



# 2022-2023

# ANNUAL

# REPORT

## School Health Advisory Council

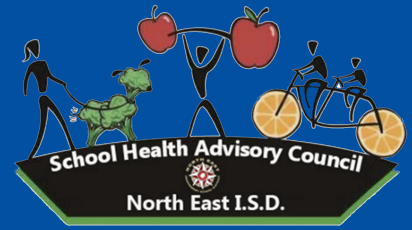
**Prepared By**

Tony Kaman, SHAC Chair and  
Jennifer Aguilar, SHAC Facilitator



# NEISD SHAC ANNUAL REPORT

## 2022-23



## BACKGROUND

Texas Education Code (TEC) [Section 28.004](#) requires the establishment of a local school health education advisory council (SHAC). A SHAC is a volunteer advisory council to the school district Board of Trustees. A SHAC is comprised of majority parents, community leaders, school personnel, and other representatives, as needed. Under TEC Section 28.004, the SHAC's duties include recommending policies, procedures, curriculum, and strategies for health education appropriate for specific grade levels. SHACs can provide invaluable advice to the district on methods to advance student academic performance by promoting, practicing, and coordinating school health education and services. If utilized, SHAC contributions to coordinated school health programming can lead to a greater positive impact on student health and learning.

In addition to providing recommendations to the Board, TEC Section 28.004 requires SHACs to submit a written report to the Board at least once annually. The report must include:

- Any SHAC recommendations not previously submitted to the Board regarding health education curriculum and instruction or related recommendations.
- Any suggested changes to previous SHAC recommendations.
- A detailed explanation of the SHAC's activities since the last annual report.
- Any recommendations made by the physical activity and fitness planning subcommittee.

## 2022 -2023 SHAC ACTIVITIES

### OVERVIEW

During the 2022-2023 academic year, the NEISD SHAC underwent many changes, including membership, updates to Policies BDF (Legal) and (Local), and the implementation of Bylaws. After the Board's approval of the new policies and membership, a new member orientation meeting was held on December 14, 2022 in which the "Design and Function of SHAC" presentation was provided. Also at that meeting, Tony Kaman (Johnson parent) was elected as chairperson and Rachel Brodine (Roosevelt parent) was elected as vice-chairperson. Additionally, members worked together within their Single Member Districts (SMD) to determine which member would represent their SMD on each of the four standing committees: Classroom Health and Sex Education, Fitness and Physical Activity, Nutrition, and Safe and Healthy Schools.

The SHAC met an additional four times following the new member orientation meeting: February 22, 2023; April 19, 2023; May 17, 2023; and June 2, 2023. These meetings included updates from each of

the four standing committees, information from It's Time Texas on the Community Challenge Partnership, discussion and recommendations on new human sexuality and abstinence education (HSAE) curriculum, review of the SHAC volunteer application, and discussion of SHAC Bylaw revisions.

SHAC agendas were determined by the SHAC Executive Committee which is comprised of the SHAC chair and vice-chair and the chair of each standing committee. The Executive Committee met via Zoom on January 30, 2023; April 5, 2023; and May 8, 2023.

Agendas, minutes, and video recordings of all SHAC meetings can be found on the District's SHAC website ([www.neisd.net/SHAC](http://www.neisd.net/SHAC)).

## **STANDING COMMITTEES**

In addition to the five SHAC meetings, standing committees held additional work sessions as needed. The notes from these work sessions can be reviewed on the NEISD SHAC webpage ([www.neisd.net/shac](http://www.neisd.net/shac)).

### **Classroom Health and Sex Education**

The Classroom Health and Sex Education (CHaSE) standing committee reviewed the results of the 2021 School Health Index (SHI) and discussed the following goals:

#### **Goal #1**

Increase promotion and awareness within the schools of health programs and initiatives taking place in the community,

#### **Goal # 2**

Ensure in-person professional development for teachers with the help of the guidance teams at campuses for the 2 new pieces of the health curriculum: Human Sexuality and Abstinence Education (HSAE) and the prevention of child abuse, family violence, dating violence, and sex trafficking.

#### **Goal #3**

Increase community awareness and engagement in the public review process of the proposed curriculum for Human Sexuality and Abstinence Education (HSAE) and the prevention of child abuse, family violence, dating violence, and sex trafficking.

However, once the HSAE and abuse/violence prevention curriculum review process began, it became the focus of their work. The committee agreed to meet regularly at least once a week for approximately two hours per meeting (for a total of 22 meetings) from January through May of 2023. They also led and facilitated the two required public meetings on the curriculum materials and public feedback held on March 30, 2023, and April 13, 2023.

The committee plans to continue the HSAE and abuse prevention curriculum review in order to make revisions and edits to the middle school curriculum and to recommend curriculum for instruction in maturation and abuse prevention for elementary school students.

## **Fitness and Physical Activity**

In addition to the regularly scheduled SHAC meetings, The Fitness and Physical Activity (FaPA) standing committee met an additional three times from January through March. The committee reviewed the 2021 SHI data and established the following goals:

### **Goal #1**

Implement morning outside free time play at all elementary and middle school campuses before school.

### **Goal #2**

Implement 40 minutes for recess daily in all elementary schools. Minutes have flexibility to be used in a way which compliments each campus schedule.

### **Goal #3**

Implement the option for all middle school students to eat lunch outside during lunch periods.

The committee researched and reviewed the District's current recess policy as outlined in the District's Wellness Plan. To help guide their development of a recommendation to revise the current recess policy, the committee met with Jennifer Gutierrez, Executive Director of Elementary Instruction. Upon her advice, the chair and vice chair of the FaPA committee also invited a group of principals representing all clusters to attend a Zoom meeting on April 11, 2023, to provide their feedback on possible revisions to the recess policy, including potential obstacles for consideration. The committee is still considering all the input they have received and the research on the importance of recess to finalize their recommendation. They plan to complete this work and present their final recommendation in the 2023-2024 school year for implementation in the 2024-2025 school year.

## **Nutrition**

In addition to the regularly scheduled SHAC meetings, the Nutrition standing committee met an additional four times from January through May. Since all members of this committee were new to SHAC, they relied heavily on the guidance of Sharon Glosso, Executive Director of Nutrition Services, who was invited to the standing committee work sessions to support and guide them as they reviewed the 2021 SHI Data and the District's Wellness Plan to determine the following goals:

### **Goal # 1**

Encourage participation in the school breakfast program (SHI M4-N.2).

### **Goal # 2**

Promote collaboration between nutrition staff members and teaching staff to reinforce nutrition education lessons (SHI M4-N.9).

### **Goal # 3**

Model healthy eating and physical activity behavior by school staff (SHI M9-N.3/PA.2).

The Nutrition standing committee plans to continue work on these goals and present any recommendations in the 2023-2024 school year.

### **Safe and Healthy Schools**

In addition to the regularly scheduled SHAC meetings, the Safe and Healthy Schools (SaHS) standing committee met an additional six times from January through March. Initially, their focus was centered on reviewing curriculum for the District's abuse/violence prevention instruction. This work included meeting with the Ransomed Life organization to learn about their programs designed to prevent sex trafficking. However, because the health TEKS for abuse/violence prevention overlapped with HSAE and because the programs being reviewed by CHaSE included lessons in abuse/violence prevention, this work was transferred to the CHaSE committee. At that point, the SaHS committee reviewed the goals that had been previously set by the committee:

#### **Goal # 1**

Identify who is entering SHI data and develop a list of who would be responsible for data entry in a bid to provide consistency throughout the district.

#### **Goal # 2**

"It may look safe, but is it?" School Environmental Health - develop a program to address environmental health issues on campus.

#### **Goal # 3**

School Safety and Mental Health- develop and promote QR code/app - "I'm worried about my friend."

*\*Goals 2-3 would include discussions with KSHAC students, if permitted, to understand development of goals from the student perspective.*

After gathering feedback from KSHAC students on their perspective of school safety and mental health, the SaHS committee then decided to focus their attention on Goal 3 in which they are developing a recommendation to promote the use of the Tip Line App to secondary students so they have it more readily available on their phones and to promote the mental health hotline number (988) through signs and/or stickers posted in all school bathrooms. The committee hopes to finalize and present their recommendations in the 2023-2024 school year.

### **Kids School Health Advisory Council (KSHAC)**

The Kids School Health Advisory Council met over two regularly scheduled meetings (November 7, 2022, and February 13, 2023). KSHAC students participated in the American Heart Challenge service-learning program, displaying remarkable leadership skills as they successfully raised awareness on their home campuses about health topics, including anti-vaping and tobacco use, nutrition, and the

importance of sleep and physical activity. Their efforts made a significant impact on promoting a healthier and more informed environment which included 51 students taking a hands-only CPR quiz. Moreover, they earned community service hours while raising an impressive \$3,727 in life-saving funds.

KSHAC students also provided valuable feedback to the Safe and Healthy Schools standing committees on student safety concerns and to the Fitness and Physical Activity standing committee on the importance of brain breaks from a student's perspective.

## RECOMMENDATIONS

Following the passage of [House Bill 1525](#), 87th Legislature, Regular Session, 2021, and the Board of Trustees Resolution passed in January 2022, the SHAC evaluated various human sexuality and abstinence education (HSAE) and abuse/violence prevention curricula in order to recommend instructional materials for the Board to consider adopting.

- On May 8, 2023, following the two required public meetings on curriculum materials and community feedback, the SHAC recommended the adoption of the *Choosing the Best* program for use in 6th – 12th grades with additional revisions to be recommended by SHAC and approved by the Board of Trustees.
- After review and discussion of the *Choosing the Best: Journey* program for use in the high school health credit courses, the SHAC prepared recommendations for the Board of Trustees regarding revisions to videos, Teacher Leader Guides, Student Note-Taking Guides, and teacher training guidelines to be implemented in the 2023–2024 school year.

SHAC plans to make recommendations for revisions to the middle school *Choosing the Best* programs in fall of 2023 for implementation in spring of 2024. They also plan to make recommendations for the elementary maturation curriculum.

Finally, SHAC is still discussing Bylaw revision recommendations to bring forth to the Board of Trustees for consideration.

## CONCLUSION

Since the establishment of the SHAC from TEC [Section 28.004](#), SHACs' responsibilities and its importance in making a positive impact on student health and learning has grown significantly. This document serves to fulfill the legislative requirement that mandates SHACs to submit a written report to the Board at least once annually. The SHAC appreciates the support of the Board of Trustees and looks forward to continuing to work together to support the health and well-being of all students.