

Leander ISD School Health Advisory Council Report – Spring 2009

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. The council met five times last spring.

A "CULTURE OF WELLNESS" FOR LISD

The council's primary focus began with describing a "Culture of Wellness" for the district by defining areas of focus and creating a vision for each. In doing this activity, the council found Nutrition, Physical Activity and Fitness, Family Involvement and Employee Wellness would be the areas of focus. A definition and vision was then developed for each of the areas:

NUTRITION

Definition:

Nutritional wellness is providing and teaching healthy tools to students to promote and apply lifelong healthy habits that assist them in their current academic careers and beyond.

Vision:

To educate the students holistically by exposing them to fresh, quality products and giving them hands-on experience cultivating and preparing healthy foods that will help them achieve high academic performance.

PHYSICAL ACTIVITY AND FITNESS

Definition:

Physical activity can be defined by a body in motion to improve one's physical and mental health.

Vision:

Our vision is that every student has the opportunity to participate in a fitness program or sports team that will promote life-long health behaviors, positive body image, higher academic achievement, and improved self-esteem.

FAMILY INVOLVEMENT

Definition:

Family involvement in wellness is family participation in education to support and model healthy activities and behaviors.

Vision:

Family involvement in wellness results in healthier choices, more active lifestyle, and improved physical and mental health for the family as a whole.

EMPLOYEE WELLNESS

Definition:

Employee wellness involves staff being both mentally and physically healthy.

Vision:

Employee wellness is seen when staff members model healthy behaviors, engage in quality instruction, accept challenges, increase productivity, and create a positive culture of learning.

The council also created a vision for wellness in the district that would allow the Coordinated School Health Leadership Team to develop a district goal and model for wellness.

Wellness Vision Statement

LISD is committed to supporting a “Culture of Wellness”, through the areas of nutrition, physical activity and fitness, and family involvement. We recognize the purpose of health, physical education and wellness is to provide students and staff with the knowledge and skills needed to develop and maintain personal health, lifetime fitness, and recreational enjoyment. By using a coordinated approach to school health, schools can promote, practice, and coordinate school health and physical education in order for students to advance their academic student performance. This can be done through providing services that benefit the physical and mental well-being of students by establishing healthy-lifelong behaviors.

For us to reach our district vision that every student is encouraged, supported, and challenged to achieve the highest levels of knowledge, skills, and character, we believe that developing healthy minds and bodies are fundamental to successfully achieving this goal.

LISD WELLNESS SCORECARD

The Wellness Scorecard was recommended to us by Region 13 as an assessment tool to analyze and rate three areas of wellness: Nutrition, Physical Activity, and School Activities. In the area of Nutrition, a sub-group of SHAC, including Child Nutrition Services Staff, found areas of strength would include nutrition education as a district-wide priority and the coordinated approach to promoting nutritional health. The Nutritional group considers the areas to be developed would include a coordinated approach to nutritional education, professional development of staff about coordinated school health, and outreach of nutritional information to families.

In the area of Physical Activity, a sub-group of SHAC, including Health and PE district staff, found areas of strength would include strong emphasis on moderate to vigorous physical activity (MVPA) and that the district provides a safe and enjoyable fitness environment for students who are not participating in organized programs of physical activity. The Physical Activity group considers the areas to be developed would include physical activity in the academic areas, outreach to families to promote physical activities, staff development about the benefits of physical activities, and a district wellness plan that utilizes existing district resources.

In the area of School Based Activities, a sub-group of SHAC, including campus personnel, found areas of strength would include district lunch room facilities were clean, safe and comfortable and that students are given sufficient time to eat. The School Based Activities group considers the areas that needed to be developed would include school activities that promote wellness for students and their families and district activities that promote employee wellness education and activities.

LISD MIDDLE SCHOOL ATHLETIC INJURY DATA

The SHAC was asked to gather and analyze the LISD Middle School Athletic injury data for the fall of 2008. Preliminary data was collected from all middle school coordinators in both male and female sports. It was analyzed for trends and a prioritization tool was used. The areas of supervision, practice, instruction, safety and environment were identified as areas to be further reviewed. The SHAC has two recommendations for the district.

1. Middle school injury data should be tracked and reviewed annually.
2. A district improvement team should be formed to analyze current data in the identified areas.

SB 283

This year SHAC will be 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 that includes:
 - Any recommendation concerning the school district's health curriculum and instruction or matters not previously not submitted to the board.
 - Suggested modification to a SHAC recommendation that was previously submitted
 - A detailed explanation of the SHAC's activities during the past year.
 - Must have the first report to the board by 4/1/2010.

The SHAC will be analyzing and adopting by-laws to govern these procedures.

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 nutrition, physical activities and fitness, family involvement, and staff wellness, the council hopes to raise the district's awareness of the benefits of living a healthy lifestyle and an improved quality of life.