

## **School Health Advisory Council (SHAC)**

Annual Report

2017-2018

The Texas Education Code 28.004 requires that the Board of Trustees of each school district “establish a local school health advisory council to assist the district in ensuring that local community values are reflected in the district's health education instruction” and that the local school health advisory council “submit to the board of trustees, at least annually, a written report that includes:

- 1.) Any council recommendation concerning the school district's health education curriculum and instruction or related matters that the council has not previously submitted to the board;
- 2.) Any suggested modification to a council recommendation previously submitted to the board;
- 3.) A detailed explanation of the council's activities during the period between the date of the current report and the date of the last prior written report.

A District Steering Committee began meeting in August to map out the direction of the School Health Advisory Committee (SHAC). Due to the cross functionality of the health topics addressed, this year a steering committee consisting of the Executive Directors of Teaching and Learning, Senior Executive Director of Student Services, and the Assistant Director of Athletics directing the council.

The first SHAC meeting consisted of reviewing last year's SHAC recommendations, training on the purpose and role of a SHAC and reviewing data on district measures. In addition, the committee reviewed the components of Coordinated School Health program (Nutrition, Health services, Safe School Environment, Counseling/mental Health, Staff wellness, Parent involvement, Physical education, and Health education.)

Due to the large number of participants, we divided into smaller sub committees to support the district initiatives. Each member self-selected the committee to participate based on individual interest. The sub committees are chaired by one District employee in partnership with a community/parent co-chair. These chairs work together to set direction and work for the specific committee.

The following is a report of each committee's actions and recommendations:

Sub Committee Recommendations	Status & Date	Administration's Response
<p><b>1. Physical Activity &amp; Nutrition</b>            The Food and Nutrition Service issued a federal rule requiring all local educational agencies who participate in the National School Lunch Program to maintain a wellness policy that addresses specific goals for nutrition promotion and education, physical activity, and other school based activities that promote student wellness. In addition, standards for nutrition guidelines for all foods and beverages sold and non-sold to students during the school day. Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review of the wellness policy. Leander ISD has chosen to use the local School Health Advisory Council (SHAC) to work on behalf of the district to review and consider evidence-based strategies and techniques in order to implement nutrition guidelines and wellness goals. The Physical Activity and Nutrition subcommittee of SHAC has drafted a wellness policy based on these guidelines.</p> <p><b>a. Wellness Policy Draft</b>            A draft of the wellness plan (FFA - Regulation) can be found attached. Some members of the subcommittee meet with several students from various schools throughout the district. The purpose of the meeting was to gain knowledge regarding physical activity and nutrition during the school day. The results of the student input influenced our wellness plan recommendations.</p>	<p>Shared with Board of Trustees on June 21, 2018 via Board Memo</p>	<p><b>1.a.</b> The Wellness Plan is in draft form and will be shared with the board for feedback purposes. Once the Wellness Plan is finalized, it will be posted on the districts website in compliance with FFA Legal.</p>
<p><b>2. Social Emotional Well-being</b>            To promote and create a systems approach to meeting the social-emotional needs of the whole child, to build protective factors and reduce risk factors for our students.</p> <p><b>a. Social Emotional Learning (SEL) Framework</b>            The SEL Subcommittee made suggestions regarding possible middle school social skills competencies. These include competencies in the areas of self-awareness, self-management, social awareness, relationship skills and responsible decision making.</p> <p><b>b. Additional Work</b>            The Social Emotional Well-being committee also worked with the Human Sexuality sub-committee to review curriculum options.</p>	<p>Shared with Board of Trustees on June 21, 2018 via Board Memo</p>	<p><b>2.a.</b> The SEL framework with continue to be reviewed and we will work with SHAC to determine next steps for the 2018-2019 school year and develop recommendations from SHAC.</p>

<p><b>3.Human Sexuality Curriculum</b>  Every three years SHAC reviews various human sexuality curriculum to be used in grades 7, 8, and 9. This year the subcommittee reviewed Austin LifeGuard, Big Decisions, and Scott and White curriculum. The subcommittee had the opportunity to view hard copies of the curriculum and hear from representatives of the organizations. Members of the subcommittee considered grade level appropriate content, delivery method, resources, parent access and training, and cost.</p> <p><b>a. SHAC recommends continuing the use of Austin LifeGuard (ALG) as the resource for the human sexuality curriculum used in grades 7, 8, and 9.</b>  Austin LifeGuard (ALG) has partnered with Leander ISD for the past several years to provide age appropriate curriculum. In addition to providing curriculum ALG allows parent access to the curriculum via the parent portal as well as having hard copies of the curriculum available in the school libraries. ALG works in conjunction with Leander ISD to host parent information nights throughout the school year. ALG provides instructors who are knowledgeable and trained in using the curriculum to present to students. Currently ALG cost approximately \$35,000.</p>	<p>Shared with Board of Trustees on June 15, 2018 via Board Memo</p>	<p><b>3.a</b> Human Sexuality will not be a topic for SHAC during the 2018-2019 school year due to the selection of ALG. If SHAC so chooses, they can request information regarding the implementation of the human sexuality curriculum for review and discussion.</p>
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