

**NBISD School Health Advisory Council**  
**2009/2010**

Sharon Levett, Co-chair  
Karen Schwind, Co-chair

Robert Jimenez  
Robin Beckman  
Heather Heywood  
Priscilla Segovia  
Ramon Chapa  
Kathleen Greer  
Gwen Mills  
Sharon Wild  
Sarah Becker  
Karrie Thompson  
Sarah Cantu  
Sherry Hardwick  
Erin Klanica

Felicia Bell  
Lesli Reimer  
Liz Kaminski  
Crystal Byrom  
Kathy Kenney  
Sherry Rose  
Beth Matulich  
Monica Dockery  
Amy Marbach  
Sue Hanner  
Cheri Polk

**2009/10 Meeting Dates:**

December 3, 2009

January 21, 2010

March 17, 2010

May 12, 2010

## **Summary of Highlights from the SHAC Meetings 2009/10**

- Institution of new legislative guidelines for the 09/10 school year included compliance in the following:
  - New School Health Guidelines (see attached)
  - Parent and employee to co-chair the committee
  - NBISD continues to utilize CATCH (Coordinated Approach to Children's Health) as the curriculum for Coordinated School Health
  - Completion of the School Health Survey with submission to TEA
  - Completed State Mandated Programs such as Fitnessgram, Worth the Wait, and Risk Assessment for Type 2 Diabetes in Children
  
- Contributions to Nutrition Services:
  - Student salad bars on trial basis at elementary campuses
  - Go Slow and Whoa menu identification
  - Wheat pasta and breads
  
- Updated version of 5<sup>th</sup> grade maturation film purchased. Copy of dialogue shared with SHAC, no change in prior content.
  
- Shared information regarding inhalants and drinks with additives.
  
- Upgrade to Website: visit <http://www.nbisd-tx.net/education/components/scrapbook/default.php?sectiondetailid=6581&>
  
- SHAC Meeting Summaries may be viewed at <http://www.nbisd-tx.net/education/components/docmgr/default.php?sectiondetailid=6575&catfilter=2949#showDoc>
  
- Participated in TETN (Texas Education Telecommunication Network) Webinars, schedule attached.

## **New School Health Requirements for the 2009-2010 School Year\***

### **School Health Advisory Councils (SHACs)** – SB 283, TEC §28.004

- Meet 4 times per year, minimally.
- Contain a minimum of 5 members.
- Report directly to the school board at least once annually with detailed account of SHAC activities and recommendations.
- Appoint parent as chair or co-chair.
- Recommend indicators for evaluating effectiveness of Coordinated School Health Programs.

### **Coordinated School Health (CSH)** – SB 892, TEC §11.253

- Develop goals and objectives based on fitness assessment data, academic performance, attendance rates, academic disadvantages, the use of success of any method to ensure students are reaching required moderate or vigorous physical activity (MVPA), and any other indicator recommended by SHAC.
- Include in all Campus Improvement Plans (CIPS) for elementary middle and junior high school campuses.

### **Physical Activity** – SB 891, TEC §28.002

- Students enrolled in all full-day prekindergarten must participate in MVPA for a minimum of 30 minutes per day or 135 minutes per week.

### **Physical Education** – SB 891, TEC §28.002

- *“Curriculum must be sequential, developmentally appropriate, and designed, implemented, and evaluated to enable students to develop the motor, self-management, and other skills, knowledge, attitudes, and confidence necessary to participate in physical activity throughout life.”*
- Develop specific district goals and objectives for accomplishing the above, including (to the extent practicable) student/teacher ratios that are small enough to enable the district to carry out the purposes of and requirements for the physical activity requirements in grades prekindergarten-eighth and to ensure of the safety of all students.
- If the student/teacher ratio established in a district is greater than 45 to 1 in a physical education class, the district must identify the manner in which the safety of students will be maintained.

### **Health Education** – SB 283, TEC §28.004

- Written notice must be sent home before each school year indicating whether or not the district will provide human sexuality instruction to students.
- If human sexuality instruction is provided, a summary of its content, the requirements established under state law, a statement of the parent’s right to review the materials, the option to remove the student without penalty, and information describing opportunities for parental involvement in the development of the curriculum (SHAC) must be included in the written notice.

### **High School Graduation Requirements** – HB 3, §TEC 28.002

- Chart of revised high school graduation requirements may be found on the following TEA websites:
  - a. For students who entered grade 9 before 2007-08  
<http://ritter.tea.state.tx.us/taa/comm070609a.doc>
  - b. For students who entered grade 9 in 2007-08 or later  
<http://ritter.tea.state.tx.us/taa/comm070609b.doc>

*\*This list does not represent all of the new requirements related to school health. Future communication from TEA will provide additional information that has not been included in this document. Inquiries can be directed to Marissa Rathbone, Director of School Health, at the Texas Education Agency at [Marissa.Rathbone@tea.state.tx.us](mailto:Marissa.Rathbone@tea.state.tx.us)*

# TETN (Texas Education Telecommunication Network) SCHEDULE

## 2009-2010 School Year

### ★*The Year of the SHAC*★

The Texas Education Agency is offering a series of monthly training sessions on School Health Advisory Councils (SHACs) for school staff, parent involvement groups and community members.

Each session will provide extensive information on the effective implementation and utilization of District SHACs. Participants will walk away from each TETN with practical knowledge, useful resources, and answers to their toughest questions

#### **September 4, 2009 (Friday)**

**8:30 – 11:30 am**

*Theme: 2009-2010 School Year Kick Off*

- 2009-10 SHAC Goals
- New Legislation
- Innovative Courses for Health and Physical Education
- Flu Prevention and Response (H1N1)
- Walk Across Texas! Challenge
- Obesity Awareness Week

#### **October 7, 2009 (Wednesday)**

**8:30 – 11:30 am**

*Theme: SHAC 101*

- Getting Started
- SHAC Recruiting Tools
- Healthy Fundraising & Birthdays
- School Health Partner System

#### **November 4, 2009 (Wednesday)**

**8:30 – 11:30 am**

*Theme: CSH 101 (Coordinated School Health)*

- CIP (Campus Improvement Plan) – Goals and Objectives

<http://www.a4hk.org/filelib/TX-CSH101.wmv>

#### **January 8, 2009 (Friday)**

**1:00 – 4:00 pm**

*Theme: Second Semester To-Do List*

- Fitness Assessment Strategies
- Spring Gardening Project Planning
- Texas Round Up
- School Health Survey

#### **February 3, 2010 (Wednesday)**

**8:30 – 11:30 am**

*Theme: SHAC Best Practices*

- SHAC Award Winners
- Year 2 Awards (Start Up or Sustain)
- School Health Survey with your SHAC

#### **March 3, 2010 (Wednesday)**

**8:30 – 11:30 am**

*Theme: Data – Use It!*

- SHI (School Health Index)
- PFAI (Physical Fitness Assessment Initiative)
- SHP (School Health Profile)
- TEA School Health Survey
- YRBS (Youth Risk Behavior Survey)
- Teen Pregnancy Maps
- TFN (Texas Fitness Now)

#### **April 7, 2010 (Wednesday)**

**8:30 – 11:30 am**

*Theme: Make it Great*

- Successful policy development & implementation
- Reporting to School Board
- Sensitive Issues (handling)
- Involving Youth

#### **May 5, 2010 (Wednesday)**

**8:30 – 11:30 am**

*Theme: Planning for 2010-2011*

- Summer Retreat
- CSH – Year of Coordinated School Health
- District Development & Program Adoption

\* For more information or to register, please contact your Education Service Center (ESC). Contact information for your ESC is provided at <http://www.dshs.state.tx.us/schoolhealth/netlist.shtm>.