

# **Leander ISD School Health Advisory Council Report – Spring 2010**

Texas Education Code states that each school district will establish a school health advisory council (SHAC) and that it will meet on a regular basis. The duties of the SHAC is to provide advice on the district's coordinated school health program and its impact on student health and learning and to provide recommendations to specific changes to school's health education curriculum and instruction.

This year SHAC was required to make additional changes due to the passing of the law, SB 283. Those changes include:

- The board of trustees shall appoint at least five members to the local SHAC.
- One of those members shall serve as chair or co-chair of the council.
- The local SHAC shall meet at least four times each year.
- SHAC shall submit to the board of trustees, annually, a written report

At the time of this report, the SHAC has met all of the new requirements and is proceeding to work on improving the establishment of a "Culture of Wellness" in LISD. This current SHAC is composed of 29 members, in which 17 are parent or community members. In September, the SHAC selected Melissa Taylor, parent of a Cedar Park Middle School student, as a Co-Chair to assist, Ray Langlois, LISD Asst. Director of Athletics, Health and Wellness. The SHAC has met four times this year with scheduled meetings yet to occur in April and May. Ray reported to the LISD School board on February 4<sup>th</sup> and is submitting a written report in April. A follow-up report can be submitted when new membership will be brought to the board for approval.

The focus of SHAC this year was in the following areas of general organization, middle school athletic injuries, child nutrition and developmental assets.

## **General Organization:**

SHAC's goal to establish general organization was to elect officers and establish a set of bylaws. Melissa Taylor was elected as the co-chair and she helped organize an effort to create bylaws. Through the groups input, a set of bylaws has been drafted and is ready for approval provided that they have a quorum of parent and community members present to vote on them.

## **Middle School Athletic Injuries:**

This is the second year that SHAC has asked middle school coaches for athletic injury data to be analyzed. After the data was collected, it was quantified and presented to a sub-committee that consisted of several SHAC parents, LISD Athletic Trainers and a coach. The group went through a continuous improvement activity to identify a set of priorities to be further analyzed. The areas of priority consisted of increased coverage for middle school activities, improved communication with everyone, increased utilization of technology, and further analysis of Impact Testing for Concussions. These results will be shared with the athletic department as well as a recommendation for deeper analysis of the results.

**Child Nutrition:**

Beth Thorson established the Nutritional Advisory Committee which was composed of SHAC members. This group discussed the following topics:

- Healthier US Challenge - which was established to recognize schools that are creating healthier school environments through their promotion of good nutrition and physical activity
  - Menu development process and progress
  - Current elementary lunch participation rates relative to menu offerings
  - Correlation of free and reduced price meal eligibility with participation
  - Service line speed
  - Nutrition environment (snack bars, vending machines, school stores) in secondary schools
  - Snack permission process and midday snack availability in elementary schools
- There should be several recommendations coming forth from this group to be given to the LISD Child Nutrition Department.

**Developmental Assets:**

This committee will be reviewing the monthly ethical behavior packets which Mary Ann Kluga, LISD CAPP Coordinator, sends out to each campus. These packets include information (lessons plans, PA announcements, journal prompts, etc.) on our 10 ethical principles, Search Institutes 40 Developmental Assets (40 essential building blocks for healthy youth development) and a prevention topic (alcohol/drugs, bullying, truancy, and healthy living). Mary Ann is looking to not only enhance the packet as this is her 6th year of sending them out but to also get the 40 developmental assets information out to more parents and community members.

The LISD School Health Advisory Council showed a great deal of commitment this year towards building a “Culture of Wellness” for our district. Their dedication to having a safe and healthy environment for students, families, and staff is admirable. Through addressing the areas of SHAC’s general organization, Middle School athletic injuries, Child Nutrition, and Developmental Assets, the council hopes to raise the district’s awareness of the benefits of living a healthy lifestyle and an improved quality of life.