

## SHAC By-Laws

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

The risk behaviors listed below are established early in life.

- Tobacco use
- Poor food choices and inappropriate portion size
- Inadequate physical activity
- Alcohol and drug use
- Sexual behavior that can transmit HIV and other STI's
- Unintended pregnancy
- Intentional and unintentional injuries, often due to violence

Many chronic conditions such as asthma, diabetes and seizures, can be effectively managed when students are evaluated on a regular basis and learn self-care skills

Infectious diseases are also better controlled when good hand washing techniques and other measures are taught to reduce risk of exposure.

Parents and community stakeholders play a primary role in establishing healthy behaviors in children. Schools can partner with them to reinforce the knowledge and skills children need, such as:

- Refusal skills
- Decision-making
- Goal setting
- Communication
- Healthy relationships
- Alternative health promoting activities/events

An effective, coordinated school health program can:

- Increase academic achievement
- Decrease absenteeism and drop-outs
- Reduce the risk of premature death
- Decrease health care costs
- Improve economic productivity and national security

The health of our children does not depend on major medical breakthroughs, but rather on the everyday practice of good health habits.

SHACs provide an efficient, effective structure for creating and implementing an age-appropriate, sequential health education program, and early intervention and

prevention strategies that can easily be supported by local families and community stakeholders.

### **What Are School Health Advisory Councils (SHACs)?**

A SHAC is a group of individuals representative of segments of the community, generally appointed by the school district to serve at the district level. They provide advice on coordinated school health programming and its impact on student health and learning.

SHACs 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. School districts use a SHAC to advise them on a variety of topics, such as exceptional children or drop out prevention.

It is important to emphasize that SHACs provide **advice** and can only make **recommendations** for changes to the school district. They are not part of the paid administrative staff or structure of the schools; nor do they have any legal responsibilities within the school district.

### **Texas Law Regarding SHACs**

#### **CHAPTER 28.004. LOCAL SCHOOL HEALTH ADVISORY COUNCIL AND HEALTH EDUCATION INSTRUCTION.**

- (a) The board of trustees of each school district shall establish a local school health advisory council to assist the district in ensuring that local community values are reflected in the district's health education instruction.
- (b) A school district must consider the recommendations of the local school health advisory council before changing the district's health education curriculum or instruction.
- (c) The local school health advisory council's duties include recommending:
  - (1) the number of hours of instruction to be provided in health education;
  - (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;
  - (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.

(d) The board of trustees shall appoint members to the local school health advisory council. 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 board of trustees also may appoint one or more persons from each of the following groups or a representative from a group other than a group specified under this subsection:

- (1) public school teachers;
- (2) public school administrators;
- (3) district students;
- (4) health care professionals;
- (5) the business community;
- (6) law enforcement;
- (7) senior citizens;
- (8) the clergy; and
- (9) nonprofit health organizations.

(e) Any course materials and instruction relating to human sexuality, sexually transmitted diseases, or human immunodeficiency virus or acquired immune deficiency syndrome shall be selected by the

board of trustees with the advice of the local school health advisory council and must:

- (1) present abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age;
- (2) devote more attention to abstinence from sexual activity than to any other behavior;
- (3) emphasize that abstinence from sexual activity, if used consistently and correctly, is the only method that is 100 percent effective in preventing pregnancy, sexually transmitted diseases, infection with human immunodeficiency virus or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity;
- (4) direct adolescents to a standard of behavior in which abstinence from sexual activity before marriage is the most effective way to prevent pregnancy, sexually transmitted diseases, and infection with human immunodeficiency virus or acquired immune deficiency syndrome; and
- (5) teach contraception and condom use in terms of human use reality rates instead of theoretical laboratory rates, if instruction on contraception and condoms is included in curriculum content.

(f) A school district may not distribute condoms in connection with instruction relating to human sexuality.

(g) A school district that provides human sexuality instruction may separate students according to sex for instructional purposes.

(h) The board of trustees shall determine the specific content of the district's instruction in human sexuality, in accordance with Subsections (e), (f), and (g).

(i) A school district shall notify a parent of each student enrolled in the district of:

- (1) the basic content of the district's human sexuality instruction to be provided to the student; and
  - (2) the parent's right to remove the student from any part of the district's human sexuality instruction.
- (j) A school district shall make all curriculum materials used in the district's human sexuality instruction available for reasonable public inspection.
- (k) A school district shall publish in the student handbook and post on the district's Internet website, if the district has an Internet website:
- (1) a statement of the policies adopted to ensure that elementary school, middle school, and junior high school students engage in at least 30 minutes per school day or 135 minutes per school week of physical activity; and
  - (2) a statement of:
    - (A) the number of times during the preceding year the district's school health advisory council has met;
    - (B) whether the district has adopted and enforces policies to ensure that district campuses comply with agency vending machine and food service guidelines for restricting student access to vending machines; and
    - (C) whether the district has adopted and enforces policies and procedures that prescribe penalties for the use of tobacco products by students and others on school campuses or at school-sponsored or school-related activities.

### **Lake Travis Independent School District SHAC Mission Statement**

The mission of the Lake Travis Independent School District's School Health Advisory Council is to promote a healthy lifestyle and healthy, safe school environment for teaching and learning which includes:

- Supporting planned, sequential health education
- Supporting physical education classes that promote lifelong physical activity
- Supporting a school nutrition services program that includes the highest nutrition and quality standards
- Supporting health services
- Promoting staff wellness
- Creating family/community involvement
- Providing counseling, psychological and social services

### **Term and Selection**

Recommendation for membership can be made by district administrators and SHAC Committee Members each May. SHAC members should provide a short, written recommendation for each nominee. Final decision will be made by the Assistant Superintendent of Curriculum and Instruction. Appointment letters will be sent to members from the ASCI explaining the purpose of SHAC, terms of appointment,

frequency of meetings and how much the district values the person's willingness to participate.

Committee members will serve three-year staggered terms. This will maintain a balance of new and tenured members and will protect the stability of the SHAC.

**2009 – 2012**

Beth Andrus  
Pete Katz  
Susan Steffes  
Robin Thomas  
Kelly Smith  
Debbie Conyers  
Amy Still

**2011-2014**

Kristi Conradie  
Karla Ent  
Amy Dolce  
Jewels Madrigal  
Todd Radford  
Bertha Halfmann  
Michelle Webb  
Tiffany Navarro (Student)  
Paul Heinen (student)  
Elena Reid

**2010-2013**

Shannon Mayo  
Kurt Gentzel  
Kara Gaskamp  
Sharmae Erikson

Parents (June 2011)

BCE – Debbie Conyers

LPE – Karla Ent

LTE –Elena Reid

LWE – Kristi Conradie

SHE – Kelly Smith

HBMS – Kara Gaskamp, Bertha Halfmann

LTMS – Susan Steffes, Amy Dolce

LTMS—Shannon Mayo, Ellen Schulte, Amy Still, Robin Thomas

**Committees**

The SHAC Executive Committee will be comprised of all SHAC members and will meet a minimum of two times per school year. The Executive Committee will be divided into subcommittees based on current needs of students and staff in the district. For 2008-09, it is determined that the subcommittees shall be:

- Nutrition
- Health and Fitness
- Drug and Alcohol Prevention
- Human Sexuality

**Communication Procedures**

Following are guidelines and direction for clear and effective communication within membership and to the community:

- Discussions of the committee shall remain internal until the committee agrees that the recommendation(s) on topic are ready for public review.

- Reports on issues still under discussion are premature and must stay within committee.
- Committee members must be aware that all written and electronic communications of the committee are subject to the Public Information Act.
- All statements or information intended for external communication from committee or committee members should be submitted to the Assistant Superintendent of Curriculum and Instruction, who will be the spokesperson for the committee.
- Timely reports on the functions of the SHAC shall be posted routinely to the Lake Travis ISD website by the District's Communication Department.

# PRIORITY FOCUS AREAS FOR A SCHOOL HEALTH ADVISORY COUNCIL

