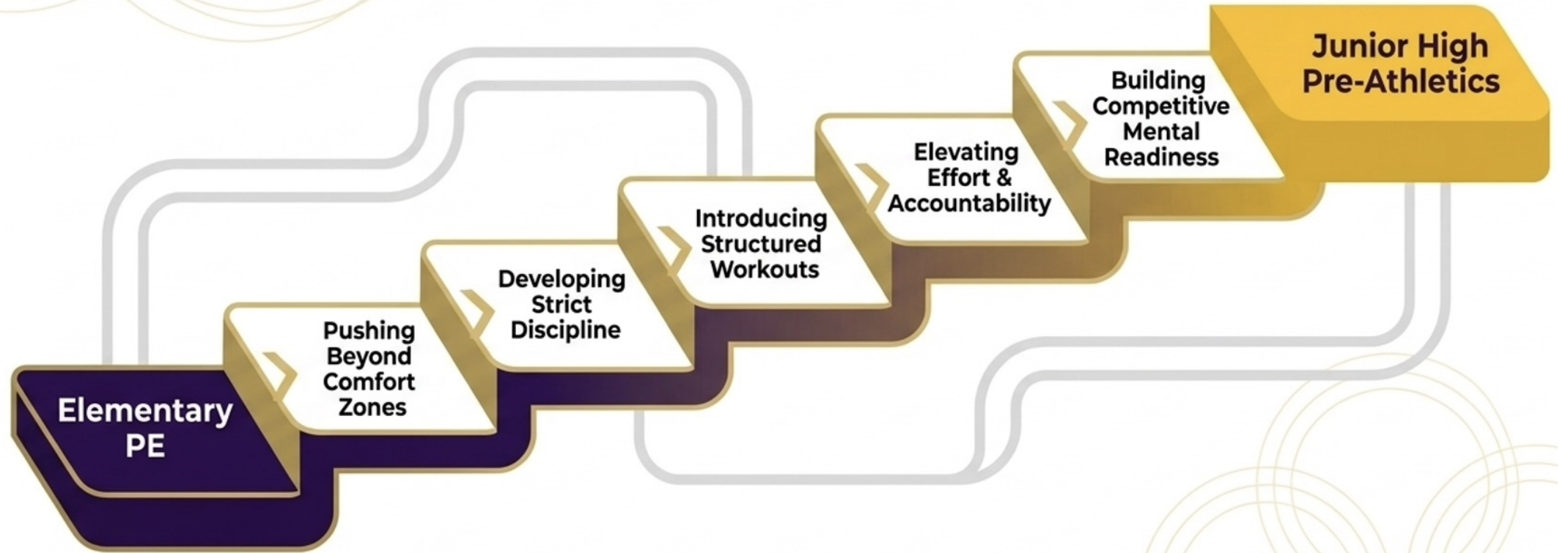
2026-2027 Action Plan: Data-Informed Next Steps focusing on injury prevention

Targeted core strengthening
(planks, stability).

Dynamic stretching and
mobility routines.

Movement-based drills for
coordination and balance.

Bridging the Gap: Preparing 5th Graders for Pre-Athletics



Equipping 5th grade students with the confidence and structural readiness required to thrive in a performance-based

Coordinated Health = Enhanced Learning



By proactively responding to needs, removing physical and mental barriers, and aligning health services directly with academic goals, the SHAC cultivates the long-term habits that elevate overall student success.

Looking Ahead: Expanding Our Impact in 2026-2027

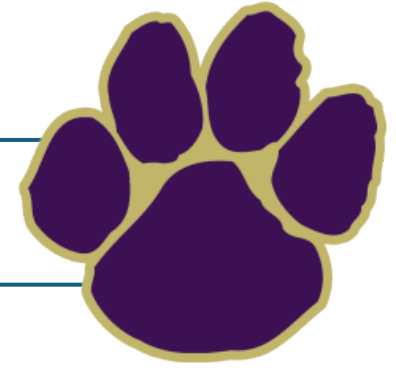
1. Walking Path Enhancements:
Installing dynamic mileage markers to gamify and encourage ongoing physical activity.

2. Community Event Revival:
Bringing back the highly anticipated District Health Fair and launching a district-wide Bike Rodeo.

3. Seasonal Nutrition Integration:
Launching 'Harvest Month' to celebrate and educate students on locally grown produce.

All 2026-2027 initiatives are directly informed by the data gathered in the May community needs assessment survey.





Healthy

Safe

Challenged

Supported

Engaged

Through fitness, character, and pride...our students continue to grow, lead, and represent what it truly means to be a Panther.