



# UNITED INDEPENDENT SCHOOL DISTRICT INFORMATIONAL ITEM

**TOPIC:** United ISD School Health Advisory Council (SHAC) Annual Progress Report

**SUBMITTED BY:** Melissa Y. Cruz, Executive Director of School Improvement

**OF:** Curriculum & Instruction Department

**APPROVED FOR TRANSMITTAL TO SCHOOL BOARD:** \_\_\_\_\_

**DATE ASSIGNED FOR BOARD CONSIDERATION:** July 23, 2014

## INFORMATIONAL REPORT:

The United ISD School Health Advisory Council is reporting the Annual Progress Report as required by Senate Bill 283. The report is a summary of this year's SHAC goals (state and local), the FITNESSGRAM Data and some activities conducted by the SHAC.

# United Independent School District School Health Advisory Council



**2013-2014 School Year  
Annual Progress Report  
To the Board of Trustees**

**July 2014**



# School Health Advisory Council

Every independent school district is required by law to have a school health advisory council (SHAC) of which the majority of members must be parents who are not employed by the school district. The SHAC is annually appointed by the local education agency Board of Trustees.

Texas Education Code  
Title 2, Chapter 28, Section 28.004



## What is a SHAC?

A SHAC is a group of individuals representing segments of the community and school district which provides advice to the district on coordinated school health (CSH) programming and its impact on student health and learning.



# United ISD SHAC Members 2013-2014



- Ms. Lisa Haberkorn: Chairperson
- Mrs. Martha Sanderson: Co-Chairperson/Parent
- Ms. Julie Bazan: Community Health Services Member
- Ms. Grizelda Carrillo: Parent
- Ms. Elsa Davila: Parent
- Ms. Vicky Flores: Parent
- Ms. Zaida Gonzalez: Community Health Services Member
- Ms. Gabriela Lozano: Parent
- Ms. Iris Lucio: Parent
- Ms. Nora Martinez: Community Health Services Member
- Ms. Linda Mendiola: Community Member
- Mr. Alfredo Rendon: Parent
- Ms. Monica Spinelli: Parent
- Sister Rosemary Welsh: Community Member
- Ms. Annette Winch: District Member

## **Coordinated School Health Advisory Members:**

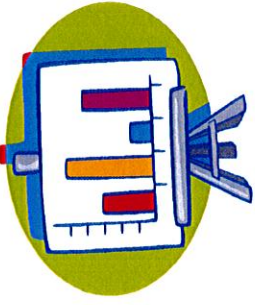
- Mrs. Melissa Cruz: Campus Intervention
- Mrs. Annette Perez: Student Services
- Mr. Bobby Cruz, Ms. Lisa Haberkorn: Health & Physical Education
- Mrs. Cindy Rodriguez, Mr. David Gonzalez, Mr. David Canales: Curriculum & Instruction
- Ms. Irene Rosales: Health Services
- Mrs. Christy Uribe-Flores: Guidance & Counseling
- Ms. Aryana Valdez, Ms. Elisa Santos, Mr. Enrique Lira: Nutrition Services

# Coordinated School Health

## Eight Components

- **Health Education**
- **Healthy and Safe School Environment**
- **Counseling and Mental Health Services**
- **Parent and Community Involvement**
- **Staff Wellness Promotion**
- **Health Services**
- **Physical Education**
- **Nutrition Services**





# Campus/District FitnessGram® Data

# 2013-2014 UISD FITNESSGRAM RESULTS

Campus	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ
<b>DISTRICT</b>	<b>21,841</b>	<b>14,273</b>	<b>65</b>	<b>21,774</b>	<b>18,262</b>	<b>84</b>	<b>21,818</b>	<b>19,700</b>	<b>90</b>	<b>21,890</b>	<b>20,246</b>	<b>92</b>	<b>21,733</b>	<b>16,493</b>	<b>76</b>	<b>22,079</b>	<b>10,274</b>	<b>47</b>
Alexander HS	1,388	1,062	76	1,390	1,205	86	1,393	1,291	92	1,395	1,359	98	1,371	1,088	79	1,397	762	54
Clark MS	528	317	60	530	367	69	532	500	94	526	383	73	525	349	66	537	244	45
United MS	699	496	71	697	684	98	699	688	98	698	592	85	698	573	82	699	338	48
Clark EL	201	140	70	193	65	34	199	162	81	211	208	99	203	155	76	217	77	35
CSBS EL	462	391	85	446	406	91	437	421	96	463	453	98	462	278	60	482	262	54
Gutierrez EL	332	264	80	334	293	88	334	325	97	334	333	99	333	268	80	334	179	54
Newman EL	266	196	74	266	227	85	266	264	99	265	262	99	266	209	79	271	123	45
Nye EI	355	278	78	356	310	87	356	317	89	356	352	99	356	216	61	356	176	49
<b>TOTAL</b>	<b>4,231</b>	<b>3,144</b>	<b>74</b>	<b>4,212</b>	<b>3,557</b>	<b>84</b>	<b>4,216</b>	<b>3,968</b>	<b>94</b>	<b>4,248</b>	<b>3,952</b>	<b>93</b>	<b>4,214</b>	<b>3,136</b>	<b>74</b>	<b>4,293</b>	<b>2,161</b>	<b>50</b>
LBJ HS	1,050	604	58	1,028	680	66	1,050	921	88	1,050	880	84	961	607	63	1,062	516	49
LBV MS	570	185	32	569	450	79	571	496	87	571	546	96	571	404	71	571	206	36
Los Obispos MS	688	355	52	691	633	92	690	640	93	692	598	86	693	492	71	693	280	40
Garcia MS	319	179	56	306	287	94	318	318	100	319	314	98	316	262	83	319	120	38
Arndt EL	445	307	69	447	359	80	447	333	74	447	441	99	446	314	70	447	174	39
Centeno EL	355	286	81	355	353	99	355	355	100	355	355	100	354	285	81	355	188	56
Juarez/Lincoln EL	300	235	78	298	265	89	296	226	76	313	258	82	312	283	91	313	157	50
Kennedy/Zapata EL	202	156	77	202	153	76	202	191	95	202	140	69	202	155	77	209	98	47
Prada EL	343	214	62	342	231	68	342	173	51	352	297	84	353	329	93	354	135	38
Perez EL	481	334	69	475	266	56	472	363	77	481	478	99	480	411	86	484	194	40
Roosevelt EL	334	241	72	332	321	97	332	326	98	333	326	98	334	231	69	334	130	39
<b>TOTAL</b>	<b>5,087</b>	<b>3,096</b>	<b>61</b>	<b>5,045</b>	<b>3,998</b>	<b>79</b>	<b>5,075</b>	<b>4,342</b>	<b>86</b>	<b>5,115</b>	<b>4,633</b>	<b>91</b>	<b>5,022</b>	<b>3,773</b>	<b>75</b>	<b>5,141</b>	<b>2,198</b>	<b>43</b>

HFZ = Healthy Fitness Zone - students in this zone are considered physically fit for their age and/or grade level on that test item

Section 1 = cardiovascular endurance  
Section 2 = push-ups

Section 3 = curl-ups  
Section 4 = trunk lift

Section 5 = shoulder stretch  
Section 6 = body composition



# 2013-2014 UISD FITNESSGRAM RESULTS

Campus	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ	# Tested	# In HFZ	% In HFZ
<b>DISTRICT</b>	<b>21,841</b>	<b>14,273</b>	<b>65</b>	<b>21,774</b>	<b>18,262</b>	<b>84</b>	<b>21,818</b>	<b>19,700</b>	<b>90</b>	<b>21,890</b>	<b>20,246</b>	<b>92</b>	<b>21,733</b>	<b>16,493</b>	<b>76</b>	<b>22,079</b>	<b>10,274</b>	<b>47</b>
United HS	1,772	1,067	60	1,777	1,613	91	1,777	1,697	95	1,777	1,650	93	1,777	1,417	80	1,777	1,006	57
Trautmann MS	1,211	758	63	1,214	1,173	97	1,212	1,156	95	1,214	1,071	88	1,214	1,052	87	1,214	572	47
Washington MS	813	453	56	808	646	80	802	661	82	782	775	99	755	570	75	859	349	41
Borchers EL	407	324	80	410	403	98	410	398	97	410	408	99	410	366	89	413	214	52
Malakoff EL	429	324	76	432	362	84	432	353	82	432	333	77	430	334	78	433	181	42
Fasken EL	403	305	76	405	312	77	405	398	98	405	404	99	404	295	73	405	177	44
Finley EL	254	179	70	256	216	84	256	205	80	256	256	100	256	196	77	256	116	45
Kazen EL	250	185	74	250	235	94	250	225	90	252	252	100	249	153	61	252	109	43
De Llano EL	292	220	75	293	278	95	292	285	98	293	198	68	293	173	59	298	141	47
Muller EL	407	314	77	405	383	95	407	402	99	410	409	99	410	378	92	411	219	53
Trautmann EL	368	299	81	369	353	96	369	352	95	369	362	98	369	220	60	374	189	51
<b>TOTAL</b>	<b>6,606</b>	<b>4,428</b>	<b>67</b>	<b>6,619</b>	<b>5,974</b>	<b>90</b>	<b>6,612</b>	<b>6,132</b>	<b>93</b>	<b>6,600</b>	<b>6,118</b>	<b>93</b>	<b>6,567</b>	<b>5,154</b>	<b>78</b>	<b>6,692</b>	<b>3,273</b>	<b>49</b>
United South HS	1,767	946	54	1,766	1,520	86	1,766	1,721	97	1,768	1,720	97	1,769	1,270	72	1,772	892	50
Gonzalez MS	809	350	43	806	767	95	808	734	91	808	801	99	808	601	74	815	341	42
United South MS	871	694	80	871	841	97	870	832	96	871	703	81	871	809	93	872	362	42
Cuellar EL	310	209	67	309	269	87	312	303	97	311	310	99	312	246	79	318	140	44
Garcia EL	421	313	74	421	240	57	421	218	52	421	343	81	421	319	76	421	179	43
Killiam EI	387	288	74	385	33	86	389	342	88	389	380	98	387	273	71	389	176	45
Ruiz EI	453	339	75	439	356	81	448	430	96	452	386	85	455	354	78	455	173	38
Salmas EL	392	129	33	390	384	98	393	392	99	395	395	100	393	310	79	395	162	41
Zaffirni EL	507	337	66	511	323	63	508	286	56	512	505	99	514	248	48	516	217	42
<b>TOTAL</b>	<b>5,917</b>	<b>3,605</b>	<b>61</b>	<b>5,898</b>	<b>4,733</b>	<b>80</b>	<b>5,915</b>	<b>5,258</b>	<b>89</b>	<b>5,927</b>	<b>5,543</b>	<b>94</b>	<b>5,930</b>	<b>4,430</b>	<b>75</b>	<b>5,953</b>	<b>2,642</b>	<b>44</b>

HFZ= Healthy Fitness Zone - students in this zone are considered physically fit for their age and/or grade level on that test

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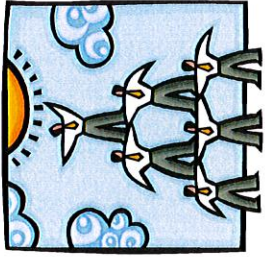
# FITNESSGRAM ACHIEVEMENT OF STANDARDS CAMPUS LONGITUDINAL STUDY – 2013-2014

CAMPUS	% OF STUDENTS WHO PASSED ALL SIX COMPONENTS 2010-2011	% OF STUDENTS WHO PASSED ALL SIX COMPONENTS 2011-2012	% OF STUDENTS WHO PASSED ALL SIX COMPONENTS 2012-2013	% OF STUDENTS WHO PASSED ALL SIX COMPONENTS 2013-2014
ARNDT ELEMENTARY	16.8	22.5	30.0	22.6
BONNIE GARCIA ELEMENTARY	7.8	11.4	12.5	17.1
BORCHERS ELEMENTARY	38.9	40.3	40.1	47.0
CENTENO ELEMENTARY	34.5	19.0	35.3	47.3
CLARK ELEMENTARY	20.9	17.8	25.1	13.4
COL. SANTOS BENAVIDES ELEMENTARY	33.4	24.5	37.5	25.9
CUELLAR ELEMENTARY	42.0	35.4	35.8	31.1
DE LLANO ELEMENTARY	26.3	27.0	27.6	18.5
FASKEN ELEMENTARY	20.9	29.4	30.2	29.9
FINLEY ELEMENTARY	30.6	31.3	35.1	36.3
GUTIERREZ ELEMENTARY	44.8	44.5	39.6	45.8
JUAREZ/LINCOLN ELEMENTARY	20.4	29.6	28.2	31.6
KAZEN ELEMENTARY	27.1	31.1	28.9	23.8
KENNEDY/ZAPATA ELEMENTARY	22.2	25.2	23.9	22.0
KILLAM ELEMENTARY	17.3	27.4	25.0	29.1
MALAKOFF ELEMENTARY	20.9	29.8	24.8	23.5
MULLER ELEMENTARY	48.5	44.9	42.3	50.1
NEWMAN ELEMENTARY	23.9	13.3	29.2	35.4
NYE ELEMENTARY	26.7	29.0	34.7	32.3
PEREZ ELEMENTARY	10.9	18.9	15.6	24.4



# FITNESSGRAM ACHIEVEMENT OF STANDARDS CAMPUS LONGITUDINAL STUDY – 2013-2014

CAMPUS	% OF STUDENTS WHO PASSED ALL SIX COMPONENTS 2010-2011	% OF STUDENTS WHO PASSED ALL SIX COMPONENTS 2011-2012	% OF STUDENTS WHO PASSED ALL SIX COMPONENTS 2012-2013	% OF STUDENTS WHO PASSED ALL SIX COMPONENTS 2013-2014
PRADA ELEMENTARY	28.5	3.1	28.8	15.5
ROOSEVELT ELEMENTARY	28.9	43.0	34.0	28.1
RUIZ ELEMENTARY	23.5	14.6	42.7	23.5
SALINAS ELEMENTARY	24.9	28.3	15.9	34.2
TRAUTMANN ELEMENTARY	24.2	26.8	25.2	30.8
ZAFFIRINI ELEMENTARY	9.4	19.7	13.9	12.6
CLARK MIDDLE SCHOOL	17.6	18.0	21.4	21.6
GONZALEZ MIDDLE SCHOOL	25.5	27.2	22.0	21.5
LAMAR BRUNI VERGARA MIDDLE SCHOOL	21.1	19.9	21.1	15.4
LOS OBISPOS MIDDLE SCHOOL	27.1	17.4	21.0	25.0
SALVADOR GARCIA MIDDLE SCHOOL	18.8	31.9	16.6	31.7
TRAUTMANN MIDDLE SCHOOL	28.8	38.7	39.3	35.2
UNITED MIDDLE SCHOOL	23.9	38.7	30.4	35.6
UNITED SOUTH MIDDLE SCHOOL	9.2	16.9	29.9	31.4
WASHINGTON MIDDLE SCHOOL	15.0	55.7	33.9	21.5
ALEXANDER HIGH SCHOOL	17.0	28.6	35.2	36.8
LBJ HIGH SCHOOL	10.1	18.8	5.2	20.2
UNITED HIGH SCHOOL	17.4	30.2	33.0	39.1
UNITED SOUTH HIGH SCHOOL	19.8	28.9	20.0	31.7
<b>TOTALS</b>	<b>20.6</b>	<b>26.6</b>	<b>27.2</b>	<b>29.5</b>



## United ISD SHAC Goals

1. Increase number of children in healthy fitness zone as assessed by FitnessGram®
2. Increase SHAC parent membership and participation
3. Monitor the implementation of goals and objectives for Coordinated School Health in Elementary and Middle School Campus Improvement Plans
4. Strengthen and utilize SHAC to support implementation of all school health policies and practices
5. Develop School Coordinated Health Evaluation Tool
6. Develop SHAC goals for 2014-2015 based on review of fitness and health findings



# SHAC Activity Report



1. Review and Discussion of Programs to Reduce Bullying  
\* radKIDS & Bully Free Program
2. Review and Discussion of New Legislation Affecting Health & Physical Education
3. Review and Discussion of FITNESSGRAM District Data for 2012-2013
4. Review and Discussion of Free Flu Clinics & Illness Affecting UISD Students
5. Discussion and Development of Evaluation Tool for Measuring Effectiveness & Knowledge of District Coordinated School Health Program – Bienestar
6. Discussion of New Nutrition Standards – USDA Smart Snacks in Schools
7. Reviewed District Wellness Policy and Recommended Editorial Change to Policy to Include New Nutrition Standards



# 2013-2014 SHAC Meeting Dates

1. September 12, 2013
2. December 12, 2013
3. February 13, 2014
4. April 10, 2014

(Minimum of four meetings required annually. Anyone is welcome to attend any meeting.)