



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.



Texas Law/SHACs

- The board of trustees shall establish a LSHAC to assist the district in ensuring that community values are reflected in the health education instruction.
- School districts must consider the recommendations of the local school health advisory council (LSHAC) before changing the district's health education curriculum or instruction.

State Legislated SHAC Requirements

Committee-related



The following are requirements of local SHACs per legislation:

- ✓ A parent must serve as a co-chair
- ✓ A minimum of five members must be appointed to serve on the SHAC by Board of Trustees
- ✓ Majority of members must be parents who are not employees of the district
- ✓ SHAC must meet at least 4 times a year
- ✓ SHAC must deliver an annual report to the Board of Trustees
- ✓ SHAC is required to submit recommendations regarding the districts' health education curriculum

Coordinated School Health



All Texas schools are required by law to implement a CSH program in grades K-8.

Texas Education Code
Title 3, Chapter 38, Section 38.013



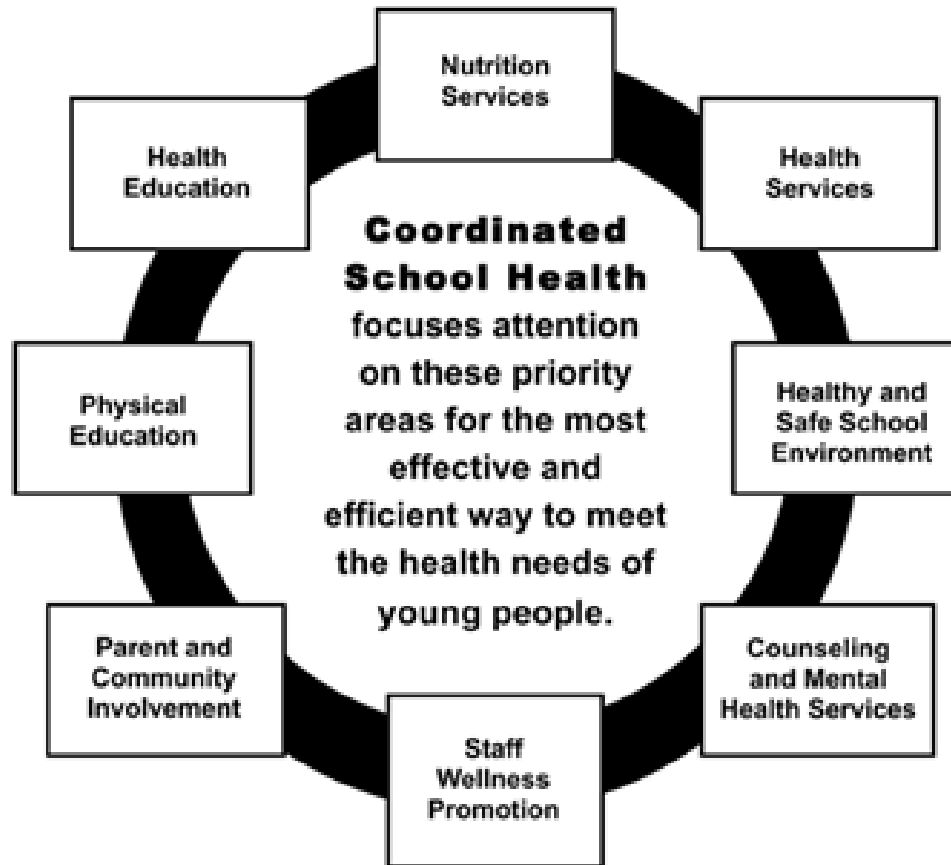


What is Coordinated School Health?

Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.



Coordinated School Health



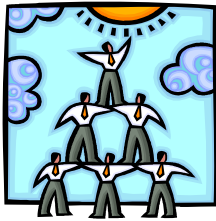
Coordinated School Health

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





2009-2010 Texas Goals for Districts and Campuses

- ✓ Increase percentage of students able to achieve the healthy fitness zone standard in all six required test items.
- ✓ Develop and implement goals and objectives for physical education/activity programs after reviewing data collected through fitness assessment and other evaluation methods.
- ✓ Incorporate CSH as a part of Campus Improvement Plans.
- ✓ Strengthen and utilize SHACs to support the implementation of all school health policies and practices.



Recent Legislation

81st Texas Legislature

Senate Bill 891:

Requires that full-day prekindergarten students participate in at least 30 minutes of moderate or vigorous daily activity throughout the school year. To the extent practicable, students enrolled in half-day prekindergarten must participate in the same type and amount of physical activity as those in full day programs.

Also requires the district to identify how the safety of students will be maintained if the student to teacher ratio is greater than 45 to 1. Additional regulations regarding the physical education curriculum are addressed.





Recent Legislation

81st Texas Legislature

Senate Bill 892:

Expands requirements of an elementary or junior high Campus Improvement Plan to develop goals/objectives for the CSH program at the campus based on the fitness assessment data, academic performance data, student attendance rates, percentage of Low SES, use and success of any method to ensure student participation in physical activities or other recommendations by health advisory council. (Not applicable for high school.)





Recent Legislation

81st Texas Legislature

Senate Bill 1344:

Directs school districts to choose an evidenced based alcohol awareness instructional program to use in the district's middle school, junior high school, and high school health curriculum.

The curriculum must include the causes, consequences, signs, symptoms, and treatment of binge drinking and alcohol poisoning.





Recent Legislation

81st Texas Legislature

House Bill 3076:

Allows districts to use the parenting and paternity awareness program developed by the State Board of Education in conjunction with the office of the attorney general in middle or junior high school curricula.

School districts and teachers may use their discretion to modify the suggested sequence and pace of the program at any grade level. Students under 14 years of age must have parental permission to participate in the parenting and paternity awareness program.





Recent Legislation

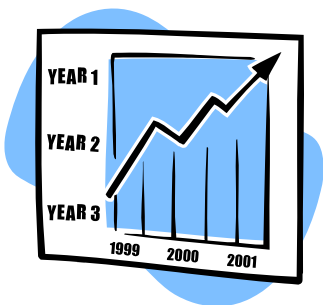
81st Texas Legislature

House Bill 3

Overhauls state accountability and graduation requirements.

Students in the Recommended High School Plan are no longer required to complete a ½ credit in health education and are now required to complete one credit in physical education rather than one and ½ credits.





FitnessGram®

Senate Bill 530 required beginning with the 2007-08 school year, that the FitnessGram® physical fitness assessment be administered to all students in grades 3-12.

FitnessGram® is a health-related fitness assessment developed by The Cooper Institute for Aerobic Research and is a research-based criterion referenced test.





SHAC Recommendations

1. Continue to offer Health in High School
2. Recommend 4th and 5th grade Human Growth and Development



2009-2010 SHAC Meeting Dates

1. 9/10/2009
2. 11/12/2009
3. 2/9/2010
4. 4/20/2010

Useful Web Sites



- ✓ Texas School Health Advisory Committee:
www.dshs.state.tx.us/schoolhealth/shadvise.shtm
- ✓ TXPTA Healthy Lifestyle Web page:
www.txpta.org/programs/healthy-lifestyles
- ✓ TEA Fitness Data: www.tea.state.tx.us./index4.aspx?id=3975
- ✓ Youth Risk Behavior Surveillance (YRBS) Survey:
www.dshs.state.tx.us/chs/yrbs/query/yrbss_form.shtm
- ✓ CDC Coordinated School Health: www.cdc.gov/HealthyYouth/CSHP
- ✓ Texas Department of Agriculture Square Meals:
www.squaremeals.org/fn/home/page/0,1248,2348_2349_0_0,00.html
- ✓ Regional Education Service Centers: <http://ritter.tea.state.tx.us/ESC>
- ✓ Texas Legislature Online: www.capitol.state.tx.us

CFISD SHAC

- Go to www.cfisd.net
- Departments: Health Services
- The SHAC information will be listed at this location.