

School Health Advisory Council

SHAC



Lake Travis ISD
2011-2012



COLLABORATION COMMUNICATION

In finding common ground, instead of focusing on differences, we may really have an impact!



LEADERSHIP

“process of social influence in which one person is able to enlist the aid and support of others in the accomplishment of a common task”



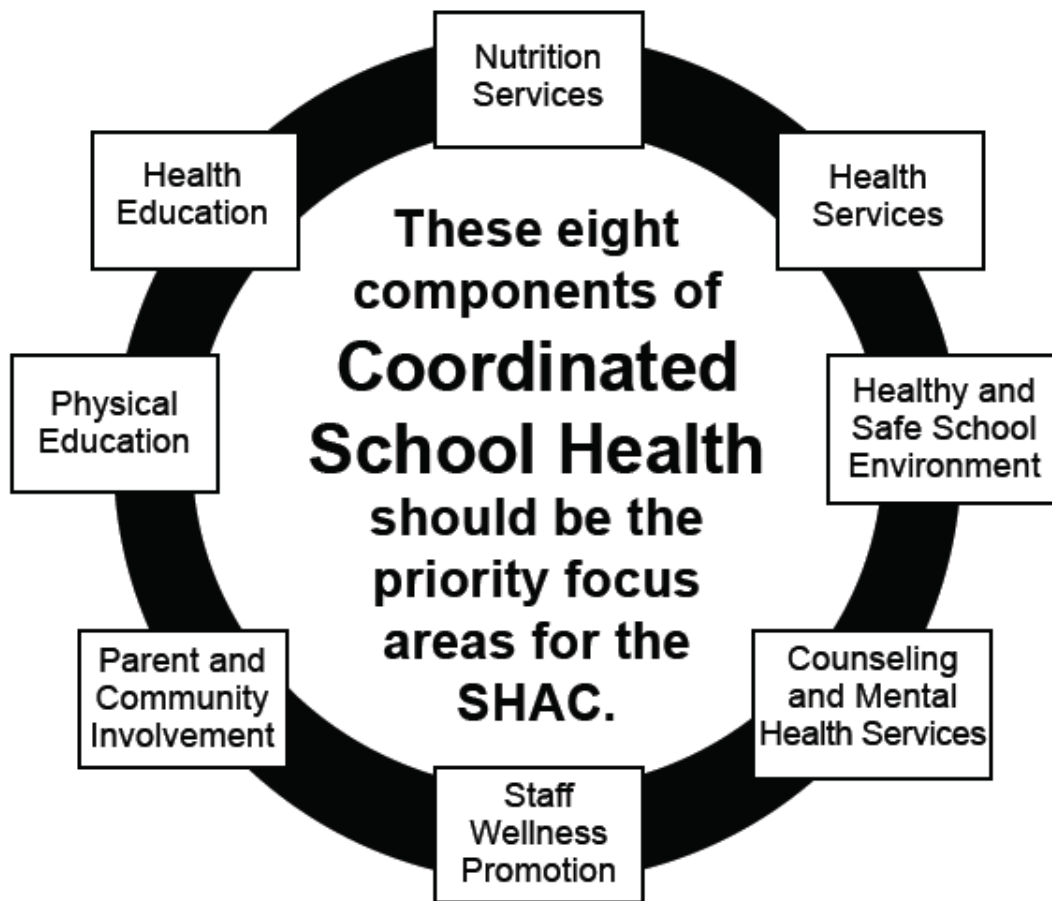
SHAC ORIENTATION



Theory of improvement

Establishing healthy behaviors, during childhood is more effective than trying to change unhealthy behaviors during adulthood.

SHAC



TARGET AREAS

- RISK BEHAVIORS
 1. Tobacco Use
 2. Poor Nutrition Choices
 3. Inadequate Physical Activity
 4. Alcohol and Drug Use
 5. Sexual Behavior
 6. Unintended Pregnancy
 7. Intentional and Unintentional Injuries
- MANAGING CHRONIC CONDITIONS
- CONTROLLING INFECTIOUS DISEASES

STAKEHOLDER'S INFLUENCE

To reinforce knowledge and skills related to:

- Refusal Skills
- Decision Making
- Goal Setting
- Communication
- Healthy Relationships
- Alternative Health Promoting Activities/Events

EFFECTIVE COORDINATED SCHOOL HEALTH PROGRAM

- Increase Academic Achievement
- Decrease Absenteeism and Drop-outs
- Reduce the Risk of Premature Death
- Decrease Health Care Cost
- Improve Economic Productivity and National Security

BEST PRACTICES IN SCHOOL HEALTH

- Active Leadership
- Coordinated, Collaborative Programs
- Safe and Nurturing Environments
- Commitment of Resources

WHAT ARE SCHOOL HEALTH ADVISORY COUNCILS (SHAC)?

- They provide **advice** on coordinated school health programming and its impact on student health and learning.
- They provide **recommendations** specific to changes and/or additions to the school's health education curriculum or instruction that impact the entire school district, not just individual school campuses.

What does Texas Law require?

- (1) the number of hours of instruction to be provided in health education;
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- (2) curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, and Type 2 diabetes through coordination of:
 - (A) health education;
 - (B) physical education and physical activity;
 - (C) nutrition services;
 - (D) parental involvement; and
 - (E) instruction to prevent the use of tobacco;
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- (3) appropriate grade levels and methods of instruction for human sexuality instruction; and
- (4) strategies for integrating the curriculum components specified by Subdivision (2) with the following elements in a coordinated school health program for the district:
 - (A) school health services;
 - (B) counseling and guidance services;
 - (C) a safe and healthy school environment; and
 - (D) school employee wellness.

What do SHAC's do?

Develop plans that address all eight components of a coordinated school health program:

1. Health Instruction
2. Healthy School Environment
3. Health Services
4. Physical Education
5. School Counseling
6. Food Service
7. Employee Wellness
8. Parent and Community Involvement

SHAC'S RESPONSIBILITIES

- Program Planning
- Promotion and Advocacy
- Fiscal Impact
- District and State Agency Interaction
- District School Board Interaction
- Evaluation, Accountability and Quality Control

A CALL TO SERVE ON LTISD SHAC

Membership has it's REWARDS!

- Understand and commit to the SHAC's Purpose and Vision
- Serve on at least one committee
- Attend at least 50 percent of the committee meetings
- Attend at least 50 percent of the general meeting
- Provide value to the SHAC and committee work by committing time, expertise, support, ideas, and energy to the work of the SHAC
- Collaborate and communicate to SHAC members and the community to further the work of the SHAC

DEVELOPING A CULTURE OF WELLNESS

- Organizational Goal: To develop a definition and vision of a “Culture of Wellness”
- Four Focus Areas:
 1. Health and Fitness Knowledge/Application
 2. Nutrition
 3. Drug/Alcohol Prevention
 4. Human Sexuality Curriculum

THANK YOU FOR SERVING!

