

# When You Participate, Your Child Succeeds!

As parents, you deserve to weigh in on the School District’s decisions that impact the health and well-being of your children, especially when those choices are closely linked to their grades and their future success. Want to help make a difference for your child—and every child?

Here’s your chance to get involved with your District’s **School Health Advisory Council (SHAC)**! You can attend a meeting, share your health concerns, or apply to become a member.



## What is a SHAC?

School Health Advisory Councils (SHACs) are made up of members (primarily parents) who provide input to School Districts on health-related issues. As a SHAC member, you would be involved in discussions about important topics like:

- School Meals
- Physical Activity
- Mental Health
- Human Sexuality
- Bullying Prevention
- Recess Guidelines
- Vending Machines
- Suicide Prevention
- Virtual Learning



## Why do SHACs matter?

**Strong school health programs improve grades and standardized test scores.**  
When you join a SHAC, you are helping to keep children’s health as a top priority!

**Teaching students the dangers of risky health behaviors allows them to make smarter choices as adults, avoiding actions that could lead to injury, death, or legal problems.**  
You can take an active role in preparing your child for life-long success!

**SHACs ensure that local community values are considered in decision-making.**  
No one else cares more about the health of your child than you do, so make sure your opinions are considered!



## What’s your next step?

**Get involved with your District’s SHAC! For details about applying to become a member or attending an upcoming SHAC meeting, visit your District’s website. Because when you participate, your child succeeds!**

Want more details?  
[txshacnetwork.com](http://txshacnetwork.com)  
[txshacnetwork@gmail.com](mailto:txshacnetwork@gmail.com)