



Hays Consolidated Independent School District

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Superintendent

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School Health Advisory Committee

Report to the School Board

As Required by

Texas Education Code

Chapter 28.004

October 2018

Prepared by Macie Walker, District Co-Chair
and Jessica Bedwell, Parent Co-Chair

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1. Introduction

Each school district in Texas is required by Texas Law ([Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)) 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 report for the 2017-2018 school year lists the meeting dates of the SHAC; the attendance records of its members; a brief description of actions taken by the SHAC; costs related to the SHAC's existence; and anticipated activities for the next year.

2. Background

The 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.

3. Committee Activities – 2017-2018

Committee Members, Meeting Dates, and Attendance of Members

For the 2017-2018 School year Ashley Taylor served as Parent Co-chair and Macie Walker served as District Co-chair.

2017-2018 Committee Members:

Bedwell, Jessica - PARENT	Behrens, Matt – PARENT
Bronaugh, Bert – Community member	Campbell, Katie – Pep Coordinator
Contreras, Renee – Lehman Outreach Counselor	Goss, Jennifer – Community OB/GYN
Hernandez, Bonnie - PARENT	Hilsenbeck, Kim- PARENT
Hooton, Stephanie – PARENT	Jamail, Stephanie – PARENT
Kelnar, Dawn – PARENT	Kiester, Bret - YMCA
Mensing, Jeff – PARENT	Morgan, Wendy- PE TEACHER- TOBIAS
Pendleton, Brandon –Hays Caldwell Women’s Center	Pizana, Belinda – PARENT
Renger, Erica – Special Education	Roberts, Ruth – CommuniCare Liaison
Rowden, Lauren – Dietician	Self, Whitney - PE TEACHER- CAMINO
Stone, Mary – Community Counselor	Taylor, Ashley – PARENT – CO-CHAIR
Thibodeaux, Mike – Child Nutrition	Thomas, Lisa – Dir Employee Services
Vera, Jessica – PARENT	Walker, Macie – Dir Student Health, Co-chair
Winkelmann, Charlotte – Dir of Counseling	

Table 1. 2017-2018 SHAC Meeting Dates

Date	Attendance
September 20, 2017	16 members participated in person
October 18, 2017	16 members participated in person
November 15, 2017	15 members participated in person
January 24, 2018	12 members participated in person
March 21, 2018	12 members participated in person
July 18, 2018	13 members participated in person

Description of Committee Actions

The Hays School Health Advisory Committee met six times in the 2017-2018 school year. All minutes, including actions taken and lists of meeting attendees, are available to the public on the Hays CISD [SHAC webpage](#).

During each SHAC meeting, the members reviewed and approved the minutes from the previous SHAC meeting, received reports and presentations, discussed action items, and discussed requests for future SHAC dates.

During the August meeting, Macie Walker, District Co-Chair and Director of Student Health presented the Hays SHAC Bylaws with revisions from previous meetings and they were unanimously approved by members present. In addition the goals for subcommittees were discussed.

During the September meeting the Wellness Policy and Plan were presented, reviewed by subcommittees, and revisions made based on regulation changes.

In the October meeting, The Wellness Policy and Plan were reviewed after amendments recommended in previous meeting. Further amendments were recommended for the Plan and were sent virtually for review and final approval.

In the November meeting, The Wellness Plan was presented and approved. Additionally the Youth Transportation Safety Institute of Texas A&M presented information regarding a program available for schools. The recommendation was made to consider this in the future and possibly pilot at middle school campuses.

In the January meeting the Nutrition Guidelines were reviewed and no changes were recommended for the District to consider. The schedule of meetings for the year were altered and agreed to by members present. The changes were communicated to all members.

In the March meeting an update on the administration of the YRBS survey was given. In addition volunteers were solicited to represent the SHAC at the PTA council meeting later that month. The annual report to the board was discussed and requested to be provided after the end of the 2017-2018 SHAC year instead of in April as historically given.

In the July meeting the preliminary report of YRBS survey results from the 2018 administration was presented by Graduate Student from Texas State. Preliminary discussion regarding recommendations were initiated including consideration of YRBS at the middle school level in future years. Additionally the council highlighted themes from the report data related to safety, drug use, and mental health. These were consistent themes from the 2016 results as well.

Description of Committee Accomplishments and Recommendations

FFA (LOCAL) - Wellness Policy

- Revisions recommended based on Federal Guideline changes. Board Policy adopted to reflect recommendations in December 2017.

Wellness Plan – Considerable work has been completed by SHAC in the 2016-17 and 2017-18 school years regarding the Wellness Plan

- An extension of the Wellness Policy FFA LOCAL.

- Revisions recommended to follow FFA LOCAL revisions. Changes adopted to reflect recommendations.

Wellness Report – The district is required to report how well each campus and the district as a whole complied with the Wellness Plan.

- Preliminary work has been completed to receive and aggregate information regarding the Wellness Plan for 2016-2018.
- Surveys completed by each campus are reviewed to compile this report.
- The report will be posted on the district website by January 2019.

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.
- Identifying gaps in compliance related to physical activity minutes at the elementary level.

Obesity Study – Hays CISD, in collaboration with Children’s Optimal Health (COH), participated in an obesity study for the 2011-2012 school year.

- SHAC previously recommended a follow up study.
- In collaboration with COH and University of Texas, a study was conducted in the 2017-18 school year to look at obesity in the district at points in time since the initial study. In addition, the SHAC hoped to gain insight on the effectiveness of programs implemented at the time of the initial study.
- Results were shared in the August 2018 SHAC meeting. Further results and recommendations will be provide in the 2018-19 school year.

Youth Risk Behavior Survey (YRBS)

- SHAC recommends the administration of the YRBS Survey in Hays and continues to find the information valuable for reviewing risk factors for Hays students as well as areas for recommendation for action to support students.
- SHAC recommends administration of the YRBS Middle School Survey to determine target ages for prevention education.
- A review of preliminary data occurred in July of 2018. Drug Use, Safety, and Mental Health are the themes SHAC recommends targeting from the results. These are consistent themes from 2016 data. Further review and recommendations will be forthcoming in the 2018-19 school year.

Stop the Bleed is a nationwide campaign to provide support in the event of mass casualty

- The SHAC supports the implementation efforts by the District regarding Stop the Bleed.

Application for SHAC Award through Texas Action for Healthy Kids’ SHAC Leadership Team

- Submitted in April 2018

Committee Costs

The costs associated with the SHAC include lunch for each meeting for a total of \$1,182.26 as well as assistance with substitutes for teachers attending SHAC for a total of \$200 in the 2017-2018 school year.

4. Committee Planning – 2018-2019

Committee Members 2018-2019

For the 2018-2019 School year Jessica Bedwell will serve as Parent Co-chair and Macie Walker will serve as District Co-chair.

2018-2019 Committee Members:

Bedwell, Jessica - PARENT Co-Chair (BMS, HHS)	Dean, Kelly – PARENT (CMS)
Hernandez, Bonnie – PARENT (BVES)	Hooton, Stephanie – PARENT (TES)
Jamail, Stephanie – PARENT (BMS, HHS)	Kelnar, Dawn – PARENT (NES, BMS)
Pizana, Belinda – PARENT (NES)	Quintero, Tricia – PARENT (EGES, HHS)
Waller, Lacy – PARENT (RPES)	
Contreras, Renee – Lehman Outreach Counselor	Goss, Jennifer – Community OB/GYN
Behrens, Matt – Pastor	Campbell, Katie – Pep Coordinator
Kiester, Bret - YMCA	Morgan, Wendy- PE TEACHER- TOBIAS
Pendleton, Brandon –Hays Caldwell Women’s Center	Renger, Erica – Special Education
Eliasson, Lauren – Child Nutrition Dietician	Self, Whitney - PE TEACHER- CAMINO
Stone, Mary – Community Counselor	McCall, Melanie – Child Nutrition
Thomas, Lisa – Dir Employee Services	Walker, Macie – Dir Student Health, Co-chair
Winkelmann, Charlotte – Dir of Counseling	

SHAC is actively seeking parent members from schools who do not have representation to fill vacancies. Specifically we are seeking parents from Hemphill Elementary, Tom Green Elementary, Science Hall Elementary, Camino Real Elementary, Simon Middle School, and McCormick Middle School to serve on the SHAC. We also are actively seeking a SRO or law enforcement officer to serve on the committee.

Committee Meeting Dates

Table 1. 2018-2019 SHAC Scheduled Meeting Dates

August 15, 2018	February 20, 2019
October 17, 2018	April 17, 2018
November 14, 2018	May 15, 2019
January 16, 2019	July 17, 2019

Anticipated Activities of Committee for Next Year

The following are slated for review and or recommendation in the 2018-2019 School year:

- 2018 Obesity Study results and recommendations
- 2018 YRBS Survey Results and Recommendations
- Behavioral Health support for District students
- PE and Health Recommendations - physical education / health curriculum review recommendations to support YRBS challenges
- Recess and Physical Activity: Impact on Student Health and Academic, Social, and Emotional Development
- Wellness Plan Report for 2016-2018
- Review of Social Emotional Curriculum Implementation and campus data regarding impact
- Recommend weather related guidelines for PE and recess.

5. Conclusion

The Hays CISD SHAC, continues to serve as a recommendation body centered on district health and wellness. SHAC seeks to focus on the whole child while keeping community values at the center of its recommendations. Members of the SHAC will continue to focus on current concerns in the community such as a safety and social emotional learning. The SHAC will continue to utilize the Youth Risk Behavior Survey as a tool for research and recommendations. In addition, the SHAC will review information related to campus adherence to district health policy.