

Schulenburg School Health Advisory Council (SHAC)

ANNUAL REPORT TO SCHOOL BOARD 2017-18



Established April 6, 2005




School Health Advisory Council (SHAC)

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.

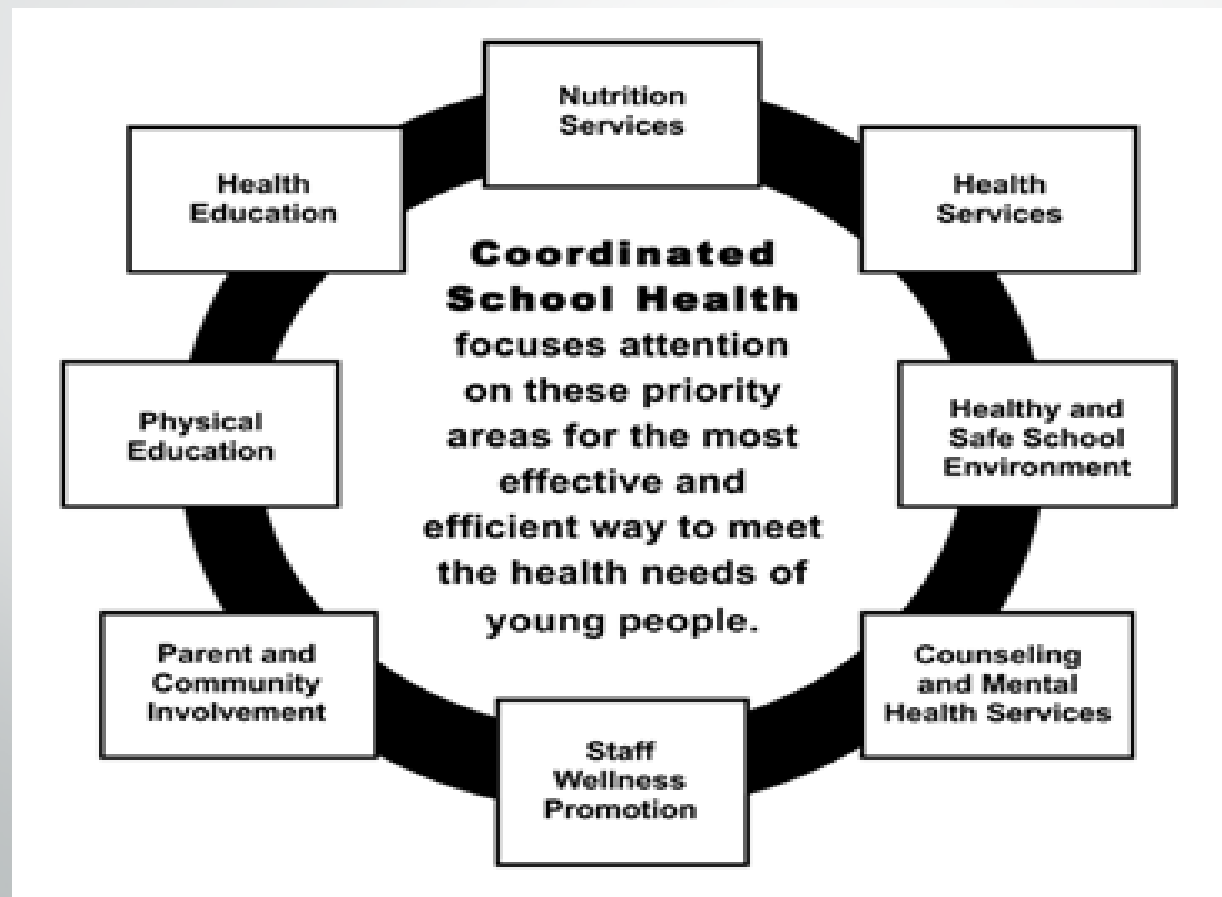
Texas Education Code
Title 2, Chapter 28, Section 28.004

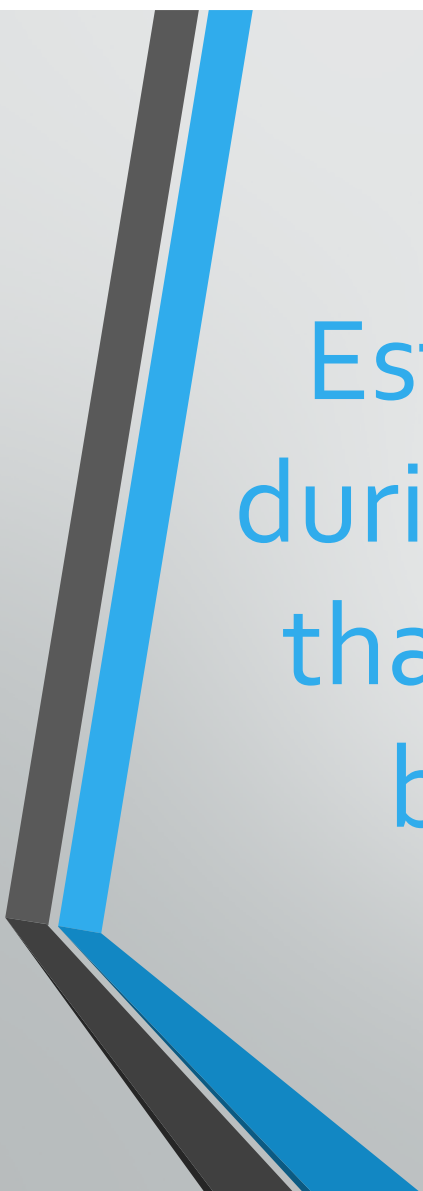


A child must be *Healthy*
to be **educated** and
 **educated** to be
Healthy



A SHAC's duty is to advise the school board on coordinated school health programing and it's impact on school learning.





Establishing healthy behaviors,
during childhood is more effective
than trying to change unhealthy
behaviors during adulthood.

Schulenburg ISD School Health Advisory Council

2017-18 Member List

Voting Members

Charlotte Bartosch – parent
Ashley Berger – parent
Amy Faith -- parent
Wendi Fietsam - parent
Ann Florus – staff
Tonia Hollas – parent
Sharon Johnson – staff
Ashley Krenek – parent
Darla Kubala -- parent
Kristi McBride -- staff

Shannon McBride – parent
Kelli New – children services
Kelli Nieto – staff
Cheryl Pekar - foundation
Terry Proske -- parent
Heather Ring – staff
Jennifer Salinas -- community
Alissa Smith - student
Kim Wellborn – staff
Nicole Wick – parent
Callene Zapalac- staff

Non-Voting Members Resource

Cindy Kalina RN - Coordinator
Erike Jones - Counselor
Connie Koopmann – Nutrition
Brooke DelaGarza – Elementary
Lisa Meysembourg – District
Charles Henke – Secondary
Kimberly Wright - Fitness



2016-17 Officers

Tonia Hollas – Co-chairman (parent)

Ann Florus – Co-chairman

Callene Zapalac – Secretary

Heather Ring - Media

4 Meetings a year

September 27, 2017

November 8, 2017

February 14, 2018

April 11, 2018

Today's Plan :

Review & Ratify 4 changes to the Wellness Plan made by SHAC

Review & Ratify 1 change to SHAC bylaws

Appoint new SHAC membership for 2018-19 by approving the committee membership roster.

In your board packet, you will find:

- SISD Wellness Plan
- Smarter Lunchrooms Scorecard
- SHAC By-Laws
- 2018-19 SHAC Committee Members

NUTRITION PROMOTION

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GOAL1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1: The District will increase participation in federal child nutrition programs by two percent by the end of each school year.

Action Steps

Methods for Measuring Implementation

District flyer regarding school food programs within the first two weeks of the school year; send a follow-up letter ~~within the first two weeks of the second semester.~~ **30 days of the school year.**

Baseline or benchmark data points:
•Participation rates in federal child nutrition programs at designated times.

Beginning of 2017-18-- Secondary had 405 students, 166 on free and 24 on reduced
End of year-- Secondary has 191 on free and 12 on reduced.

BOY Elementary had 396 students, 175 on free and 33 on reduced
End of year-- 242 on free and 18 on reduced.

Obstacles:
•Parents choosing not to disclose information related to income or family information to determine eligibility for free or reduced-price meals

May 2018 Free and Reduced Lunch 468 students. 19% increase.

May 2017 Free and Reduced Lunch program had 17%

MET GOAL!



SHAC “Take-aways” from this discussion—

1. problems with getting students on F&R include parents not returning forms. Next year, these forms will be given to teachers to give out and explain during the Beginning Of Year parent conferences.

Goal 1

Objective 2: By May of each school year, each campus score should at least be at the bronze level on the Smarter Lunchroom scorecard (www.smarterlunchrooms.org/resource/lunchroom-self-assessment-scorecard).

Action Steps	Methods for Measuring Implementation
<p>District nutrition directors will complete a scorecard in October and May. April.</p> <p>See copy of report card.</p>	<p>Baseline or benchmark data points:</p> <ul style="list-style-type: none">•Score on the assessment for each campus in October and May <p>Resources needed:</p> <ul style="list-style-type: none">•Staff access to the scorecard•Available staff to answer questions about the assessment from campus nutrition director <p>Obstacles:</p> <ul style="list-style-type: none">•Training between October and May to implement the Smarter Lunchroom strategies•Time and staff to devote to implement- ing the Smarter Lunchroom strategies

NUTRITION EDUCATION

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Goal 2 Obj. 2

~~Objective 2: One hundred percent of students will have access to drinking water at all times during the school day.~~

This objective is not helpful and has been removed.

Allowing 100% access to drinking water has not been an issue at SISD.

SHAC TAKEAWAYS

It was noted that the Wellness Plan goals did not specifically mention the Coordinated Health Program that we have been initiating into our curriculum at SISD. The CATCH program which stands for “Coordinated Approach to Child Health” program is a state approved mandated program specifically designed to prevent obesity, cardiovascular disease, and Type 2 diabetes in elementary and junior high schools.

We have added a new objective to increase the use of the program on our campuses.

The SHAC finds that a greater implementation of the curriculum will work hand-in-hand with the other goals we already have listed.

Nutrition Education

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New objective added.

Objective 2: A Coordinated School Wellness Program will be utilized in grades K-5 and 6-8, promoting physical activity, healthy food choices and prevent tobacco use in school aged children.

Action Steps

The CATCH program will be used in
be
Grades PK-5 and grades 6-8.

Areas of usage will include classroom,
PE, cafeteria and will include parental
Involvement as much as possible.

Methods for Measuring Implementation

Evidence of the CATCH curriculum should
noted by:

- a. CATCH signs in the hallway
- b. CATCH bulletin boards evidence in hallways, changed each 9 weeks.
- c. At least 1 CATCH lesson plan should be presented to all students in each grade level every 9 weeks.

RESOURCES NEEDED:

CATCH curriculum materials.



By-Law changes

By-Laws change, page 3.

Section 3: Standing Committees

A. ~~There will be a standing committee for each of the following areas listed below.~~ Each of the following areas of the Coordinated School Health program shall be reviewed at the beginning of each school year, and any other time a condition occurs that warrants review. In the event of a concern, there shall be a committee formed of at least 4 SHAC members to review the situation and bring it to the SHAC for action. If at anytime the SHAC membership determines a need to combine committees to better meet the needs of the SHAC, it has the authority to do so. All committee chairs shall report directly to the SHAC through the Executive Committee, and the SHAC coordinator. The committees are:

Voting Members

Charlotte Bartosch – Parent
Ashley Berger – Parent
Amy Faith – Parent
Ashley Krenek – Parent
Darla Kubala – Parent
Kristi McBride - Staff
Shannon McBride – Parent
Kelli New – Youth & Family Svcs
Renate Mache - parent
Kelli Nieto – Staff
Stacey Otto - Parent
Cheryl Pekar – Stanzel Foundation
Terry Proske – Parent
Heather Ring – Staff
Jennifer Salinas – Staff
Kim Wellborn – Staff
Nicole Wick – Parent
Callene Zapalac - Staff

SHAC Members 2018-19

Officers

Dee Brown– Co-Chair - Staff
Tonia Hollas- Co-Chair - Parent
Sharon Johnson – Secretary - Staff
Heather Ring – Media - Staff

NEED

** - Student
** - Student
** - Parent



Questions?

Schulenburg SHAC

Looking forward
to another great
school year in

2018-2019

