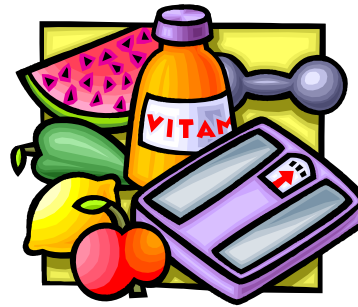


# Cypress-Fairbanks ISD School Health Advisory Council



## Annual Progress Report To the Board of Trustees

May, 2010





# 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



# School Health Advisory Council 2009-2010

- Ms. Jan Jones: Co-Chair
- Ms. Kelly Cline: Co-Chair/Parent
- Ms. Michelle Berryhill: Parent
- Ms. Loretta Bourn: PE/Curriculum
- Ms. Susie Brown: Parent
- Ms. Angie Bullington: Parent
- Ms. Charlotte Byrne: Parent
- Ms. Tam Cash: Parent
- Ms. Melissa Craven: Parent
- Ms. Melinda Eggenberger: Parent
- Ms. Rozie Gabriel: Parent
- Ms. Linda Gabrielson: Parent
- Ms. Diana Gonzalez: Parent
- Dr. Veronica Goytia: Physician
- Dr. Todd Hamel: Parent/Physician
- Ms. Cheryl Henry: Curriculum/Health
- Ms. Jennifer Jackson: Parent

# SHAC Members, Continued

- Ms. Sheryl Lentini: Parent
- Ms. Mindy Lucas: Parent
- Ms. Vicky Mays: Parent
- Ms. Cheryl Moore: Parent
- Mr. Matt Morgan: Food Service
- Dr. Burt Palmer: Clergy
- Mr. John Patton: Parent
- Ms. Judy Peer: Parent
- Ms. Chris Perry: Parent
- Ms. Sally Ramsay: Parent
- Ms. Bridget Rutkoski: Parent
- Ms. Cindy Scheiderich: Parent
- Mr. Elliott Scott: Clergy
- Ms. Sarah Simmons: Parent
- Ms. Sheri Stice: PE/Curriculum
- Ms. Karen Thomas: Parent
- Ms. Mary Torian: PE/Curriculum
- Ms. Michelle Vecera: Parent
- Ms. Lisa Wiedner: Food Service
- Ms. Angela Woodward: Health Services



# 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.



# Coordinated School Health



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

**K-5 uses CATCH**

**6-12 uses SPARK/Healthy & Wise**

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.



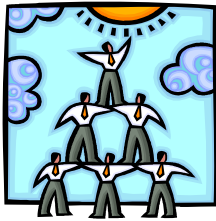
# Coordinated School Health

## 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

## 81<sup>st</sup> Texas Legislature

### Senate Bill 283:

**Requires the local board of trustees to appoint at least five members to the local school health advisory council.**

**The council is required to meet at least four times a year and must annually submit recommendations regarding the district's health education curriculum.**

**If human sexuality will be taught, the district must provide written notice, a summary of course content, and information on parents' rights.**





# Recent Legislation

## 81<sup>st</sup> 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

## 81<sup>st</sup> 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

## 81<sup>st</sup> 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

## 81<sup>st</sup> 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

## 81<sup>st</sup> 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.**



# Recent Legislation

## 81<sup>st</sup> Texas Legislature



**SB 282** by **Senator Jane Nelson**, passed to allow the Texas Department of Agriculture to set up two grant programs: one to support schools using best practices in nutrition education and another to support community and faith-based organizations and early childhood education programs that provide nutrition education to children.

**SB 343** by **Senator Jane Nelson**, creates an advisory committee to study the availability of healthy foods in underserved areas of Texas. The advisory committee will report back to the Legislature an implementation plan for a statewide program that would bring healthy foods to areas of the state that do not have access to fresh fruit and vegetable retailers.



# Recent Legislation

## 81<sup>st</sup> Texas Legislature



**SB 1027** by **Senator Kirk Watson**, establishes a farm-to-school task force to promote the availability of locally grown fresh foods in public schools. The task force will provide schools with training and technical assistance, create a database of available locally grown food, and implement a grant program for schools to recover the cost of purchasing locally grown fresh food.

**SB 395** by **Senator Eddie Lucio Jr.**, creates the Early Childhood Health and Nutrition Interagency Council to assess barriers and best practices to improving healthy nutrition and physical activity in early childhood care settings, and to develop a plan for increasing physical activity and healthy nutrition in early childhood care settings.



# State Legislated SHAC Requirements

## Committee-related



The following are requirements of local SHACs per legislation:

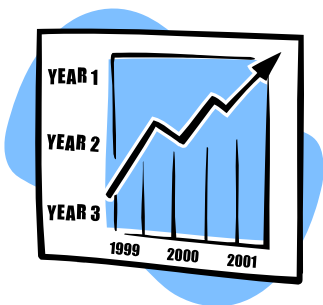
- ✓ A parent must serve as a co-chair
- ✓ A minimum of five members must be appointed to serve on the SHAC by Board of Trustees
- ✓ Majority of members must be parents who are not employees of the district
- ✓ SHAC must meet at least 4 times a year
- ✓ SHAC must deliver an annual report to the Board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

# **State Legislated Requirements District/Campus-Related**



**SHACs can provide oversight for the following activities required of local campus/districts per legislation:**

- ✓ **Provide written notice, course content and parents' rights regarding sexuality education if taught**
- ✓ **Ensure that full-day pre-k students participate in 30 minutes of daily vigorous activity**
- ✓ **Include goals and objectives for CSH in HS and MS Campus Improvement Plans**
- ✓ **Administer FitnessGram® to all students in grades 3-12**
- ✓ **Choose an evidenced based alcohol awareness instructional program**
- ✓ **Use the PAPA program in HS or MS health classes**
- ✓ **Comply with revised graduation requirements**

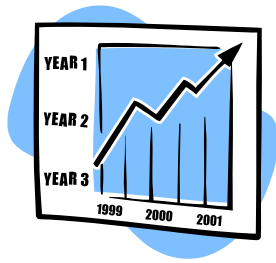


# FitnessGram®

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.





# FitnessGram®

**FitnessGram®** establishes a baseline of a healthy fitness zone from which students can set goals and check their progress (non-competitive) to plan for lifelong physical activity and to maintain and improve their fitness level. Health-related fitness assessment measures students' aerobic capacity, muscular strength/endurance, flexibility and body composition.

**FitnessGram®** provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.

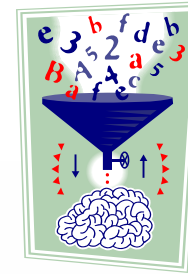
**FitnessGram®** does not place an emphasis on skill or sports-related fitness such as speed measured by an individual's 40 yard dash time. It does not compare students to other students.



# CFISD Fitnessgram Report for 2009

Grade/Gender	Total # Achieving Healthy Fitness Zone (on all 6 test components)		Total % Achieving Healthy Fitness Zone (on all 6 test components)		
	2008	2009	2008	2009	2009 State Average
3/Females	1459	1913	41.63	50.25	33.25
3/Males	1408	1583	36.80	39.13	28.60
4/Females	1365	1553	38.44	39.74	28.50
4/Males	1114	1357	30.13	31.85	21.14
5/Females	960	1339	26.34	35.97	23.82
5/Males	799	1155	22.11	29.85	17.89
6/Females	888	1150	25.78	36.27	23.08
6/Males	853	984	23.85	30.38	17.60
7/Females	810	1221	25.13	39.90	21.32
7/Males	857	1041	25.43	33.84	17.26
8/Females	670	1000	27.28	38.49	22.28
8/Males	795	998	29.03	34.34	19.80
9/Females	440	608	16.22	20.20	16.25
9/Males	559	754	18.72	21.93	16.14
10/Females	305	332	12.77	12.29	13.33
10/Males	339	515	13.66	17.29	13.88
11/Females	208	281	9.15	11.17	11.10
11/Males	260	358	11.86	13.14	12.16
12/Females	190	156	8.20	6.98	8.78
12/Males	153	210	6.59	9.60	9.25

# Texas State Data



## Physical Fitness Assessment Initiative

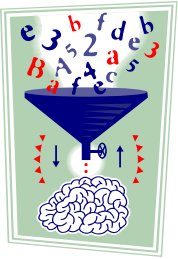
### Programmatic Leveling Analysis

Grade	2007-2008 Data			2008-2009 Data		
	FITNESSGRAM® Test (% Achieving Health Fitness Zone on all 6 tests)			FITNESSGRAM® Test (% Achieving Health Fitness Zone on all 6 tests)		
	Total	Girls	Boys	Total	Girls	Boys
3	102,342	33.25	28.60	116,096	36.42	30.89
4	80,539	28.50	21.14	95,842	33.53	24.55
5	66,798	23.82	17.89	79,281	28.02	20.85
6	60,663	23.08	17.60	75,610	28.20	20.55
7	55,441	21.32	17.26	66,950	26.01	19.58
8	48,971	18.99	17.88	60,004	22.28	19.80
9	39,456	13.90	15.04	46,206	16.25	16.14
10	28,650	12.42	13.70	32,865	13.33	13.88
11	21,152	10.68	12.24	24,416	11.10	12.16
12	13,040	8.18	8.96	15,468	8.78	9.25

Students Assessed: 2,658,665  
 Campuses: 6,532 out of 9,212 (70.91%)  
 Districts: 1,074 out of 1,267 (84.77%)

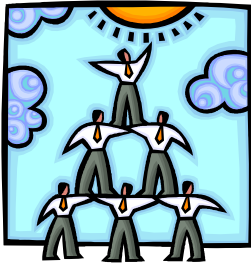
Students Assessed: 2,801,486  
 Campuses: 6,831 out of 9,240 (73.93 %)  
 Districts: 1,132 out of 1,266 (89.42 %)





## **Significant Relationships Between Physical Fitness and Indicators of Academic Achievement**

- ✓ **At schools that have earned the state's top rating of Exemplary, about 80 percent of the students have healthy levels of cardiovascular fitness.**
- ✓ **At schools that have received the state's lowest rating called Academically Unacceptable, slightly more than 40 percent of the students achieved cardiovascular fitness.**
- ✓ **Higher levels of fitness were associated with better school attendance.**
- ✓ **Higher levels of fitness at a school were also associated with fewer disciplinary incidents. The research looked at the number of incidents involving drugs, alcohol, violence and truancy.**
- ✓ **Counties with high levels of cardiovascular fitness tended to have high passing rates on the Texas Assessment of Knowledge and Skills (TAKS). Regional and county data can be found at [www.texasyouthfitnessstudy.org](http://www.texasyouthfitnessstudy.org).**

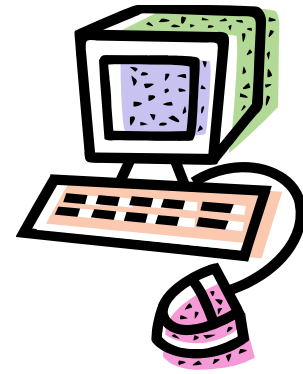


# CFISD SHAC Goals

1. Increase number of children in healthy fitness zone as assessed by FitnessGram®
2. Grow SHAC parent participation
3. Complete Elementary Growth and Development Curriculum.
4. Hold at least 4 meetings in 2009/2010

# (Cypress-Fairbanks ISD Information

- ✓ The (district) ISD SHAC Web site:  
([www.cfisd.net/Healthservices](http://www.cfisd.net/Healthservices))
- ✓ Minutes and agendas of all meetings can  
be found at :  
([www.cfisd.net/Healthservices](http://www.cfisd.net/Healthservices))





# SHAC Recommendations

1. Maintain secondary health education
2. 4<sup>th</sup>/5<sup>th</sup> grade growth & development program



# 2009-2010 SHAC Meeting Dates

1. September 10, 2009
2. November 12, 2009
3. February 9, 2010
4. April 20, 2010

# Useful Web Sites



- ✓ Texas School Health Advisory Committee:  
[www.dshs.state.tx.us/schoolhealth/shadvise.shtm](http://www.dshs.state.tx.us/schoolhealth/shadvise.shtm)
- ✓ TXPTA Healthy Lifestyle Web page:  
[www.txpta.org/programs/healthy-lifestyles](http://www.txpta.org/programs/healthy-lifestyles)
- ✓ TEA Fitness Data: [www.tea.state.tx.us./index4.aspx?id=3975](http://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](http://www.dshs.state.tx.us/chs/yrbs/query/yrbss_form.shtm)
- ✓ CDC Coordinated School Health: [www.cdc.gov/HealthyYouth/CSHP](http://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](http://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](http://www.capitol.state.tx.us)

# QUESTIONS?

Portions of this presentation were developed by the Texas Department of State Health Services, Texas School Health Advisory Committee, January, 2010. For additional information about this presentation, contact [www.dshs.state.tx.us/schoolhealth/shadvise.shtm](http://www.dshs.state.tx.us/schoolhealth/shadvise.shtm).

Links to external sites appearing in this presentation are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services. The sites also may not be accessible to people with disabilities.



January, 2010

