



2010-2011 School Year

What is SHAC?

SHAC meaning the School Health Advisory Council is a school board appointed advisory group of individuals who represent different segments of the community. By law, a majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district. The SHAC is made up of parents, community members, and school staff working together to improve the health of all students and families through coordinated school health programs.

Why do we need a School Health Advisory?

SHAC is required by every school system under the education code TEC 28.00

What is included in a coordinated school health program (CSH)?

The coordinated school health program includes the following components:

- Physical Education
- Health Education
- Health Promotion to School Staff
- Family and Community Involvement
- Health Services

What is our mission?

Our mission is to provide students the opportunity too understand the wealth of living a healthy life.

School Health Advisory Committee *Taking Action & Being Involved*

Committee Members are responsible to attend every meeting. Meetings are conducted 6 times throughout the school year.

TEC 28.004

Meetings will be held from 9:00-10:30 am

September 7

Action: Evaluation, Accountability, and Quality Control / What does SHAC mean to me?
Childhood Obesity

October 5

Action: School Health Survey/ Needs Assessment

November 2

Action: Goals 2010-2011 SY /Awareness of Human Sexuality

January 4

Action: "Talk to teachers" "Talk to Parents" "Talk to the Community"

February 8

Action: Safe & Drug Free School

March 8

Action: Drug Awareness

April 5

Action: Fiscal Planning for 2011-2012/ Fitness



Events:

September
13-17 How about Breakfast

October
4-8 Flu Prevention Week
18-21 Drug Awareness

November
15-19 STD & Teen Awareness Week

December
6-10 Fight against Diabetes & Obesity

May 12- Healthy Choices

Special Events

September- Childhood Obesity /Green

October – Cancer / Pink

November – Human Sexuality / Teen Pregnancy Black

December –Diabetes and Obesity / Purple

January- Safety and Cyber bullying / Orange

February- Dating/Family Violence / Blue

March- Drug Awareness, Flu Prevention, and Airborne communicable diseases/ Red

April – Fitness / Yellow

May – Health Choices, Wellness, and Nutrition / Maroon

Mission - To ensure that all A.C.T students are informed on ways to practice healthy eating habits, and aware of safety precautions through sequential health education.

Vision – To see our student enjoying everyday health living.

Goal- For every student to be involved in health eating habits

SHAC Officers

SHAC Coordinator – Angelique Murphy

Vice Chair- Charles Woods

Secretary- Gloria Stuart

Treasurer- Myriam Jimenez

Minutes- Felice Garza

Responsibilities

Coordinator - Preside all SHAC meetings, appoints committees as necessary, and relate information to the superintendent

Vice Chair- Provide SHAC meetings in the absence of the Chair

Secretary- Work with coordinator to provide meeting notices, and arrange alternate locations for meetings in case of changes

Treasurer- Provide monthly statements during meetings

Minutes – To provide minutes from previous meetings and provide clarification when needed

Membership

Membership Criteria

The membership composition of the SHAC shall comply with the following:

- Parents of school age children currently enrolled within the district. Parents
- The Board of Trustees may also appoint one or more persons from each of the following groups: teachers, administrators, district students, health care professionals, business community, law enforcement, senior citizens, clergy, and nonprofit health organizations
- Membership of the SHAC should reflect the geographic, ethnic, gender, and economic diversity of the District.

Terms of Service

Parent and community members will serve a two-year appointment. Campus level staff and students may serve a two year term. Terms will be staggered to maintain continuity on the SHAC.

Confirmation by the School Board

The School District & School Board shall annually appoint all members to the SHAC.

Vacancies

The Board of Trustees delegates to the SHAC the responsibility to fill any vacancies that may occur after the Board has appointed the SHAC membership.

Change in Member Status

If the status of a member changes, the Committee may allow the member to fill an appropriate vacancy. If no appropriate vacancy exists, the Committee may allow the member to continue to serve in the current position.

Conflict of Interest

No individual shall be nominated for or hold a position on the SHAC if that individual has a direct pecuniary interest in the recommendations of that committee and decision by the Board of Trustees. Even the appearance of a conflict of interest should be avoided if at all possible. A lone agenda item shall not be cause for the elimination of an individual's membership; however, any such individual shall refrain from participation in decisions and voting as to that issue.

The Role of the Superintendent

The Superintendent/Designee and SHAC will work cooperatively. The Superintendent will ensure staff support as is necessary and reasonable and will participate without vote in the deliberations and activities of the SHAC.

Size of Council

The SHAC will consist of no more than 7 members and not less than 5 members.

Terms of Service

The SHAC shall elect a Chair, Vice-Chair, and Secretary, each to serve 2 year terms. Officers may not serve more than 2 consecutive terms in the same office. Officers will be selected during the first SHAC meeting of the year.

Responsibilities of SHAC Staff

Hold regular meetings at the minimum of 6 times per year

To provide health recommendations regarding health education to and for our students

To consult regularly with the superintendent and his/her administration regarding planning

To approve the district coordinated school health program, subject to adoption by the School Board

To provide a written annual report to the Board on or before June 30 of each fiscal school year

Agendas- Agendas should be provided in full for all SHAC meetings

Terms of Service

Terms of service shall be two years, Students will be given the opportunity to have 30 minutes of physical activity per school day. There will be a list of activities through out the school year.

Fundraising

Fundraising items and dates will be discussed in SHAC meetings. Fundraising proceeds will go to promote our annual “Healthy Choices Event”.

Participation

For a successful School Health Advisory Council we need the participation of everyone who is involved with our, and for those who want to strive to make a difference.

<u>List of Activities</u>	<u>Time of Year</u>	<u>Person(s) Responsible</u>
Activities		
Walk for Diabetes	December	Ralph Douglas & Tiffany Smith
Jump Rope for Heart	October	Alexandra Santa Maria & Joe Hinojosa
Fitness Gram	February	Jamie Maldonado & Leonard Minalla
Field Day	April	Myriam Jimenez, Lawrence McNamee, Victoria Olmos, Phillip Jackson
Nutritional Services		
Breakfast with Friends	October	Sadie Emery & James Courtney
Breakfast in the Classroom	March	Kimberly Kreider & James Ollerton
Staff Wellness		
Wellness of the Body	January	Michael Christopher & Mark Earle
Changes for the Best	April	Kathy Yuras & Valerie Camargo
Health You	November	Rose Hall & Nehemias Moreno

Our Focus

Planning successful meeting

Developing an Action Plan

To follow –up and to pursue issues

Students face new challenges and risk that affect their health and the quality of their future. They need concerned parents, community, health representatives to become involved.