

**School Health Advisory Committee (SHAC)**  
**2018-2019 Report**

The purpose of the Giddings I.S.D. School Health Council is to advise the district on the implementation of a coordinated school health program and its impact on student health and learning. The SHAC officers serve as the District's School Health Advisory Council that is appointed by the School Board. The majority of the members of the council must be parents and a parent must serve as chair or co-chair. Council members for 2018-2019 are:

Michael Mahoney-Staff Co-Chair  
Gary Oltmann-Parent Co-Chair  
Dora Muniz, Parent Representative  
Ashli Hartranft, Parent Representative  
Hope Siegmund, Staff Representative

This committee works to improve the Coordinated School Health Program in the District – The Coordinated School Health Program consists of services provided by: Physical Education, Health Education, School Health Services, Nutrition Services, Counseling and Social Services, Healthy School Environment, Staff Wellness, and Family and Community Involvement. Topics related to these eight areas and suggestions for improvement are discussed at the SHAC meetings throughout the year.

The committee set two major goals for the school year:

1. Continue to Improve Student Wellness and Mental Health
2. Revise District Wellness Goals as Needed

The SHAC met four times during the 2018-2019 school year: October 30, 2018; December 4, 2018; February 19, 2019; and March 5, 2019. Meetings were attended by parents, community members, health care professionals, PE teachers, health teachers, school nurses, and school administrators.

Assessment of the District's Wellness Policy:

- 1.) The GISD local school wellness policy is based upon the recommendations from TASB – Model Local Wellness Policy;
- 2.) All GISD campuses are currently in compliance with the local school wellness policy;
- 3.) Assessment of the District's Wellness Goals:

The District establishes the following goals for nutrition promotion:

- a. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings. **Goal Status- In Progress**

- Health/PE Classes
- Counselors
- Cafeteria Staff
- Media
- Cafeteria Signage
- Nutrislice
- Discovery Kitchen

- b. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students. **Goal Status- In Progress**
- Nutrislice
  - Media
  - Discovery Kitchen
  - SHAC Committee

The District establishes the following goals for nutrition education:

- a. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. **Goal Status- In Progress**
- Nutrislice
  - Discovery Kitchen
  - SHAC Committee
  - Health/PE Classes
  - Cross Curricular Connections
  - CATCH Program
- b. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate. **Goal Status- In Progress**
- Nutrislice
  - Discovery Kitchen
  - SHAC Committee
  - Health/PE Classes
  - Cross Curricular Connections
  - CATCH Program
  - District Events

The District establishes the following goals for physical activity:

- a. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports. **Goal Status- In Progress**
- Special Olympics
  - PE Curriculum
  - Walkathon
  - Recess
  - Wellness Programs
  - FitnessGram
  - CATCH Program
- b. The District shall promote appropriate outside-of-school physical activity programs sponsored by local community youth organizations. **Goal Status- In Progress**
- Athletic Programs
  - Lee County Youth Center

- Coordination of facilities with Youth Sports
  - Special Olympics
  - Daily Campus Activities
- c. The District shall encourage parents to support their children’s participation, to be active role models, and to include physical activity in family events. **Goal Status- In Progress**
- Wellness Programs
  - Field Day
  - Special Olympics
  - Rotary Club 5K
  - Exercise Challenges
  - Family Impact Night Suggestions
- d. The District shall encourage students, parents, staff, and community members to use the community’s recreational facilities. **Goal Status- In Progress**
- Open to Public
  - Coordination with Community Youth Sports
  - Exercise Challenges
  - Family Impact Night Suggestions

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

- a. The District shall allow appropriate time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable. **Goal Status- In Progress**
- Hour Long Lunch at GHS
  - Combined Lunches at GMS
  - Rolling Schedules PK-5
- b. The District shall promote employee wellness activities and involvement in them at suitable District and community organization activities. **Goal Status- In Progress**
- Field Day Activities
  - Red Ribbon Week
  - Pink Out
  - Annual Immunization Clinic
  - Wellness Programs

SHAC Recommendations:

- a. Strengthen the District and Campus-Level Staff Wellness programs
- b. Continue to strengthen and evaluate the implementation of wellness goals

\*Recommendations by committee required per HB 1018