

Abilene Independent School District Board Document - Agenda Item II.F

Meeting Date: August 1, 2024

Meeting Type: Board Workshop

Item Type: Presentation

Future Action Required: Yes

If Yes, Month: September

Subject: School Health Advisory Council (SHAC) Annual Report

Background Information:

The Abilene ISD School Health Advisory Council met in accordance with state requirements and Board policy during the 2023-2024 school year. This item serves as their annual report to the Board. Accompanying staff recommendations are included.

Attached Supporting Documents:

School Health Advisory Council (SHAC) Annual Report Slide Deck
SHAC Annual Letter to Superintendent
Wellness Policy Assessment Tool
Recess and Physical Activity References

Fiscal Implications:

None

Administrative Recommendation:

Future approval of 2024-2025 SHAC member recommendations
Possible revision of policy FFA (LOCAL) pending discussion

Contact Person:

Kimberly.Brumley@abileneisd.org, Executive Director for Federal Programs and District Planning, ext. 5858; Angela.Valentine@abileneisd.org, Director for Health Services, ext. 7840.



**School Health Advisory
Council (SHAC) Annual
Report**

*Kimberly Brumley
Executive Director for
Federal Programs and
District Planning*

2023-2024 Summary

September 25, 2023	SHAC Responsibilities and Related Board Policies Elected Chair and Formed Subcommittees
November 27, 2023	Mental Health and District Supports Substance Abuse - Legal Responsibilities & District Supports
February 26, 2024	Integration of Health TEKS in Physical Education & Science District Recess Policy & Practice
April 22, 2024	District Wellness Policy - Annual Evaluation Grade 7 Wellness & Sexual Health Update



Wellness Policy

Review and Recommendations

- ▶ Clarify description of **milk** availability to reflect actual practice
- ▶ Work with middle school principals to ensure students have at least **20 minutes to eat**
- ▶ Specify that **recess** will not be withheld from elementary students
- ▶ Support Student Nutrition staff attendance at their **national conference**

Free Play/Recess

- ▶ [References](#) describing benefits to student academic achievement and social-emotional wellness
- ▶ Discipline data tracks recess detention with lunch detention
- ▶ Collaborate with campus principals to evaluate frequency of restrictions

Policy FFA (LOCAL) Considerations

- ▶ Identifies Director of Federal Programs as responsible for ensuring the Wellness Policy is evaluated annually
- ▶ Statewide research identifies wide variety in responsible parties
- ▶ Options to leave as is, align to a role more closely aligned with the work, or use general 'designee' language

2024-25 SHAC Member Applications

- ▶ Utilize districtwide parent communication and community contacts to promote
- ▶ Invite additional non-AISD employee parents
- ▶ Continue to expand diverse representation
- ▶ Communicate roster of members through Board Note with approval expected in September consent agenda

Questions?



May 13, 2024

Dear Dr. Kuhn,

As the district designees supporting the School Health Advisory Council (SHAC) we respectfully submit a summary of SHAC's 2023-2024 activity and recommendations.

A roster of the SHAC membership is attached. Megan Roth served as Chair and Brianna Johnson volunteered to take minutes at all meetings. SHAC met in the Alta Vista Room at One AISD from 6:00-7:00 PM on the following four dates with primary topics noted:

- September 25, 2023
 - SHAC Responsibilities and Related Board Policies
 - Elected Chair and Formed Subcommittees
- November 27, 2023
 - Mental Health and District Supports
 - Substance Abuse - Legal Responsibilities & District Supports
- February 26, 2024
 - Integration of Health TEKS in Physical Education & Science
 - District Recess Policy & Practice
- April 22, 2024
 - District Wellness Policy - Annual Evaluation
 - Grade 7 Wellness & Sexual Health Update

The Grade 7 Wellness & Sexual Health instruction was well-received in the 5-day lesson format continued from 2022-2023, addressing basic human needs, puberty, male and female reproductive anatomy, sexually transmitted diseases, and pregnancy. Retired elementary PE teacher Sharon Gilley taught 15 of 20 days of instruction to girls districtwide, with remaining days taught by Kimberly Brumley (4) and Angela Valentine (1). Instruction for boys was provided by a male coach on each campus as selected by Executive Director for Athletics Jim Garfield. Instruction occurred March and May as follows: Mann MS, March 25-28 and April 2; Craig MS, April 15-19; Clack MS, April 30-May 6; Madison MS, May 13-17.

SHAC carefully considered the Wellness Policy (attached) and makes four (4) specific recommendations:

1. On the **Table of Contents**, remove the reference to a Glossary, update the online version to hyperlink attachments, and update page numbers.
2. On page 5, the committee recommends restating the **School Meals** procedure "*White milk is placed in front of other beverages in all coolers.*" to more accurately describe Abilene ISD food service procedures. With all flavors of milk having health benefits and being equally available for students to choose, this sentence should read, "*Milk is available at the front of the line.*"
3. Also relevant to page 5 in **School Meals**, Director for Student Nutrition Kandace Grenwelge shared that at some middle school campuses, the students' actual dining time is shorter than

the required 20 minutes due to campus procedures that delay their arrival in the cafeteria. The committee recommends this concern be evaluated at each campus and addressed with changes to procedures if students do not have at least 20 minutes to eat from the time they get their food to the time of dismissal.

4. In reference to ***Physical Activity Goals*** (pages 8-9) and ***Recess (Elementary)*** (page 10), the committee recommends adding specific language to protect daily free play. Members presented research publications from the Texas School Health Advisory Council, Texas Department of State Health Services, and the Centers for Disease Control supporting the health, academic, social and emotional value of free play. Page 9 currently states “Physical activity during the school day **will not be withheld** as punishment for any reason.” However, parents on the committee state that restricting recess is common practice. Page 10 does not address any protections for free play.

The committee also continues to support the annual participation of Student Nutrition staff in the national conference, which gives them the opportunity to advocate for policies that serve our students well.

Please know that we are available to answer your questions and to assist in providing any information needed by Trustees.

Respectfully submitted,

Angela Valentine, RN, BSN
Director - Health Services

Kimberly Brumley
Executive Director - Federal Programs & District Planning

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name **Abilene ISD**

Reviewer **SHAC/Angela Valentine/Kar**

School Name **Abilene High School**

Date **04/22/2024**

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

Yes No I. Public Involvement

We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

- | | | | |
|--|---|---|---|
| <input checked="" type="checkbox"/> Administrators | <input checked="" type="checkbox"/> School Food Service Staff | <input checked="" type="checkbox"/> P.E. Teachers | <input checked="" type="checkbox"/> Parents |
| <input checked="" type="checkbox"/> School Board Members | <input checked="" type="checkbox"/> School Health Professionals | <input checked="" type="checkbox"/> Students | <input checked="" type="checkbox"/> Public |

We have a designee in charge of compliance.

Name/Title:

We make our policy available to the public.

Please describe:

We measure the implementation of our policy goals and communicate results to the public.

Please describe:

Our district reviews the wellness policy at least annually.

Yes No II. Nutrition Education

Our district's written wellness policy includes measurable goals for nutrition education.

We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

We offer nutrition education to students in: Elementary School Middle School High School

Yes No III. Nutrition Promotion

Our district's written wellness policy includes measurable goals for nutrition promotion.

We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

We ensure students have access to hand-washing facilities prior to meals.

We annually evaluate how to market and promote our school meal program(s).

We regularly share school meal nutrition, calorie, and sodium content information with students and families.

We offer taste testing or menu planning opportunities to our students.

We participate in Farm to School activities and/or have a school garden.

We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

We price nutritious foods and beverages lower than less nutritious foods and beverages.

We offer fruits or non-fried vegetables in: Vending Machines School Stores Snack Bars à La Carte

We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

We provide teachers with samples of alternative reward options other than food or beverages.

We prohibit the use of food and beverages as a reward.

Yes No' IV. Nutrition Guidelines (Cont. from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No V. Physical Activity

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No VI. Other School Based Wellness Activities

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff) .
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name	Angela Valentine, RN, BSN	Position/Title	Director of Health Services
Email	Angela.valentine@abileneisd.org	Phone	(325) 677-1444 ext. 7840



Recess and Physical Activity: Impact on Student Health, Academic Performance, Social and Emotional Development

January 2020

Background

"Recess is critical, say experts in childhood development. Recess is a period of the school day set aside for the physical, social, and cognitive pursuits that can't otherwise be achieved in the sit-down-and-shut-up environment that is an elementary school classroom. But this respite from organized learning is not only available for what the students are doing on the playground. It is equally as vital for what they are not doing, namely math, reading, or science."

Excerpt from The Best Schools.

Best Schools. "The Death of Recess in America." TheBestSchools.org, 15 Jan. 2019, thebestschools.org/magazine/death-of-recess/

Texas Education Policies Related to Physical Activity

Texas Education Code 28.002(1) Physical Education: A school district shall require a student enrolled in full-day prekindergarten, in kindergarten, or in a grade level below grade six to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year as part of the district's physical education curriculum or through structured activity during a school campus's daily recess. To the extent practicable, a school district shall require a student enrolled in prekindergarten on less than a full-day basis to participate in the same type and amount of physical activity as a student enrolled in full-day prekindergarten.

A school district shall require students enrolled in grade level six, seven, and eight to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's physical education curriculum. If a school district determines, for any particular grade level below grade six, that requiring moderate or vigorous daily physical activity for at least 135 minutes during each school week. Additionally, a school district may as an alternative, require a student enrolled in a grade level for which the district uses block scheduling to

participate in moderate or vigorous physical activity for at least 225 minutes during each period of two school weeks.

Texas Education Code 28.004(1) School Health Advisory Council –
“The local school health advisory council shall consider and make policy recommendations to the district concerning the importance of daily recess for elementary school students. The council must consider research regarding unstructured and undirected play, academic and social development, and the health benefits of daily recess in making the recommendations. The council shall ensure that local community values are reflected in any policy recommendation made to the district under this subsection.”

Research on Recess and Physical Activity

1. Centers for Disease Control and Prevention

Recommendations: 2019

“Recess is a regularly scheduled period in the school day for physical activity and play that is monitored by trained staff or volunteers. During recess, students are encouraged to be physically active and engaged with their peers in activities of their choice, at all grade levels, kindergarten through 12th grade.

Recess benefits students by:

- Increasing their level of physical activity.
- Improving their memory, attention, and concentration.
- Helping them stay on-task in the classroom.
- Reducing disruptive behavior in the classroom.
- Improving their social and emotional development (e.g., learning how to share and negotiate).”

Excerpt from the Centers for Disease Control and Prevention.

“Recess.” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 29 May 2019,
www.cdc.gov/healthyschools/physicalactivity/recess.htm

2. Society of Health and Physical Educators (SHAPE) 2017 Recommendations: Strategies for Success

“This document, Strategies for Recess in Schools, describes strategies for planning and providing recess in schools to help increase

participation in physical activity and improve academic achievement (e.g., performance, behavior, attention). The audiences for this document include state and school district leaders that provide technical assistance and professional development on recess, physical education teachers, classroom teachers, recess and playground supervisors, support staff, school administrators, parent-teacher organizations, school health coordinators, school health advisory councils, parents, and anyone interested in supporting recess in schools. While each of these representative groups may have different roles and responsibilities in garnering support for and implementing these strategies, involvement of all groups is important.”

Excerpt from SHAPE America.

Strategies for Recess in Schools, Center for Disease Control, 2017, www.shapeamerica.org/uploads/pdfs/recess/SchoolRecessStrategies.pdf

3. Education Week 2018: 7 Things to Know about School Recess

“Recent U.S. education reform has focused on defining and raising the subject-matter standards students are expected to meet. In order to get their students up to snuff, schools are extending the school day and putting more and more emphasis on academic learning, which can squeeze out a beloved part of the traditional school day—recess.

What Time Is Recess?

In most schools, recess is the only time in the school day reserved for outdoor and mostly unstructured play. It typically occurs once or twice in the day, often just before or after lunch. The length of recess is rarely mandated at the state level. In some schools, it’s as short as 15 minutes, in other it lasts up to 45 minutes. Some schools have eliminated it altogether.

Is Recess Important?

For many, recess conjures memories of hopscotch or monkey bars. But whether or not recess plays a critical role in the mental, physical, emotional, and academic development of children has been a topic of much research and debate.”

Excerpt from Education Week.

Riser-Kositsky, Maya. "7 Things to Know About School Recess." Education Week, 14 May 2019, www.edweek.org/ew/issues/school-recess/index.html

4. Brookings Institute 2017: A New Way to Measure the Benefits of School Recess

"The full spectrum of play, from make believe to soccer, can contribute to healthy child development. Play helps students develop socially, emotionally, physically, and academically. During play, students learn and practice important skills, such as cooperation, conflict resolution, respect for others, and self-regulation. Some adult support is needed to facilitate safe and healthy opportunities for all kids to play, and then the adults can step back and allow the play to unfold."

Excerpt from [Brookings](#).

Cushing, Elizabeth "A New Way to Measure the Benefits of School Recess." Brookings, Brookings, 10 Feb. 2017, www.brookings.edu/blog/brown-center-chalkboard/2017/02/13/a-new-way-to-measure-the-benefits-of-school-recess/

5. American Academy of Pediatrics 2013: The Crucial Role of Recess in School

"Just as physical education and physical fitness have well-recognized benefits for personal and academic performance, recess offers its own unique benefits. Recess represents an essential, planned respite from rigorous cognitive tasks. It affords a time to rest, play, imagine, think, move, and socialize. After recess, for children or after a corresponding break time for adolescents, students are more attentive and better able to perform cognitively. In addition, recess helps young children to develop skills that are otherwise not acquired in the more structured classroom environment."

Excerpt from [Pediatrics](#).

Health, Council on School. "The Crucial Role of Recess in School." American Academy of Pediatrics, American Academy of Pediatrics, 1 Jan. 2013, pediatrics.aappublications.org/content/131/1/183

6. Pathways to Family Wellness 2010: Why Kids Need Recess

“More and more, parents are protesting school policies that allow teachers and administrators to withhold recess to punish student misbehavior. Common infractions include tardiness, acting out in class and failure to complete homework—everyday childhood behaviors that result in numerous children having to go without recess on any given day.

The research is clear. Children need recess. Recess benefits every aspect of childhood development—physical development, of course, but also social, emotional and intellectual development as well.”

Excerpt from [Pathways to Family Wellness](#).

“Why Kids Need Recess.” Why Kids Need Recess/ Children’s Health & Wellness, pathwaystofamilywellness.org/Children-s-Health-Wellness/why-kids-need-recess.html

Considerations

Given the increasing incidence of obesity, diabetes, and other health concerns including social emotional issues among children and youth, and considering a review of existing research concerning the benefits of physical activity for all domains of child development, the Texas School Health Advisory Committee (TSHAC) acknowledges the need to inform communities, parents, educators and young people about the benefits of engaging in regular physical activity and the dangers of not doing so.

Research supporting the positive benefits of physical activity and play on the cognitive, physical, social, and emotional health and development of children and youth has led to the following considerations of the TSHAC:

- **Parents** have a significant role to play in striking balances for their children between structured activities and free play, between passive and active entertainment, and between physical and sedentary activities;
- **Schools** have a significant role to play in providing opportunities for students to engage in structured (physical education class) and unstructured physical activity (recess) on a daily basis. Providing structured and unstructured physical activities throughout the school day has a positive impact on students’ academic performance by

reducing disruptive behaviors in the classroom, and enhancing social and emotional development;

- **Communities** have a significant role to play in providing the infrastructure of playgrounds, parks and athletic facilities; security measures and supervision; and financial support to allow all citizens to develop physically healthy habits.

This document was developed by the TSHAC. For additional information about the committee, go to the [TSHAC Home Page](#). External links to other sites appearing here are intended to be informational and do not represent an endorsement by DSHS. These sites may not be accessible to people with disabilities. For information about any of the resources listed, contact the sponsoring organization directly. For comments or questions about this publication, contact the School Health Program at (512) 776-7279 or by email at SchoolHealth@dshs.texas.gov. Copyright free. Permission granted to forward or make copies in its entirety as needed.

KEEP RECESS IN SCHOOLS



What is recess?

Recess is a relatively easy and low cost way to help students be physically active. Recess also provides social, emotional, and academic achievement benefits.

What's happening currently?

More than 90% of elementary schools had students in each of grades K-5 participate in regularly scheduled recess during the school day.*¹

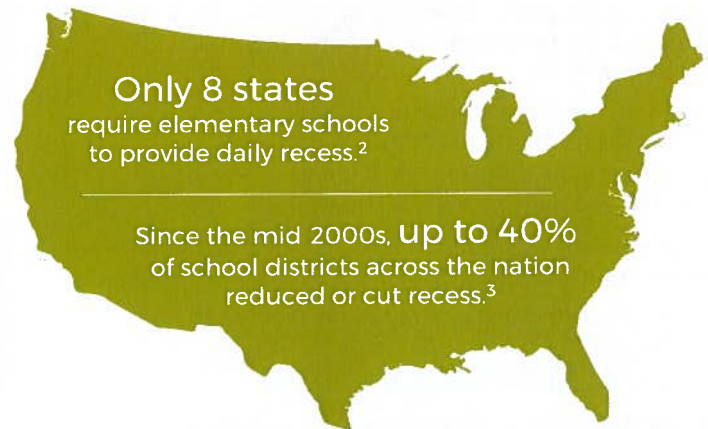


But only 35% of elementary schools had 6th-grade students participate in regularly scheduled recess.*¹

**Among elementary schools with students in that grade.*

Recess defined:

- A regularly scheduled period within the school day for physical activity and play that is monitored by trained staff or volunteers.
- Encourages students to engage in activities of their choice.
- Is offered at all grade levels, kindergarten through 12th grade.



Active students are better learners

Recess increases students' physical activity and improves educational outcomes.⁴



Social & emotional outcomes:

- Improved ability to share and negotiate
- Better social interactions
- Increased school connectedness
- Improved school climate

Academic achievement outcomes:

- Better grades and test scores
- Better classroom behavior
- Better school attendance
- Improved memory, attention, and concentration



On average, elementary schools schedule students to have **27 MINUTES** of recess each day.**,¹

***Among elementary schools in which students participate in regularly scheduled recess.*

While elementary schools are meeting the national guidance to provide at least 20 minutes of daily recess, there are still many that do not offer recess. Even for those that do, school recess practices can be stronger and more comprehensive.



54% of elementary schools prohibit or actively discourage staff from excluding students from all or part of recess as punishment for bad behavior or failure to complete class work.¹



30% of elementary schools have students participate in physical activity in the gym, multi-purpose room, or cafeteria when the weather does not permit outdoor recess.¹



11% of elementary schools have all their classes schedule recess immediately before lunch.¹



49% of elementary schools use the safety checklist and equipment guidelines published in the Handbook for Public Playground Safety.¹

What are ways to improve recess?

National guidance for recess in schools

The following can guide policies for recess:

- Provide all students K-12 with 20 minutes or more of recess daily (or similar daily period of physical activity).
- Incorporate recess into the planning for a Comprehensive School Physical Activity Program.
- Do not replace physical education with recess or use recess to meet time requirements for physical education policies.
- Provide schools and students with adequate spaces, facilities, equipment, and supplies for recess.
- Ensure that spaces and facilities for recess meet or exceed recommended safety standards.
- Do not exclude students from recess for disciplinary reasons or academic performance in the classroom.
- Do not use of physical activity during recess as punishment.
- Schedule morning recess before lunch.
- Provide staff members who lead or supervise recess with ongoing professional development.

SOURCES:

¹ Centers for Disease Control and Prevention. *School Health Policies and Practices Study 2014.*

² SHAPE America – Society of Healthy and Physical Educators. *Shape of the Nation Report; 2016.*

³ Robert Wood Johnson Foundation. *The State of Play – Gallup Survey of Principals on School Recess; 2010.*

⁴ Michael SL, Merlo C, Basch C, et al. *Critical connections: health and academics. Journal of School Health. 2015; 85(11): 740-58.*

Practical strategies and resources

An important way to improve recess is by having recess policies at the state, district, and school level that aligns with the national guidance for recess.



The Centers for Disease Control and Prevention, and SHAPE America developed **Strategies for Recess in Schools** to provide schools with concrete evidence-based strategies to implement and practice effective recess.



They also developed **Recess Planning in Schools: A Guide to Putting Strategies for Recess in Practice** to help schools develop a written recess plan to increase students' physical activity and improve their academic achievement.



Health Resources in Action
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www.schoolspringboard.org