



# School Health Advisory Council

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Parent Liaison, SHAC Chair  
Board of Trustee Meeting Update  
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# What is SHAC?

- A School Health Advisory Committee (SHAC) is a group of individuals, representative of the community, to provide advise and recommendations to the School District on Coordinated School Health programming and its impact on student's health and learning
- The HEB ISD SHAC will:
  - Promote a healthy lifestyle by providing an awareness and knowledge in the three areas of health: physical, mental, and social well-being
  - Provide assistance to the District to support and implement the Coordinated School Health Program



# SHAC Membership

- Texas law says that the majority of the SHAC will consist of parents of students currently enrolled in a District schools
- Will also include representatives from: teachers, administrators, district students, health care professionals, business community, law enforcement, senior citizens, clergy, non-profit organizations, Board of Trustees.

# **Wellness Policy** and the **Healthy, Hunger-Free Kids Act of 2010**

- **Requires inclusion of physical education teachers and school health professionals**
- **Review the district's current FFA(LOCAL) to ensure that the goals in each previously required category (nutrition education, physical activity, and school-based activities) are realistic for your district.**
- **Requires more notice to parents and the community regarding the district's wellness activities**

# HEB ISD SHAC 2017 Goals

- **Promote a holistic approach to school district wellness**
- **Promote healthy lifestyles and nutrition education throughout the community and school district**

# Accomplishments 2017

- Reviewed district food allergy policy and closed gaps between nutrition and nursing departments
- Supported wellness activities in various schools
- Visitors attended meetings to discuss topics associated with goals
  - Mariella Naugher, Nutrition Wellness Updates
  - Robert Ball, Health Initiatives
  - Jewelie Ramos, “Family Wellness Event” Shady Oaks