

## SHAC Physical Activity and Fitness Planning Subcommittee,

### Meeting Summary 1/21/2014

Members include: Cathy Fischer, Nancy Pappas, Judith Hunter, Bethany Diaz, Karen Schwind

#### Summary of HB 1018:

The local school health advisory council (SHAC) of each school district is required to establish a physical activity and fitness planning subcommittee. This subcommittee is charged with considering issues relating to student physical activity and fitness and making policy recommendations to increase physical activity and improve fitness among students. The local SHAC is also required to include in its annual written report to the local board of trustees any recommendations made by the physical activity and fitness planning subcommittee.

If feasible, the local SHAC must recommend joint use agreements or strategies for collaboration between the school district and community organizations or agencies. Any joint use agreement into which a school district and community organization or agency enter on the basis of a recommendation of the local SHAC must address liability for the school district and community organization or agency.

Action required for 2013-14 School Year: School districts will need to ensure that the local school health advisory committee establishes a physical activity and fitness planning subcommittee and, if feasible, recommends joint use agreements or strategies for collaboration with community organizations or agencies.

#### Recommendations to the SHAC:

- ✚ Investigate potential partnerships with NB Parks/Recreation and the YMCA to offer afterschool programs at our schools campus properties.
- ✚ Continue to support the LSE sidewalk project to ultimately connect LSE with Jesse Garcia park, the skate park, HEB soccer fields and Walnut Street.
- ✚ Continue to support the WSE walkway project to connect the school directly to the County Line Trail.
- ✚ Pursue PTA's healthy lifestyle chairperson partnership at the City PTA and campus PTA levels.
- ✚ Investigate options for school property availability to families:
  - Open playgrounds and tracks during Custodian hours.
    - After school hours 3:00 pm – 6:30 pm.
    - Summertime 6:00 am – 2:00 pm during
  - Open property in mornings before school for student and staff campus walking (rather than sitting in cafeteria or gym)
- ✚ Consider the option of Universal breakfast in the classroom to provide time for fitness before school.
- ✚ Playworks program as Staff Development with CISD in August 2014. Encourage participation as trainers from all campuses. Playworks' purpose is effective and fun was to play with physical activity at recess and during class day.
- ✚ Consider a movement and learning program such as Adventures to Fitness, Motions in Learning.
- ✚ Investigate a technology collaborative program for Middle and High School Students as part of the ipad initiative. Suggestions, Fun Fitness Trail, Fit Bowl.