

**Hays CISD School Health Advisory Council (SHAC)
Annual Report for 2015-2016**

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.

Accomplishments and Activities during the 2015-2016 school year:

- **Parent participation and engagement**
Parent participation was consistent but at a low volume. The council recognized the need to grow participation and engagement from parents. SHAC participation tripled this year as a result of the council's action in:
 - Campaigning in spring and summer of 2015 to improve awareness and participation by parents and community members.
 - Creating commitment agreements to establish expectations.
 - Surveying SHAC members for priorities for 2015-2016 and utilized results to drive focus of council.
 - Actively seeking methods and strategies to increase our effectiveness through the use of subcommittees.
- **Obesity mapping**
In the past HCISD worked with Children's Optimal Health to aggregate de-identified student data into maps revealing obesity rates and other data in the district. The district and campuses initiated targeted programs to improve obesity rates. This culminated in a Summit for the community to share the data. COH works with several other districts in the area and future mapping in Hays to allow for correlative data was proposed. The council's actions included:
 - Reviewing presentations by Children's Optimal Health regarding potential for future mapping of student information and obesity data analysis.
 - Recommending administration move forward with the relationship for future years and continuing comparative obesity mapping when funding is available.
- **FFA [LOCAL] Wellness Policy, Plan, and Nutrition guidelines**
Changes in the Texas Department of Agriculture and federal regulations were necessitating a review of district policy related to wellness, food, and nutrition. SHAC initiated the review of the Wellness Policy in September and has worked diligently over the year to revise the policy and recommend a plan. The council's work included:

- Reviewing and researching regulatory requirements and best practices associated with FFA [LOCAL] which is anticipated in policy release 104.
 - Developing a Wellness plan for implementing the policy as required by regulatory standards with targeted completion date of summer 2016.
 - Collaborating with principals and district administrators in policy review and recommendations.
 - Assisting in the creation of nutrition guidelines to support consistency and compliance at the campuses.

- **Physical Activity and Fitness Planning Subcommittee.**
 Upon review of policy and regulatory requirements, SHAC identified the need for a physical Activity and Fitness Planning Subcommittee according to TEC 28.004. The subcommittee and SHAC associated actions were:
 - Reviewing 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.
 - Recognizing the challenge of the growing elementary population.
 - Developing creative ideas for the campuses to meet the physical activity requirements and keep students physically active throughout the day (i.e. Go Noodle, and GetFIT programs to keep students physically active throughout the school day).
 - Collaborating with the superintendent, assistant superintendent of elementary schools, and principals to correct these gaps in December 2015.

- **Nutrition training**
 With SHAC growth this year, we recognized a need for training on current nutrition challenges and recommendations for students. The council's work included:
 - Providing updates from the district dietician related to best practices and recommendations from pediatric nutrition and obesity conference.
 - Reviewing the "Smart Snack" definition and requirements for nutrition on campus.

- **Employee wellness**
 SHAC partnered with the Hays HealthWise Committee, a group of employees focused on employee wellness representing all campuses, to review and recommend initiatives to support healthy employees. HealthWise and SHAC work included:
 - Seeking community businesses interested in offering discounts to Hays employees related to wellness.
 - Creating and providing a list of wellness opportunities offered to Hays employees including cost
 - Surveying employees to determine HealthWise committee focus for 2016

- **Subcommittees**
 SHAC has identified that with increased participation and commitment of members we now have an opportunity to utilize subcommittees to create more effective work within the Council. In the past, this has been a challenge due solely to number of participants. In the coming year the council is:
 - Continuing our physical activity and fitness planning subcommittee as required.
 - Creating a communications subcommittee to explore our use of website, social media, and communication both in SHAC and across the district to reach more families with nutrition and wellness messaging.
 - Creating a Wellness plan subcommittee to continue and finalize work on Wellness Plan.
 - Creating a mental health subcommittee to explore opportunities and resources for mental health for our students.

YRBS Survey recommendations from June 2015 - follow up

- **Mental Health**
 - Counseling services initiated at WELL Clinic
 - Social Thinking program pilots at several campuses
 - Data limited due to newness of programs, but positive behavior trends noted at several campuses
 - Early intervention with programs like Girl Talk / Boy Talk
 - Continuing to explore these opportunities over the coming months
- **Nutrition**
 - Review and Refine Nutrition Curriculum, priority lessons, and implementation of curriculum – postponed by to Summer 2016.
 - Expansion of TV menus at all campuses in process, nutrition lessons and nutrition information to be projected at all campuses.
 - Utilized Facebook page for sharing event information with students and parents; exploring Twitter option.
 - Reengage Food-A-Palooza and Farmers Market A-Z events to introduce students to new fruits, veggies, and ethnic foods.
- **Sexual Health and Responsibility**
 - Provided Professional Development for all health teachers for Big Decisions Curriculum updates in November and February
 - Fidelity audit to be completed in collaboration with Texas State Spring 2016
 - Refinement of unit curriculum planned for Summer 2016
 - Professional Development for administrators, nurses and counselors on Big Decisions in February 2016
 - Focus was overview of curriculum, how to answer difficult questions, and answering values neutral
 - Feedback was very positive from those that participated
 - Girl Talk / Boy Talk completed in Fall 2015, repeated Girl Talk in spring due to low fall attendance for Girl Talk which may have been due to lack of communication.
 - Positive surveys responses from parents and students
 - Will continue to support this program

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, Director of Student Health Services, SHAC Co-Chair
Kim Hilsenbeck, SHAC Parent Co-chair