

Hays CISD School Health Advisory Council (SHAC) Annual Report for 2016-2017

Authority and purposes for the SHAC:

Each school district in Texas is required in Chapter 28.004 of the Texas Education Code to establish and maintain a district-level School Health Advisory Council. The School Health Advisory Council of the Hays Consolidated Independent School District is specifically authorized by the Board of Trustees in District policies BDF [legal], EHAA [legal], EHAB [legal], EFAA [legal], and FFA [local].

The purpose of the SHAC is to assist the District in ensuring that local community values are reflected in the District's health education instruction. The council's duties include recommending: 1. Curriculum appropriate for specific grade levels designed to promote sexual health and responsibility as well as prevent obesity, cardiovascular disease, and type 2 diabetes through coordination of health education, physical education and physical activity, nutrition services, parental involvement and instruction to prevent the use of tobacco. 2. Strategies for integrating the curriculum components specified above, with the following elements in a coordinated school health program: school health services, counseling and guidance services, a safe and healthy school environment, and school employee wellness.

A majority of the council members must be parents of students enrolled in the district who are not employed by the district. Additionally SHAC is comprised of community members, businesses, and district representatives. Information from SHAC meetings is posted on Hays website as per TEC and policy requirements.

For the 2016-2017 school year the SHAC parent co-chair was split between two parents. The first half of the year Kim Hilsenbeck served and the second half Ashley Taylor served as parent co-chair. The district co-chair was Macie Walker, Director of Student Health.

Meetings of the Hays CISD SHAC 2016-2017	
September 21, 2016	March 22, 2017
October 19, 2016	April 19, 2017
November 16, 2016	May 17, 2017
January 18, 2017	June 21, 2017
February 15, 2017	

Accomplishments and Activities during the 2016-2017 school year:

- **Wellness Plan**

After considerable work on FFA (LOCAL) last year, the Wellness Plan, an extension of the Wellness Policy was completed and recommended by SHAC and adopted by the district.

 - The Wellness Subcommittee created surveys to gather information from each campus in relation to the Wellness Policy.
 - These surveys are being used to gather information this summer from campuses in order to create a report as required by policy.
 - Future changes to the Wellness Policy and Plan will be considered after two years of data is gathered
- **Youth Risk Behavior Survey (YRBS)**

SHAC spent considerable time reviewing YRBS data and making recommendations to support students. Activities associated with this review were:

 - Identified concerning themes; drug use, violence, and social/emotional/mental health.
 - Reviewed presentations from outside counseling organizations (Austin Family Institute and Austin Oaks) regarding parent workshops to support YRBS challenges.
 - Reviewed research on Social Emotional programs.

- Reviewed Hays Caldwell Women’s Center opportunities and support for the district and community associated with physical violence.
- Reviewed and recommended CATCH My Breath program for middle schools to target e-cigarette use.

The document with SHAC recommendations provided in Board Memo in March 2017 is included as a separate document. A summary of recommendations to the Board from SHAC were:

- the District focus on prevention and education earlier in hopes of avoiding the increasing need for intervention in later years. Specifically we recommend focus on healthy relationships, coping skills, and drug prevention at elementary level.
- the District focus on intervention in the areas of safety, drug use, and mental health.
- the District adopt Social Emotional Learning at all campuses district wide by the 2018-2019 school year. We recommend a thoughtful approach with a five year plan.
- the District implement social emotional support for staff prior to implementing with students.
- the District provide speakers and workshops to support parents with a primary target being parents with students of transitional ages.
- the District require in person training for staff on suicide prevention annually.

- **FFA (LOCAL) Wellness Policy**

After considerable work on FFA (LOCAL) in the 2015-2016 school year, changes in federal regulations in September of 2016 necessitated another review and revision of district policy. The council’s work included:

- Review and research of regulatory requirements and best practices associated with FFA [LOCAL].
- Revision of policy to meet regulatory requirements
- Discussion of additional changes beyond those required by federal regulation changes; resulting recommendation to delay further changes to allow time for data collection and review at a future time

- **Physical Activity and Fitness Planning Subcommittee**

Physical Activity and Fitness Planning Subcommittee is a requirement according to TEC 28.004. The subcommittee and SHAC associated actions were:

- Review of physical activity at all elementary and middle school campuses.
- Researching TEC and policy requirements as well as best practices for physical activity and recess.
- Identifying gaps in compliance related to physical activity minutes at the elementary level.
- Communicating the findings of the physical activity review to principals and drawing attention to gaps.
- Creating tools to communicate the importance of physical activity and its relationship with education.
- Collaboration with District curriculum leadership with recommendation to review and revise physical education / health curriculum and ensure lessons align to support YRBS challenges. This recommendations has been
- Review of Camino Real every day PE data

- **SHAC Regional Collaboration - Social, Emotional, Mental Health**

Local SHACs are collaborating to discuss best practices and messaging regarding social, emotional, and mental health. The SHAC actions associated were:

- Provide three representatives for the initial meeting and will participate in future meetings.

- **Subcommittees**

SHAC, in the 2015-2016 school year, initiated subcommittees to create more effective work within the Council. Council subcommittee’s actions included:

- Physical activity and fitness planning subcommittee as required.

- **Communications subcommittee is in the process of creating updates for the website, social media, and communication both in SHAC and across the district to reach more families with nutrition and wellness messaging.**
 - **Wellness plan subcommittee to continue and finalize work on Wellness Plan.**
 - **Social, Emotional, and Mental health subcommittee.**
- **Bylaws**
SHAC Bylaws reviewed and revised to align with current practice and future plans.

We welcome the opportunity to speak to you at the next board meeting and offer a brief overview of our efforts to support the health and wellness of students at HCISD.

Respectfully submitted,

Macie Walker, BSN, RN, Director of Student Health Services, SHAC District Co-Chair
Ashley Taylor, SHAC Parent Co-chair