

Student Health Advisory Council

What Are School Health Advisory Councils (SHACS)?

A SHAC is a group of individuals appointed by the school district to represent their community in many coordinated school health areas. They provide advice on school health programming and its impact on student health and learning. SHACs provide recommendations specific to changes and/or additions to the school's health education curriculum or instruction that impact the entire school district, not just individual school campuses.

Requirements

Every independent school district is required by law to have a School Health Advisory Council.

Texas Education Code:

- The Board of Trustees of each school district shall establish a local school health advisory council to assist the district in ensuring that local community values are reflected in the district's health education instruction.
- A school district must consider the recommendations of the local school health advisory council before changing the district's health education curriculum or instruction.

SHAC 2015-16 Meeting Dates

- August 13, 2015
- October 21, 2015
- February 17, 2016
- April 27, 2016

All meetings are held at the Mathis ISD Administration building

602 E. San Patricio Ave.

Mathis, TX 78368

Start time 1:30 p.m. in the Board Room

Recommended Duties

The local school health advisory council's duties include recommending:

- the number of hours of instruction to be provided in health education;
- curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, and Type 2 diabetes;
- health education; physical education and physical activity; and nutrition services;
- parental involvement; and instruction to prevent the use of tobacco;
- appropriate grade levels and methods of instruction for human sexuality instruction;
- any course materials and instruction relating to human sexuality, sexually transmitted diseases, or human immunodeficiency virus or acquired immune deficiency syndrome shall be selected by the board of trustees with the advice of the local school health advisory council;
- a statement of the policies adopted to ensure that elementary school, middle school, and junior high school students engage in at least 30 minutes per school day or 135 minutes per school week of physical activity.

Effective **SHACs** can be instrumental in improving student health and creating healthy schools by:

- helping schools meet community involvement mandates and community expectations;
- providing a way for community members to work together with school personnel to accomplish district goals;
- utilizing community resources and assets;
- influencing people within a community to be a credible, collective voice for healthy children and youth;
- providing a forum for sharing youth health information, resources, perspectives and a range of advice;
- fostering member's personal satisfaction and understanding of their role in strengthening their community by supporting CSH and fostering cooperation by building trust and consensus among grassroots organizations, community segments, and diverse citizens.

What is included in a coordinated school health program (CSH)?

The components of a coordinated school health program include:

- Family and community involvement
- Nutrition services
- Physical education
- Health education
- Counseling, psychological and social services
- Health services
- Health promotion for school staff
- Healthy school environment

ANNUAL REVIEW OF WELLNESS POLICY

The local wellness, physical activity and nutrition is evaluated by the School Health Advisory Council. Information is brought and presented to the council by the area Administrator, school nurses, athletic trainer, Food Service Director and campus administration. Results are discussed reviewed and acted upon as a recommendation to the school board of trustees. PE schedules, curriculum guides, reports from the PE coaches, and fitness gram results are amongst the items considered as wells as the latest version of TDA's policy.

Mathis ISD last updated its local wellness policy based on this review on October 21, 2015.

Previously reviewed and updated in September of 2014.

Mathis ISD feels strongly that annually the local wellness policy reflects the current needs of our students as well as the most recent regulatory requirements from TEA and TDA.