

# School Health Advisory Council

Annual Board Report

April 19, 2022



WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD  
*A collaborative approach to learning and health*

# Agenda

- What is the SHAC?
- SHAC Membership
- Historical Focus
- 2021-2022 Work
- Board Recommendation for 2021-2022
- Focus Areas for 2022-2023



# What is the SHAC?



# What is the SHAC?

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. All CSISD Administrators are invited to submit names to serve on SHAC. This group has met the required four times throughout the school year 2021-2022.

Texas Education Code

Title 2, Chapter 28, Section 28.004



# SHAC Membership



# SHAC Membership

**34 Total Members**

- **10 District Employees**
- **21 Non-District Employees**
- **2 School Board Trustees**

**\* Approved in the October 2021 Board Meeting**



# Historical Focus



# Historical Focus

- Nutrition
- Physical Activity
- Recess
- Mental Health
- Wellness
- Human Trafficking
- Student Athlete Health & Safety
- E-Cigarettes
- CSISD Wellness Plan



# Historical Focus

The SHAC Membership wants to call out a special thank you to the district for the hiring of Middle School Athletic Trainers. These positions have been a tremendous support to the health and safety of our middle school athletes and is very much appreciated.



# 2021-2022 SHAC Work Items



# 2021-2022 SHAC Work Items

- Update the CSISD Wellness Plan (every 3 years)
- Implement the House Bill 1525 Legal Changes that apply to the SHAC
- New State Board of Education TEKS for Health and Physical Education
- SHAC Recommendation to the Board regarding Instructional Materials Adoption



# 2021-2022 SHAC Work Items

## Update the Wellness Plan – FFA(LOCAL)

- The Entire CSISD 8 Page Wellness Plan will be uploaded to the CSISD SHAC Website after tonight's board meeting
- A summary of the Wellness Plan Goals will be shared this evening



# 2021-2022 SHAC Work Items

## Update the Wellness Plan – FFA(LOCAL)

- Required at least every three years
- Updated Through the SHAC Meeting Process
- Plan Components
  - Nutrition Promotion
  - Nutrition Education
  - Physical Education (2 Goals)
  - School- Based Activities (2 Goals)



# 2022-2023 Wellness Plan Goals

- **Nutrition Promotion Goal – Share and promote health nutrition choices for students and families**
  - Posted on the CSISD Child Nutrition Website
- **Nutrition Education Goal – The district shall deliver information that promotes the adoption and maintenance of healthy eating behaviors**
  - Coordinated School Health Program
  - Implementation of new Health TEKS



# 2022-2023 Wellness Plan Goals

- **Physical Education Goal #1 – Make appropriate before and after school programs available for and encourage students to participate**
  - Communication to students and families regarding school programs
- **Physical Education Goal #2 – The district shall encourage the use of recreational facilities outside of the school day**
  - Allowing access to facilities under the guidelines of facilities use policies



# 2022-2023 Wellness Plan Goals

- **School Based Activity Goal #1** – The district shall allow sufficient time for students to eat meals in a safe and clean cafeteria environment
  - 30 minute lunch times with a goal of all students being served within the first 15 minutes
  - 100% of cafeterias maintain the Hazard Analysis Critical Control Points Logs
- **School Based Activity Goal #2** – The district shall promote staff wellness activities and involvement at suitable campus/district activities
  - Provide information about health services in the community to staff members



# 2021-2022 SHAC Work Items

Implement the House Bill 1525 Legal Changes that apply to the SHAC

- Open Meetings Act Requirements
- Parent Notification for State Board of Education (TEKS) Human Sexuality Instruction Topics
- Opt-In Process for Human Sexuality Instruction
- Instructional Materials Access
- Board Adoption of Instructional Materials



# 2021-2022 SHAC Work Items

## Complete Work Necessary to Implement the new State Board of Education TEKS for Health and Physical Education in August 2022

- SHAC members received updates from Assistant Athletic Director Megan Symank with regards to the work and progress related to the new TEKS and plans for implementation in CSISD
- Curriculum writing work is planned to begin in the month of May
- CSISD will be following all new State Board of Education TEKS as required starting in August 2022



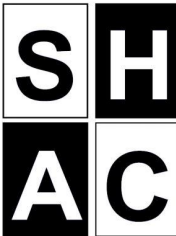
# 2021-2022 SHAC Work Items

## Instructional Materials Adoption (IMA)

- The State Board of Education called for the first adoption of instructional materials for Health & Physical Education in over 20 years
- CSISD H/PE teachers participated in the IMA review process
- The SHAC members participated in the IMA review process
  - Subcommittee Meetings & Presentations to full SHAC Membership
- The public was invited to participate in the IMA review process via public meetings held on March 7, 2022

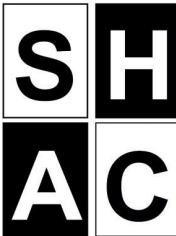


# 2021-2022 SHAC Recommendations



# 2021-2022 SHAC Recommendation

- Receive the updates to the CSISD Wellness Plan - FFA(LOCAL)



# 2021-2022 SHAC Recommendation

## Board Selection

The board shall determine the specific content of a district's instruction in human sexuality.

Education Code 28.004(h)

The board shall select any instruction relating to human sexuality, sexually transmitted diseases, or human immunodeficiency virus (HIV) or acquired immune deficiency syndrome (AIDS) with the advice of the SHAC. The instruction must:

1. Present abstinence as the preferred choice of behavior for unmarried persons of school age;
2. Devote more attention to abstinence than to any other behavior;
3. Emphasize that abstinence is the only method that is 100 percent effective in preventing pregnancy, sexually transmitted diseases, infection with HIV or AIDS, and the emotional trauma associated with adolescent sexual activity;
4. Direct adolescents to a standard of behavior in which abstinence before marriage is the most effective way to prevent pregnancy, sexually transmitted diseases, and infection with HIV or AIDS; and
5. Teach contraception and condom use in terms of human use reality rates instead of theoretical laboratory rates, if instruction on contraception and condoms is included in the curriculum.

[EHAA\(LEGAL\)](#)

Updated November 2021

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[EHAA\(LEGAL\)](#)

Updated November 2021

# 2021-2022 SHAC Recommendation

Adopt the Health and PE Instructional Materials that include the Human Sexuality Instruction which includes contraception and condom use in terms of human reality rates instead of theoretical laboratory rates.

- These adopted materials are a part of the Human Sexuality Instruction that by law parents must “Opt-In” in order for their child to receive the instruction
- If parents do not choose to “Opt-In” their child for Human Sexuality Instruction, their child will not receive that instruction



# **Reminder From the Workshop Session**

The Board will be asked to vote on the adoption of the Health and Physical Education materials as a part of the regular board meeting on May 19, 2022.

# 2022-2023 SHAC Plan



# 2022-2023 SHAC Plan

- Initiation of more communication with parents regarding Health and Wellness existing possibly through campus PTO structures
- Involve more students and young adults in the SHAC



# Questions / Comments

