

School Health Advisory Council (SHAC)

Report to RISD School Board

May 15, 2017

The School Health Advisory Council is a group of individual representatives of the community which provides advice on Coordinated School Health programs and its impact on student's health and learning. The state requires this committee to meet at least 4 times a year, a parent to be a chairperson, the majority of members to be nonstaff and to report annually to the School Board. Robinson's SHAC was started in September 1996 and currently has 15 members. Meetings were held in September, December, February and April.

SHAC Members:

Parent/Nonstaff Members: Lisa Hoelscher, Jennifer Crosslin, Judith Jaro, Cindy Tynes, Kristi Fajardo, Jamie Helpert, Sujana Shah, HOSA Student Representative;

Staff Members: Laura Bearden, Dinh Tran, Tim VanCleave, Abel Sanchez, Kathy Sanders, Brandi Cox, Dylan Campbell;

Members-at-large: Desiree Casey, Dinah Shaw, Christi Meggs, Lori Killough

Summary of Activities and Accomplishments:

- New schedule and campus safety were monitored with no accident-related injuries reported.
- Kids Culinary Competition was held at University High School and attended by RISD Intermediate students.
- Diabetes Training for staff held in October; various Region 12 trainings held also.
- Community Garden – Robinson Elementary received funding and support from the Robinson Education Foundation and the Robinson 4H. Brandi Cox and Christi Meggs coordinated the garden with Primary and Elementary students who were involved in planting, maintaining, watering and harvesting vegetables, fruit and herbs. Brandi has been able to obtain outside support and donations to continue the project.
- Hydration stations/water filtration system placed at Primary and Elementary
- ATV Safety Video was placed on the family page on RISD website.
- RISD Wellness Plan was written and recommended by SHAC for School Board approval.
- Fitness Gram Scores: see attached overview report and BMI comparison chart. Results show high percentage of students in Healthy Fitness Zone in all areas, and slightly increased from last year. BMI averages were similar to last year for boys and girls.

Plans for next year include:

- Community Garden for Primary/Elementary... continue work with plans for fall gardening; seek funding sources for maintenance and gardening needs.
- FitnessGram...obtain summary report for baseline and yearly comparisons; continue to track progress and usefulness of results.
- Other areas for consideration/review: accessibility of RISD mobile website, hand hygiene programs and condition of faucets at hand sinks at the Elementary campus.

For 2017-2018, the meetings will be changed to the second Wednesday in September, November, February, and April in the Administration building, 4:15-5:15 pm. We welcome any input from RISD, School Board and parents regarding issues for discussion, planning and action.

Lisa Hoelscher
SHAC Committee Chair

District
ROBINSON IND SCHOOL DISTRICT

Report Date
4/28/2017

Body Mass Index - Male							
Age	Count	# in HFZ	% in HFZ	Average	Standard Deviation	Minimum	Maximum
8	16	12	75.00 %	16.84	2.61	14.10	23.80
9	66	48	72.73 %	18.34	3.85	13.90	28.90
10	83	52	62.65 %	19.29	4.17	14.00	30.20
11	87	55	63.22 %	20.20	4.56	14.50	36.20
12	64	34	53.13 %	21.90	5.91	3.50	34.00
13	75	47	62.67 %	22.07	6.03	3.00	39.50
14	73	47	64.38 %	22.76	5.23	15.90	46.00
15	63	33	52.38 %	24.17	5.14	16.80	40.40
16	32	19	59.38 %	24.96	7.36	6.70	46.70
17	26	11	42.31 %	27.36	7.27	20.50	46.50
18 or above	19	7	36.84 %	26.38	5.98	18.50	41.40

Body Mass Index - Female							
Age	Count	# in HFZ	% in HFZ	Average	Standard Deviation	Minimum	Maximum
8	12	10	83.33 %	16.13	3.40	13.50	25.50
9	68	52	76.47 %	17.89	3.15	13.00	27.50
10	70	44	62.86 %	19.80	4.20	13.80	35.10
11	88	52	59.09 %	20.81	4.23	14.30	36.10
12	87	49	56.32 %	21.94	5.00	14.50	34.50
13	63	43	68.25 %	21.23	4.41	14.10	38.30
14	44	29	65.91 %	22.80	3.98	15.90	32.30
15	25	16	64.00 %	23.32	3.95	17.40	35.90
16	23	21	91.30 %	22.00	2.77	18.50	31.30
17	23	19	82.61 %	22.95	6.29	15.80	42.30
18 or above	20	14	70.00 %	23.66	5.73	16.80	37.10

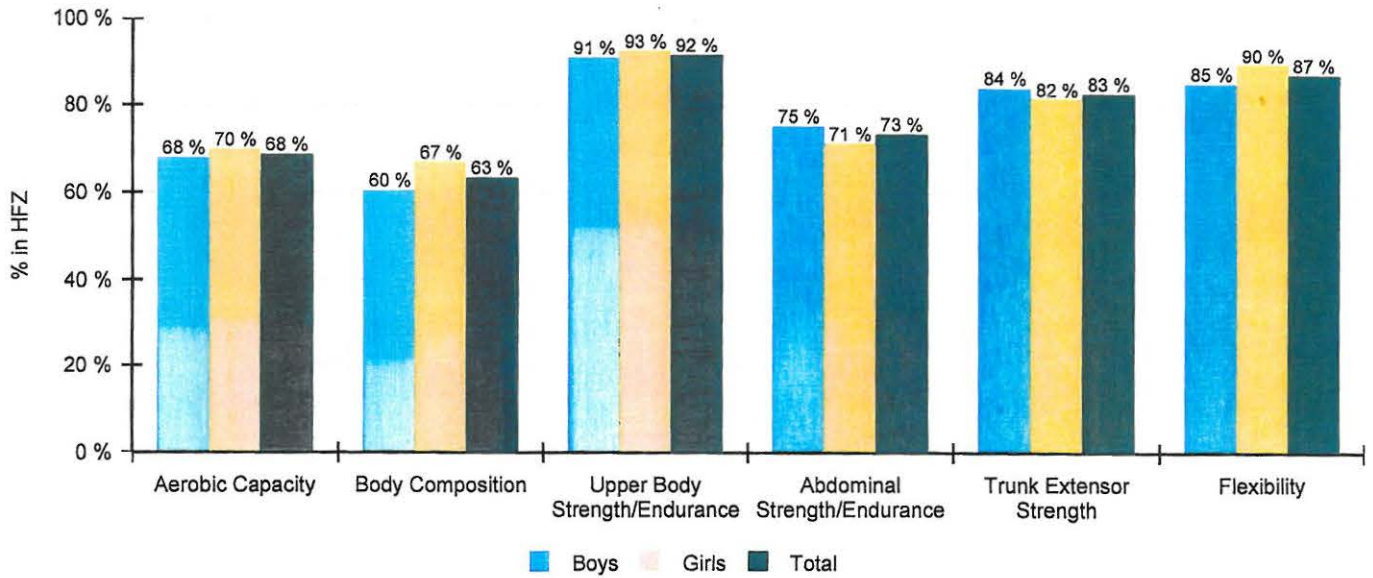
FitnessGram Overview Report

District

ROBINSON IND SCHOOL DISTRICT

Report Date

4/28/2017



Test	Boys			Girls			Total		
	# Boys Completed	# Boys in HFZ	% Boys in HFZ	# Girls Completed	# Girls in HFZ	% Girls in HFZ	# Students Completed	# Students in HFZ	% Students in HFZ
Aerobic Capacity	538	364	68 %	446	310	70 %	984	674	68 %
Body Composition	604	365	60 %	523	349	67 %	1127	714	63 %
Upper Body Strength/Endurance	271	247	91 %	246	228	93 %	517	475	92 %
Abdominal Strength/Endurance	606	456	75 %	520	370	71 %	1126	826	73 %
Trunk Extensor Strength	486	409	84 %	445	363	82 %	931	772	83 %
Flexibility	604	515	85 %	521	467	90 %	1125	982	87 %

ROBINSON ISD

AVERAGE BMI COMPARISON CHART

2013-2016

Year	Male	Female
2015-2016	22.21	21.13
2014-2015	21.90	20.81
2013-2014	22.33	21.68