

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

Annual Report

2018-2019

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 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 and SHAC member interests. First, each member proposed topics, under the umbrella of Coordinated School Health, that they were interested in exploring for Leander ISD. After the topics were organized into sub committees, 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

#### 1. Physical Activity & Nutrition

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, it has required the development of a wellness policy evaluation tool. At least once every three years, Leander ISD must measure the extent to which progress has been made in attaining the goals of the wellness policy. The policy and evaluation tool must be made available to the public. The Physical Activity and Nutrition subcommittee of SHAC has drafted a wellness policy evaluation tool.

##### a. Wellness Policy Evaluation Tool

All stakeholders in the Wellness Policy Evaluation Tool have reviewed and provided comments. The final draft of the document can be found below.

#### 2. Social Emotional Well-being

The Social Emotional Well Being Committee met to promote and create a systems approach to meeting the social-emotional needs of the whole child, build protective factors and reduce risk factors for Leander ISD students. The committee expressed continued support for the implementation of Second Step in grades K-5. The committee also discussed the current state of services available to students in Leander ISD. Committee members identified a perceived increase in students with mental health needs in the community. (Need additional data to support this.)

The committee also participated in the SHAC presentation regarding the student safety by Russell Bundy and Darla Humes.

#### 3. Puberty Curriculum

In 2018, a cross collaborative group made up of nurses, PE teachers, counselors, and administrators met to discuss changes to the Puberty Curriculum resource being used, as well as a way to streamline the process of delivering the lessons at each campus. A variety of materials were presented, and the items below were selected. The process was implemented this year which assigned each stakeholder at each campus a role, with clear guidelines and deadlines. It also provided resources including insider scripts, opt out forms, website information, and a new online preview option for parents. This information was presented to SHAC, and additional feedback from the parents, community members, and administrators was taken into consideration.

##### a. 4th Grade Puberty Resource

- i. Girls - "Just Around the Corner for Girls" by Marsh Media
- ii. Boys - "Just Around the Corner for Boys" by Marsh Media

##### b. 5th Grade Puberty Resource

- i. Girls - "Growing Up! For Girls" by Marsh Media
- ii. Boys - "Growing Up! For Boys" by Marsh Media

##### c. 6th Grade Puberty Resource

- i. Girls - "Always Changing for Girls" by Proctor & Gamble
- ii. Boys - "Always Changing for Boys" by Proctor & Gamble

#### **4. Safety Feedback**

The members of the SHAC participated in a process to provide feedback about our current safety and security processes and suggest additional ways to keep students and staff safe. Below are the highlights of the discussion:

- a. Improve communication regarding when drills are happening and when actual emergency protocols are activated at a school.
- b. Add additional School Resource Officers.
- c. Improve the method of lockdown drills at each school to include table-top scenarios and a debrief with law enforcement after the drill.
- d. Continue to educate parents, students and staff on Standard Response Protocols (SRP - Lockdown, Lockout, etc).

Administration began notifying parents in the minutes before a lockdown drill, or after the drill. The District is considering adding additional SRO positions to all middle school campuses. The Safety and Operation Summit is planned for July 30th, 2019 for campus and district administrators. Standard Response Protocols is one of the training topics that day.