



STUDENT HEALTH ADVISORY COMMITTEE MEMBERSHIP 2018-19

2018 2019

Parent Membership

Carolyn Larsen, Chair
 Josie Garcia, Co-Chair
 Stephanie Martin

Organizations

Linda Allison, Matagorda Reg.
 Barbara Priesmeyer, MEHOP
 Colleen LaBar (DSHS)
 Sylvia Hara, Texas STAR
 Carolyn Larsen, Smart Moves Consulting
 Deda McAfee, Matagorda County Education Services

School

Kyle Thurman
 Jackie Rawlings
 Martina Lopez
 Diane Barnes

Student Membership: Martina Hernandez, Mailyn Lopez, Seith Owen, Lacho Govea, Adie Tidwell



STUDENT HEALTH ADVISORY COMMITTEE AUGUST 23, 2018 10a.m.

AGENDA

Call to Order
Documentation of attendance
2017 2018

Parent Membership

_____, Chairman
_____, Co-chair
Diane Barnes, Secretary
Christy Baylor, Nurse

Organizations

Linda Allison, Matagorda Reg.
Barbara Priesmeyer, MEHOP
Colleen LaBar (DSHS)
Sylvia Hara, Texas STAR
Carolyn Larsen, Smart Moves Cons.

School

Susan Phillips
Jackie Rawllngs
Martina Lopez
Diane Barnes

Student Membership: Logan Baylor, Lindsay Brent, Lilybeth Govea, Martina Hernandez, Chris Peralta

1. Approval of minutes from the last meeting
2. Local Wellness Policy Checklist
3. Family/Community Involvement
4. Safe and Drug Free Schools
5. Change in our cafeteria
6. Health education
7. Health Fair -- October 8th
8. Open Discussion/Questions
9. Recommendations to be brought before Board of Trustees
10. Closing Comments/Adjournment

**Matagorda ISD Student Health Advisory Committee Meeting
August 23,2018**

SHAC meeting was called to order at 10:26 by Superintendent Susan Phillips

Those In attendance: School: Susan Phillips, Kyle Thurman, Diane Barnes, Jackie Rawlings, Martina Lopez, Kathy Bickford;
Organizations: Carolyn Larsen, Smart Moves Cons.

Business: Minutes from the May 11th meeting were read and approved. Reviewed Local Wellness Policy Checklist. Meeting continued with the discussion of choosing five new students to join the SHAC committee to represent our student body before the next meeting. Susan Phillips spoke on the need for more parent involvement. The positions of Chairman and Co-chair still need to be filled. Safe and Drug Free Schools, we are happy to say MISD has never had to file a report of drugs or guns being brought on campus. Jackie Rawlings spoke about the 2018-2019 cafeteria plan of focusing on breakfast by offering a "Grab and go" which is an option of a hot or cold breakfast. Lunch will still offer the choices of an entrée, salad or fun lunch. SHAC Committee went over last year's decision of teaching Health in small doses in P.E. Pre-K will be taught health in their classroom. October 8th is the date set for this year's Health and Lifestyle fair that will count as our second meeting of the year. Registration cut off date is September 17th. Vendors will be notified by email or a phone call. Martina Lopez will be the Spanish/English Interpreter during the Health and Lifestyle fair. Next meeting is set for ? Meeting was adjourned at 11:23.

Dates will be set for future 2 meetings when a Chair and Co-Chair volunteer.

Matagorda ISD Wellness Policy Activities

2018-2019 School Year

The following activities will be used in conjunction with the Matagorda ISD Wellness Policy to implement a successful wellness program. Documentation of participation, lesson plans, menus, and calendar of special events will provide the evidence for evaluation. School administrators will be responsible for providing evidence of compliance.

Nutritional Education Activities

- Use of the Great Body Shop curriculum for students, PreK – Junior High
- Professional development opportunities offered through myplate.gov, squaremeals.com, EduHero (online), and other health organizations
- Use of PBS's "In the Mix" for the required suicide prevention program
- Use cafeteria promotions such as displaying "My Plate" and feature "My Square Meals" flyers

Physical Activities

- Limit inactive timeouts during recess and P.E.
- Offer 45 minutes of P.E. daily
- Include movement and dance music in class (using Quaver curriculum)
- Incorporate physical activities and breaks before and during STAAR testing
- Use the Coordinated Health P.E. curriculum, SPARK
- Support the athletic program, including cheerleading
- Use physical activity to release hyperactive energy that is interrupting classwork
- Schedule staff versus students challenges

Nutritional Standards for Foods and MISD

- Use fresh fruits and vegetables in the cafeteria
- Limit the number of desserts served with lunch
- Find healthy alternatives for the concession stand
- Use whole grain breads and pastas
- Seek student input on menu ideas to increase the likelihood to consume healthy foods
- Encourage students to try everything on their plate

Other School-Based Activities

- Participate in active health fundraisers
- Seek community partners for health education and services
 - ✓ Women's Pregnancy Center
 - ✓ Matagorda Regional Medical Center
 - ✓ Ross Cunningham, from The Crisis Center, for our bullying prevention program in elementary and middle school
 - ✓ Texas Department of State Health

- ✓ Wellness Works at Matagorda Regional Medical Center
- ✓ MEHOP
- ✓ Texas STAR
- ✓ Youth and Family Counseling Services
- ✓ Smart Moves Consulting
- ✓ Head Start
- ✓ Matagorda County Education Service Center
- ✓ DentaQuest

- Fall blood drive
- Promote outdoor activities as a reward
- Post the SHAC minutes and events on website
- Hold a Field Day event
- Continue to seek playground renovations
- Coordinate a health fair every other year
- Offer a car seat safety parent education program

Staff Professional Development

- Blood Borne Pathogens
- Proper Lifting
- Stress Management
- CPI (Crisis Prevention)
- CPR/First Aid
- Mental Health
- Child Abuse Awareness
- Bullying Management
- Suicide Prevention
- Allergy and Anaphylaxis
- Human Trafficking Awareness
- Illegal Use of Steroids
- OSHA Chemical Safety Standard
- Understanding Diabetes in Education
- Concussion Awareness (coaches/physical education teachers)
- Teen Dating Violence

We use Matagorda's Volunteer Fire Department members for CPR and First Aid.

We use Matagorda County Educational Service Center for CPI and Suicide Emergency Plans.

We use www.eduhero for the remaining courses.

2018 2019 Recommendations

Continue with 36 hours of health classes

5th – 8th grade students will be offered human sexuality classes



Texas Department of Agriculture
Local Wellness Policy Checklist

FND-105

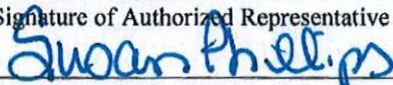
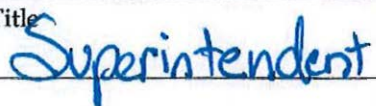
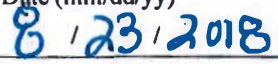
COMMISSIONER SID MILLER

SECTION A	¹ APPLICANT INFORMATION		
	Contracting Entity (CE) Name Matagorda ISD	CE ID Number	Education Service Center (ESC) Region 3
	Authorized Representative Name	ESC Child Nutrition Program (CNP) Specialist's Name	

SECTION B	¹ IMPLEMENTATION	
	1. CE has submitted documentation to support a local wellness policy that indicates implementation was effective within 12 months of approval of program application.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	² DEVELOPMENT OF POLICY	
	1. Involves parents	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	2. Involves students	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	3. Involves representatives of the CE	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> N/A
	4. Involves school board/administrators	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	5. Involves school/site	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	6. Involves the public	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	A box marked "No" or "N/A" requires an explanation in the Notes section. The "N/A" box can only be marked if the question is not applicable to program regulations.	
	Notes	
	³ GOALS AND GUIDELINES	
1. Includes goals for nutrition education designed to promote student wellness	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
2. Includes goals for physical activity designed to promote student wellness	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
3. Includes goals for other school-based activities designed to promote student wellness	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
4. Includes nutrition guidelines for all foods and beverages available at each site during the school day	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
5. Provides assurance that guidelines for reimbursable meals shall not be less restrictive than the regulations and guidance of the Child Nutrition Act and then National School Lunch Act	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A	
A box marked "No" or "N/A" requires an explanation in the Notes section. The "N/A" box can only be marked if the question is not applicable to program regulations.		
Notes		

This document becomes public record and is subject to disclosure. With few exceptions, you have the right to request and be informed about the information that the State of Texas collects about you. You are entitled to receive and review the information upon request. You also have the right to ask the state agency to correct any information that is determined to be incorrect. (Reference: Government Code, Sections 552.021, 552.023, and 559.004.)

4 MEASUREMENT OF IMPLEMENTATION		
SECTION B (CONTINUED)	1. Policy establishes a plan for measuring implementation of the local wellness policy	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	2. Policy designates one or more persons responsible for implementation and monitoring within the CE or at each school/site of the local wellness policy	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	3. Designated person(s) has (have) the operational responsibility for ensuring that the school/site meets the local wellness policy	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
	4. Designated person(s) is (are) responsible for measuring implementation of the policy	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> N/A
A box marked "No" or "N/A" requires an explanation in the Notes section. The "N/A" box can only be marked if the question is not applicable to program regulations.		
Notes		

1 SIGNATURES				
SECTION C	Signature of Authorized Representative	Title	Date (mm/dd/yy)	
				
	Signature of ESC CNP Specialist		Date (mm/dd/yy)	
			/ /	
	Signature of TDA official		Date (mm/dd/yy)	
			/ /	

Federal/State Policies and Procedures

USDA Guidance/Requirements for Implementing a Local Wellness Policy:

As of the first day of the school year beginning after June 30, 2006, each Contracting Entity (CE) participating in a program authorized by the Richard B. Russell National School Lunch Act (42 U.S.C.1751 et seq.) or the Child Nutrition Act of 1966 (42 U.S.C. 1771 et seq.) shall establish a local school wellness policy for schools/sites operating under the CE that, at a minimum: includes goals for nutrition education, physical activity and other school-based activities that are designed to promote student wellness in a manner that the CE determines is appropriate; includes nutrition guidelines selected by the CE for all foods/milk available on each school/site under the CE during the school day with the objectives of promoting student health and reducing childhood obesity; provides assurance that guidelines for reimbursable school meals and milk shall not be less restrictive than regulations and guidance issued by the Secretary of Agriculture pursuant to Subsections (a) and (b) of Section 10 of the Child Nutrition Act (42 U.S.C. 1779) and Section 9(f)(1) and 17(a) of the Richard B. Russell National School Lunch Act (42 U.S.C.1758(f)(1), 1766(a) as those regulations and guidance apply to CEs/schools/site; establishes a plan for measuring implementation of the local wellness policy, including designation of one or more persons within the CE or at each school/site, as appropriate, charged with operational responsibility for ensuring that the school/site meets the local wellness policy; and involves parents, students, and representatives of the CE, the school board, school/site administrators, and the public in the development of the local wellness policy.

SECTION D

The Secretary of Agriculture, in coordination with the Secretary of Education and in consultation with the Secretary of Health and Human Services, acting through the Centers for Disease Control and Prevention, shall make available to local education agencies, CEs and State educational agencies, on request, information and technical assistance for use in establishing healthy nutrition environments, reducing childhood obesity, and preventing diet-related chronic diseases. Technical assistance provided by the Secretary under this section shall: include relevant and applicable examples of schools/sites and CEs that have taken steps to offer healthy options for foods sold or served in schools/sites; include such other technical assistance as required to carry out the goals of promoting sound nutrition and establishing healthy nutrition environments that are consistent with the local wellness policy, be provided in such a manner as to be consistent with the specific needs and requirements of local educational agencies, and be for guidance purposes only and not be construed as binding or as a mandate to CEs or state educational agencies.

Responsibilities of Texas Department of Agriculture (TDA) Food and Nutrition (F&N):

The TDA F&N will provide technical assistance and required training to the local CE operating the School Nutrition Programs (SNP) through the ESC Child Nutrition Program (CNP) Specialist. TDA F&N will supply training materials for the wellness policy training sessions and offer resources for CEs through TDA's website at <http://www.squaremeals.org/>. Copies of all local wellness policies and their corresponding completed checklists will be reviewed by the TDA F&N and placed in the CE's file. This requirement will be monitored during the scheduled Administrative Review.

SECTION D (CONTINUED)

Federal/State Policies and Procedures:

TDA F&N will distribute the Wellness Policy Checklist to CE, as needed, thru the ESC CNP Specialist for use as a self-evaluation tool.

TDA F&N will provide technical assistance and required training to the CE through the ESC CNP Specialist. The training sessions should provide all the information CEs need to develop a local wellness policy that meets the requirements of the 2004 Reauthorization Act. The ESC CNP Specialist will review all local wellness policies adopted by the CEs in their region and will complete the Wellness Policy Checklist to verify all local wellness policies meet the minimum requirements established by the 2004 Reauthorization Act and USDA. The ESC CNP Specialist will sign and submit a copy of the written local wellness policy and completed checklist to the TDA F&N for final review and to be placed in the CE's file.

Responsibilities of the CE:

CEs must submit to regional ESC CNP Specialist(s) documentation to support a local wellness program that complies with the USDA Guidance and includes a date for implementation.

As of the first day of the school year beginning after June 30, 2006, the CE is responsible for the actual development of the policy and for meeting the minimum requirements established by the 2004 Reauthorization Act.

GIVE BLOOD.ORG

Matagorda ISD Community Health Fair and Blood Drive

Monday, October 8
9:00 am - 3:00 pm
Auditorium

To Schedule an appointment go to
glveblood.org or contact Susan
Phillips at 979-863-7693
sponsor code: M863



Gulf Coast Regional
Blood Center
Commit for Life.

EAT. DRINK. BRING I.D.

Abrianna, volunteer



MATAGORDA ISD's 2018 HEALTH FAIR AND BLOOD DRIVE

ORGANIZATIONS

- 1. Beltone Hearing**
- 2. WalMart #1405 Vision**
- 3. Gulf Coast Regional Blood Center**
- 4. Seagulls 4H**
- 5. At Your Side Home Care**
- 6. TX A&M AgrLife Extension**
- 7. Texana Center**
- 8. Sava Senior Care**
- 9. At Your Side Home Care**
- 10. Matagorda Co. Pct. 6**
Constable Bill Orton
- 11. Matagorda Reg. Medical Center**
- 12. Angels Care Home Health**
- 13. Matagorda & Wharton Crisis Cnt.**
- 14. Maximus/TX Star Program**
- 15. The Rose**
- 16. TX Health & Human Services**
- 17. TX Dept. of State Health Services**
- 18. Walgreen's**
- 19. Amerigroup**
- 20. Matagorda Co. United Way**
- 21. MEHOP**
- 22. Region 3 Early Childhood Program**
- 23. Matagorda Co. Education Services**
- 24. Matagorda Adventure Co.**
- 25. Partners Resource Network**
- 26. Parent Advisory Committee**
- 27. Rev. Eda Nell Long LMT, RM**

As of 10/7/18 at 5:31 p.m.



STUDENT HEALTH ADVISORY COMMITTEE AUGUST 22, 2019 10a.m.

Please Sign In

Yeferson
Carolyn Larsen
Rebecca Pfardrescher
Susan Phillips
Colleen Laben
Neda McAlfee
Martina Lopez
Diane Barnes



Fw Clinic - Colleen

Oct 12th 10AM -
Matagorda Day
Pecos Parking Lot

Iron Supplement
4 wks
prior

STUDENT HEALTH ADVISORY COMMITTEE AUGUST 22, 2019 10a.m.

AGENDA

Call to Order
Documentation of attendance
2018 2019

Malaria's man

those that can't donate get donor

Parent/Officers Membership

Organizations

School

_____, Chairman
_____, Co-chair (Parent)
Diane Barnes, Secretary
Christy Baylor, Nurse

Linda Allison, Matagorda Reg.
~~Barbara Priesmeyer~~, MEHOP
Colleen LaBar (DSHS)
Sylvia Hara, Texas STAR
Carolyn Larsen, Smart Moves Consulting

Susan Phillips
Jackie Rawlings ✓
Martina Lopez ✓
Diane Barnes

Student Membership: Logan ~~Baylor~~, Lindsay ~~Brent~~, Lilybeth ~~Govea~~, Martina ~~Hernandez~~, Chris Peralta

1. Approval of minutes from the last meeting
2. Family/Community Involvement
3. Health education
4. Review 2018 2019 activities and membership.
5. Make recommendations for 2019 2020
6. Open Discussion/Questions
7. Recommendations to be brought before Board of Trustees
8. Closing Comments/Adjournment

Minutes OK

Dedra - home visits counseling social services

10:52

Nov. 1st Friday

Self-defense class C/P
Mighty me

Matagorda ISD Student Health Advisory Committee Meeting
August 23,2018

SHAC meeting was called to order at 10:26 by Superintendent Susan Phillips

Those in attendance: School: Susan Phillips, Kyle Thurman, Diane Barnes, Jackie Rawlings, Martina Lopez, Kathy Bickford;
Organizations: Carolyn Larsen, Smart Moves Cons.

Business: Minutes from the May 11th meeting were read and approved. Reviewed Local Wellness Policy Checklist. Meeting continued with the discussion of choosing five new students to join the SHAC committee to represent our student body before the next meeting. Susan Phillips spoke on the need for more parent involvement. The positions of Chairman and Co-chair still need to be filled. Safe and Drug Free Schools, we are happy to say MISD has never had to file a report of drugs or guns being brought on campus. Jackie Rawlings spoke about the 2018-2019 cafeteria plan of focusing on breakfast by offering a "Grab and go" which is an option of a hot or cold breakfast. Lunch will still offer the choices of an entrée, salad or fun lunch. SHAC Committee went over last year's decision of teaching Health in small doses in P.E. Pre-K will be taught health in their classroom. October 8th is the date set for this year's Health and Lifestyle fair that will count as our second meeting of the year. Registration cut off date is September 17th. Vendors will be notified by email or a phone call. Martina Lopez will be the Spanish/English interpreter during the Health and Lifestyle fair. Next meeting is set for ? Meeting was adjourned at 11:23.

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- Schedule staff versus students challenges ↩

Nutritional Standards for Foods and MISD

- Use fresh fruits and vegetables in the cafeteria
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Other School-Based Activities

- Participate in active health fundraisers
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 - ✓ Texas Department of State Health

- ✓ Wellness Works at Matagorda Regional Medical Center
- ✓ MEHOP
- ✓ Texas STAR
- ✓ Youth and Family Counseling Services
- ✓ Smart Moves Consulting
- ✓ Head Start

MCES DENTA QUEST

- Promote outdoor activities as a reward
- Post the SHAC minutes and events on website
- Hold a Field Day event
- Continue to seek playground renovations
- Coordinate a health fair every other year
- Offer a car seat safety parent education program

Blood Drive

~~Spring~~

parent involvement - long.

activity where they come.

Pal. - Speakers

International day - passports

Bird Man - parents invited.

Staff Professional Development

- Blood Borne Pathogens
- Proper Lifting
- Stress Management
- CPI (Crisis Prevention)
- CPR/First Aid
- Mental Health
- Child Abuse Awareness
- Bullying Management
- Suicide Prevention
- Allergy and Anaphylaxis
- Human Trafficking Awareness
- Illegal Use of Steroids
- OSHA Chemical Safety Standard
- Understanding Diabetes in Education
- Concussion Awareness (coaches/physical education teachers)
- Teen Dating Violence

- AIDS

5th-8th
Lenses 150

We use Matagorda's Volunteer Fire Department members for CPR and First Aid.

We use Matagorda County Educational Service Center for CPI and Suicide Emergency Plans.

We use www.eduhero for the remaining courses.

2018 2019 Recommendations

Continue with 36 hours of health classes

5th - 8th grade students will be offered human sexuality classes



STUDENT HEALTH ADVISORY COMMITTEE AUGUST 22, 2019 10a.m.

MINUTES

Called to Order: 10:00 a.m.
Documentation of attendance
2018 2019

Parent/Officers Membership

_____, Chairman
_____, Co-chair (Parent)
Diane Barnes, Secretary v
Christy Baylor, Nurse

Organizations

Linda Allison, Matagorda Reg.
Barbara Priesmeyer, MEHOP
Colleen LaBar (DSHS)v
Sylvia Hara, Texas STAR
Carolyn Larsen, Smart Moves Consultingv

School

Susan Phillipsv
Jackie Rawlings
Martina Lopezv
Diane Barnesv

Student Membership: Logan Baylor, Lindsay Brent, Lilybeth Govea, Martina Hernandez, Chris Peralta Note: These students have graduated 8th grade so we need to identify new students within the first six weeks. We will look for students who are not struggling academically and have good attendance and behavior.

1. Approved minutes from the last meeting
2. Family/Community Involvement – discussed the need to identify a few more members, especially parents to be involved with SHAC. This is the off year of a health fair so we agreed to find another avenue for the next agenda item, “health education.”
3. Health education – Guest speaker, Rebecca Pfordrescher, Donor Recruitment Coordinator for Gulf Coast Regional Blood Center, shared with us the constant need of blood for the citizens in her territory. We decided to hold a blood drive in honor of one of our kindergarten student, Malarie Flores on Matagorda Day, October 12 from 10 a.m. – 2:30 a.m. using the Donor Coach. Malarie will be one year cancer free in October!
4. Reviewed the 2018 2019 activities and membership – we will recommend continuing the same Wellness Policy Activities for 2019 2020 and reach out to recruit new members.

5. The recommendation for 2019 2020 is to keep the same activities, but we acknowledged that 2020 2021 will be the year for the next community health fair. There will be continued discussion on how to make the health fair very successful.
6. Open Discussion/Questions – We discussed staffing changes at MEHOP and learned that there are at least three employees there to reach out to: Patti Garcia, Yolanda Martinez, and Todie Garcia.
7. Recommendations to be brought before Board of Trustees – Susan will present the PowerPoint since we have lost our parents to other districts.
8. Closing Comments/Adjournment – 10:52 a.m.

Matagorda ISD School Health Advisory Council



Annual Progress Report To the Board of Trustees Summer 2019





School Health Advisory Council

Every independent school district is required by law to have a school health advisory council (SHAC) of which the majority of members must be parents who are not employed by the school district. The SHAC is annually appointed by the local education agency Board of Trustees.

Texas Education Code
Title 2, Chapter 28, Section 28.004



Matagorda ISD SHAC Members 2018-2019



Mrs. Tracey Hernandez: Chairperson/Parent (resigned when she was hired by TDCJ)

Mrs. Josie Garcia: Co-Chairperson (resigned when she was hired by Tidehaven ISD)

Mrs. Diane Barnes: Secretary

Mrs. Deda McAfee: Social Worker from Matagorda

Mrs. Martinez: Custodian/Translator

Mrs. Linda Allison: Matagorda Regional Medical Center

Mrs. Colleen LaBar: DSHS

Mrs. Sylvia Haro: Texas STAR

Mrs. Carolyn Larsen, Smart Moves Consulting

Mrs. Susan Phillips: School Administration

Teacher:

Ms. Jackie Rawlings: Food Service

Students: Malina Simpson for 6th Grade

Yadira Garcia for 7th Grade

Haley Owens for 8th Grade



Matagorda ISD SHAC Members 2019-2020



Chairperson/Parent

Co-Chairperson

Mrs. Diane Barnes: Secretary

Mrs. Deda McAfee: Social Worker from Matagorda

Mrs. Martinez: Custodian/Translator

Mrs. Linda Allison: Matagorda Regional Medical Center

Mrs. Colleen LaBar: DSHS

Mrs. Sylvia Haro: Texas STAR

Mrs. Carolyn Larsen, Smart Moves Consulting

Mrs. Susan Phillips: School Administration

Teacher:

Ms. Jackie Rawlings: Food Service

Students: Malina Simpson for 6th Grade

Yadira Garcia for 7th Grade

Haley Owens for 8th Grade





What is a SHAC?

A SHAC is a group of individuals representing segments of the community and school district which provides advice to the district on coordinated school health (CSH) programming and its impact on student health and learning.



Coordinated School Health



All Texas schools are required by law to implement a CSH program in grades K-8.

Texas Education Code
Title 3, Chapter 38, Section 38.013



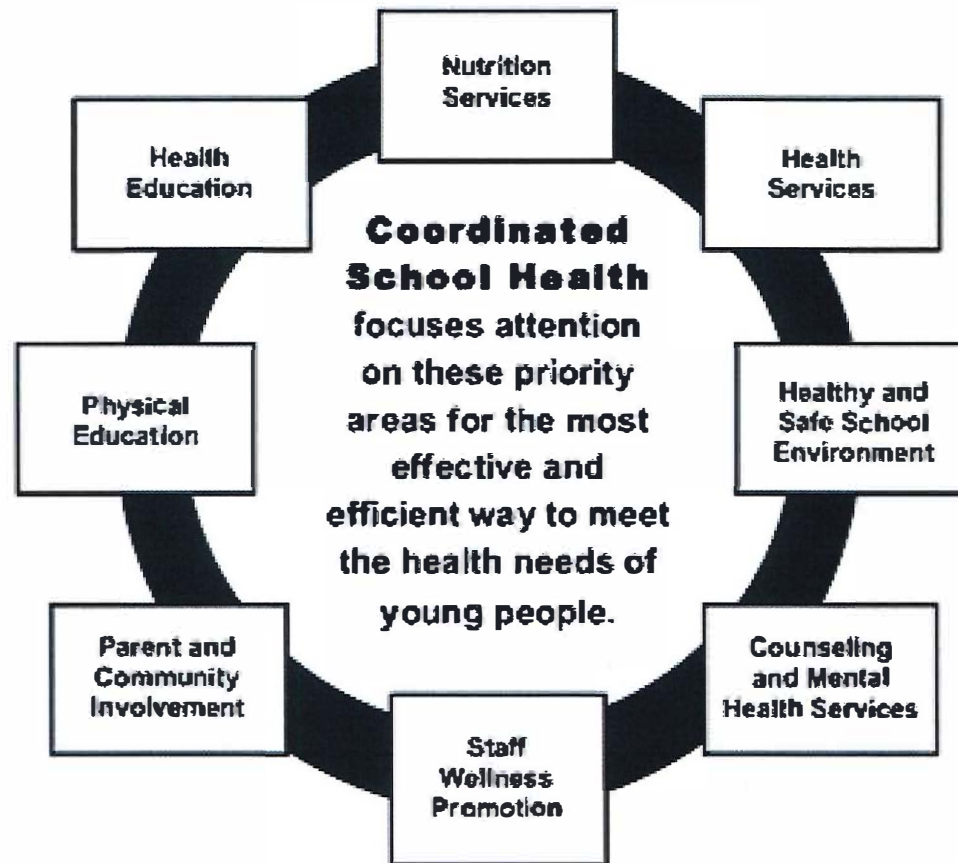


What is Coordinated School Health?

Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.



Coordinated School Health





Coordinated School Health Texas Education Code

- ✓ **All elementary, middle, and junior high schools have adopted, been trained in, and are implementing an approved CSH program as required in Chapter 38, Section 38.013 of the Texas Education Code.**
- ✓ **School district has developed or adopted an HIV prevention curriculum in all grades K-8 that meets the requirements set forth in Chapter 28, Section 28.002 and 28.004 of the Texas Education Code**



Important for Matagorda ISD

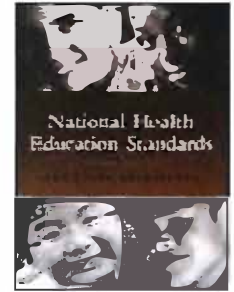
- ✓ **Increase percentage of students able to achieve the healthy fitness zone standard in all five required test items. (Aerobic Capacity, Body Composition, Flexibility, Muscular Strength, Muscular Endurance)**
- ✓ **Develop and implement goals and objectives for physical education/activity programs after reviewing data collected through fitness assessment and other evaluation methods.**
- ✓ **Incorporate all eight components of the CSH as a part of Campus Improvement Plans.**
- ✓ **Strengthen and utilize SHACs to support the implementation of all school health policies and practices.**
- ✓ **Assess student perceptions of safety, substance abuse, bullying, harassment and dating violence.**



District Wellness Policy

- ✓ The Child Nutrition and WIC Reauthorization Act of 2004 required all districts to establish local school wellness policies by School Year 2006-2007.
- ✓ The Healthy, Hunger-Free Kids Act of 2010 expands the scope of wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies (Section 204).
- ✓ The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing and maintaining healthy school environments, and to provide transparency to the public on key areas that affect the nutrition environment in each school.
- ✓ Action steps for implementing the new local school wellness policies are available at <http://www.fns.usda.gov/tn/healthy/lwpoverview.pdf>

The National Health Education Standards

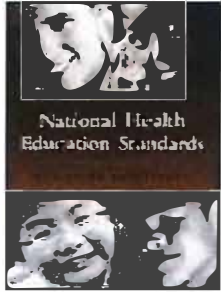


The National Health Education Standards (NHES) are written expectations for what students should know and be able to do by grades 2, 5, and 8 to promote personal, family, and community health.

<https://www.cdc.gov/healthyschools/sher/standards/index.htm>

The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.





The National Health Education Standards

Standard 1:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2:

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3:

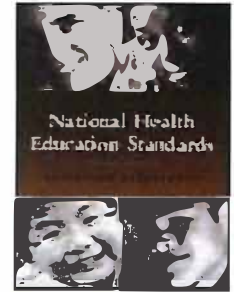
Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4:

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.



The National Health Education Standards



Standard 5:

Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6:

Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7:

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8:

Students will demonstrate the ability to advocate for personal, family, and community health.





Legislation

SENATE BILLS

- SB 27** Relating to policies of school districts and open-enrollment charter schools for the care of certain students at risk for anaphylaxis.
- SB 89** Relating to summer nutrition programs provided for by school districts.
- SB 116** Relating to protective orders against dating violence.
- SB 199** Relating to agricultural projects in certain schools
- SB 226** Relating to reporting individual student performance on a physical fitness assessment instrument to the Texas Education Agency
- SB 471** Relating to public school, child-placing agency, and day-care center policies addressing sexual abuse and other maltreatment of children.
- SB 736** Relating to membership of local school health advisory councils. A local board of trustees may appoint a representative of local domestic violence programs to the local school health advisory council.
- SB 795** Relating to regulation of nurse aides.
- SB 1545** Relating to the liability of a volunteer health care practitioner who conducts a physical examination or medical screening of a student athlete.





Legislation

HOUSE BILLS

HB 675 Relating to football helmet safety requirements in public schools.

HB 692 Relating to high school graduation requirements for a student who is unable to participate in physical activity due to disability or illness.

HB 1386 Relating to the public health threat presented by youth suicide

HB 1899 Relating to the posting of signs in school crossing zones regarding the prohibited use of a wireless communication device while operating a motor vehicle.

HB 1942 Relating to bullying in public schools.



State Legislated SHAC Requirements

Committee-related



The following are requirements of local SHACs per legislation

Texas Education Code, Chapter 28, Section 28.004:

- ✓ **A parent must serve as a co-chair**
- ✓ **A minimum of five members must be appointed to serve on the SHAC by Board of Trustees**
- ✓ **Majority of members must be parents who are not employees of the district**
- ✓ **SHAC must meet at least 4 times a year**
- ✓ **SHAC must deliver an annual report to the Board of Trustees**
- ✓ **SHAC is required to submit recommendations regarding the districts' health education curriculum**

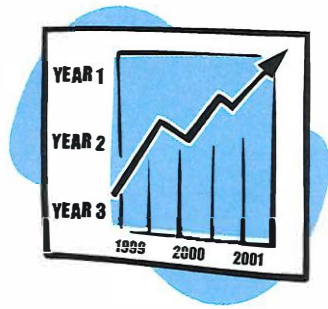
State Legislated Requirements District/Campus-Related



SHACs can provide oversight for the following activities required of local campus/districts per legislation

Texas Education Code, Chapter 28, Section 28.004:

- ✓ **Provide written notice, course content and parents' rights regarding sexuality education if taught**
- ✓ **Ensure that full-day Pre-K students participate in 30 minutes of daily vigorous activity**
- ✓ **Include goals and objectives for CSH on Campus Improvement Plans**
- ✓ **Administer FitnessGram® to all students in grades 3-8**
- ✓ **Choose an evidenced based alcohol awareness instructional program**



FitnessGram®

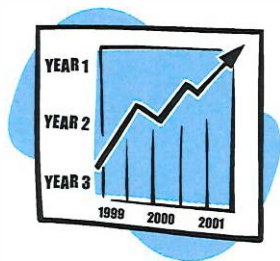
Senate Bill 530 required, beginning with the 2007-08 school year, the FitnessGram® physical fitness assessment be administered to all students in grades 3-8 enrolled in physical education or substitute physical education.

Texas Education Code, Chapter 38, Sections 38.101, 102, 103, 104

FitnessGram® is a health-related fitness assessment developed by The Cooper Institute for Aerobic Research and is a research-based criterion referenced test.

<http://www.cooperinstitute.org/fitnessgram>





FitnessGram®

FitnessGram® establishes a baseline of a healthy fitness zone from which students can set goals and check their progress (non-competitive) to plan for lifelong physical activity and to maintain and improve their fitness level. Health-related fitness assessment measures students' aerobic capacity, muscular strength/endurance, flexibility and body composition.

FitnessGram® provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.

FitnessGram® does not place an emphasis on skill or sports-related fitness such as speed measured by an individual's 40 yard dash time. It does not compare students to other students.



Matagorda ISD SHAC Goals

We will have a fall and spring goal for 2019-2020.

- 1st Goal: Blood Drive combined with
Matagorda Day on October 12th
- 2nd Goal: Car Seat Safety Class

SHAC Activity Report



Nutritional Education Activities

- Use of the Great Body Shop curriculum for students, PreK – Junior High
- Professional development opportunities offered through myplate.gov, squaremeals.com, EduHero (online), and other health organizations
- Use of PBS's "In the Mix" for the required suicide prevention program
- Use cafeteria promotions such as displaying "My Plate" and feature "My Square Meals" flyers

SHAC Activity Report



Physical Activities

- Limit inactive timeouts during recess and P.E.
- Offer 45 minutes of P.E. daily
- Include movement and dance music in class (using Quaver curriculum)
- Incorporate physical activities and breaks before and during STAAR testing
- Use the Coordinated Health P.E. curriculum, SPARK
- Support the athletic program, including cheerleading
- Use physical activity to release hyperactive energy that is interrupting classwork
- Schedule staff versus students challenges

SHAC Activity Report



Nutritional Standards for Foods and MISD

- Use fresh fruits and vegetables in the cafeteria
- Limit the number of desserts served with lunch
- Find healthy alternatives for the concession stand
- Use whole grain breads and pastas
- Seek student input on menu ideas to increase the likelihood to consume healthy foods
- Encourage students to try everything on their plate

SHAC Activity Report



Other School-Based Activities

- Participate in active health fundraisers
- Seek community partners for health education and services
 - Women’s Pregnancy Center
 - Matagorda Regional Medical Center
 - Ross Cunningham, from The Crisis Center, for our bullying prevention program in elementary and middle school
 - Texas Department of State Health
 - Wellness Works at Matagorda Regional Medical Center
 - MEHOP
 - Texas STAR
 - Youth and Family Counseling Services
 - Smart Moves Consulting
 - Head Start
 - Matagorda County Education Service Center
 - DentaQuest

SHAC Activity Report



Other School-Based Activities

- Promote outdoor activities as a reward
- Post the SHAC minutes and events on website
- Hold a Field Day event
- Continue to seek playground renovations
- Coordinate a health fair every other year
- Offer a car seat safety parent education program

SHAC Activity Report



- **Staff Professional Development**
- Blood Borne Pathogens
- Proper Lifting
- Stress Management
- CPI (Crisis Prevention)
- CPR/First Aid
- Mental Health
- Child Abuse Awareness
- Bullying Management
- Suicide Prevention
- Allergy and Anaphylaxis
- Human Trafficking Awareness
- Illegal Use of Steroids
- OSHA Chemical Safety Standard
- Understanding Diabetes in Education
- Concussion Awareness (coaches/physical education teachers)

SHAC Activity Report



Staff Professional Development Continued

- Understanding Diabetes in Education
- Concussion Awareness (coaches/physical education teachers)
- Teen Dating Violence

- We use Matagorda's Volunteer Fire Department members for CPR and First Aid.
- We use Matagorda County Educational Service Center for CPI and
- Suicide Emergency Plans.
- We use www.eduhero.com for the remaining courses.



SHAC Recommendations

1. Continue with 36 hours of health classes
2. 5th – 8th grade will be offered human sexuality classes
3. Dept. of Human Services provide a Human Trafficking Awareness program to 5th – 8th grade students
4. Blood drive in conjunction with Matagorda Days
5. Continued use of The Great Body Shop and PBS's "In the Mix"



2019-2020 SHAC Meeting Dates

1. Friday, November 1, 2019
2. Friday, February 7, 2019
3. Friday, April 3, 2019
4. Friday, May 1, 2019

(Minimum of four meetings required annually. Anyone is welcome to attend any meeting.)

Useful Web Sites



- ✓ Texas School Health Advisory Committee:
www.dshs.state.tx.us/schoolhealth/shadvise.shtm
- ✓ TXPTA Healthy Lifestyle web page:
www.txpta.org/programs/healthy-lifestyles
- ✓ TEA Fitness Data: www.tea.state.tx.us/index4.aspx?id=397
- ✓ Youth Risk Behavior Surveillance (YRBS) Survey:
www.dshs.state.tx.us/chs/yrbs/query/yrbss_form.shtm
- ✓ Weight of the Nation: <http://theweightofthenation.hbo.com/films>
- ✓ CDC Coordinated School Health: www.cdc.gov/HealthyYouth/CSHP
- ✓ Texas Department of Agriculture Square Meals:
www.squaremeals.org/fn/home/page/0,1248,2348_2349_0_0,00.html
- ✓ Regional Education Service Centers: <http://ritter.tea.state.tx.us/ESC>
- ✓ Texas online help for childhood obesity: www.reshapingtexas.org
- ✓ Texas Legislature Online: www.capitol.state.tx.us

QUESTIONS?

This presentation was developed by the Texas Department of State Health Services, Texas School Health Advisory Committee, January, 2013. For additional information about this presentation, contact www.dshs.state.tx.us/schoolhealth/shadvise.shtm.

Links to external sites appearing in this presentation are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services. The sites also may not be accessible to people with disabilities. For information regarding this presentation, contact the School Health Program at 512-776-7279 or email schoolhealth@dshs.state.tx.us.

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