

A Return to School Health: Opportunities for Prioritizing Student Health in the Upcoming School Year

Swati Iyer, Laura Rolke, Michelle Smith, and Jacob Szeszulski

Today's Panel



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Agenda

- Local Wellness Policies Implementation
 - Best Practices
 - Resources
- Urban-Rural Differences in Local Wellness Policies
 - Supports for Implementation
 - Resources
- School Health Advisory Councils (SHACs)
 - Resources



A policy is a temporary creed liable to be changed, but while it holds good it has got to be pursued with apostolic zeal.

— *Mahatma Gandhi* —

Quick Facts – Local Wellness Policies

- As low as 20% of LWPs meet federal guidelines
- Only ~25% of districts fully implement practices in their LWP
- Locally developed and well-implemented LWPs are related to better school health environments when compared to template-based LWPs

95%

Understanding School-based Local Wellness Policy Implementation

The Relationship Between the School District Implementation Stakeholders and Wellness Goals

Laura Rolke, PhD, MPH, CHES



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Background

Local Wellness Policy (LWP)

“A written document that guides a local educational agency (LEA) or school district’s efforts to create supportive school nutrition and physical activity environments.”

[CDC Healthy Schools](#)

Background

2004: The Child Nutrition & WIC Reauthorization Act

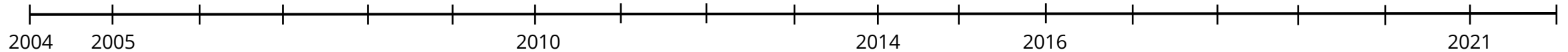
Required all National School Lunch Program-participating school districts to adopt a Local Wellness Policy (LWP).

2014:

The Food and Nutrition service clarified requirements for LWPs to be assessed every 3 years with records and documentation.

2021:

USDA Final Rule states that LWPs should be assessed starting in 2021.



2005:

The Texas Association of School Boards (TASB) released a LWP template.

2010: The Healthy, Hunger-Free Kids Act (HHFKA)

Added goals for nutrition promotion, public notification of LWP content, & publicly available implementation assessments.

2016:

The Texas Association of School Boards (TASB) updated the LWP template.

Background

For Texas this means:

- Schools can use a Texas Association of School Boards (TASB) template or develop their own LWP.
- School districts are federally mandated every 3 years to:
 - Document the evaluation process
 - Share the updated document with evaluation with the public.

Study Purpose

Examine the relation between types of stakeholder responsible for evaluating implementation of Texas school districts' Local Wellness Policies and number/types of wellness goals.

Methods

111 school districts in a Texas Public Service region were coded based on if they included template goals for:

- 4 Nutrition Promotion Goals (NPG)
- 5 Nutrition Education Goals (NEG)
- 7 Physical Activity Goals (PAG)
- 3 Other School-based Activity Goals (SBA)

Methods

Template Goal in Physical Activity Section

The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.



1 Physical Activity Goal (PAG)

Methods

Descriptive statistics and effect sizes were calculated, and number of goals within each category was investigated by the category of stakeholder responsible for evaluating implementation.

Stakeholder Categories



Academic Leadership (n=87)

Examples: Superintendent, Assistant Superintendent, Director of Student Services, Curriculum Director, or Principals



Health Leadership (n=8)

Examples: Director of Health Services, District Wellness Coordinator, or District Nurse



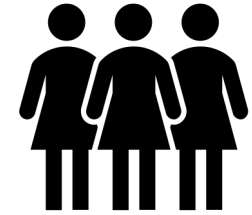
Nutrition Leadership (n=6)

Examples: Nutrition Services Director, Director of Child Nutrition, or District Dietician



Physical Activity Leadership (n=7)

Examples: Supervisor of Health & Physical Education, Health & Physical Education Curriculum Coordinator, or Athletic Director



Non-Leadership (n=4)

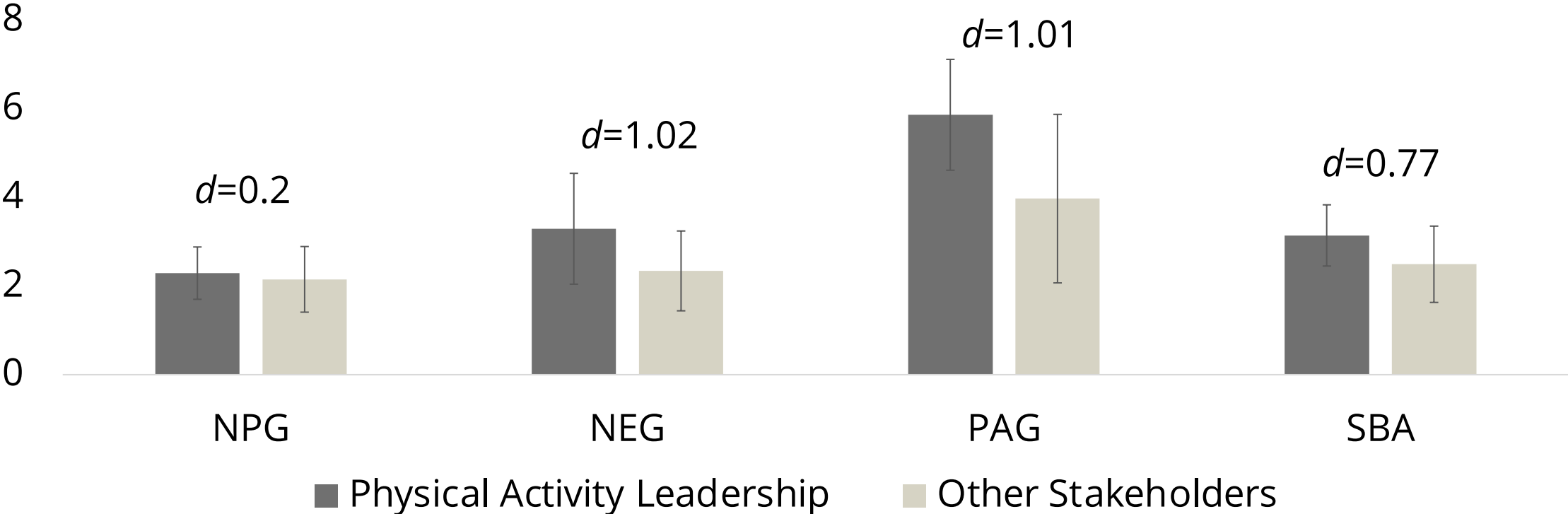
Examples: School Health Advisory Committee (SHAC) or SHAC Chair

Results

	Academic Leadership (N=70)*	Health Leadership (N=8)	Nutrition Leadership (N=6)	Physical Activity Leadership (N=7)	Non-Leadership (N=4)	All (N=111)
NPG Average	2.16 (0.75)	2.25 (0.71)	2.17 (0.41)	2.29 (0.49)	1.75 (0.96)	2.16 (0.72)
NEG Average	2.37 (0.92)	2.38 (0.74)	2.00 (0.89)	3.29 (1.25)	2.25 (0.96)	2.41 (0.95)
PAG Average	4.09 (1.93)	3.88 (1.36)	3.33 (2.16)	5.86 (1.35)	3.00 (2.16)	4.1 (1.93)
SBA Average	2.53 (0.86)	2.5 (0.93)	2.17 (0.75)	3.14 (0.69)	2.25 (0.96)	2.54 (0.86)

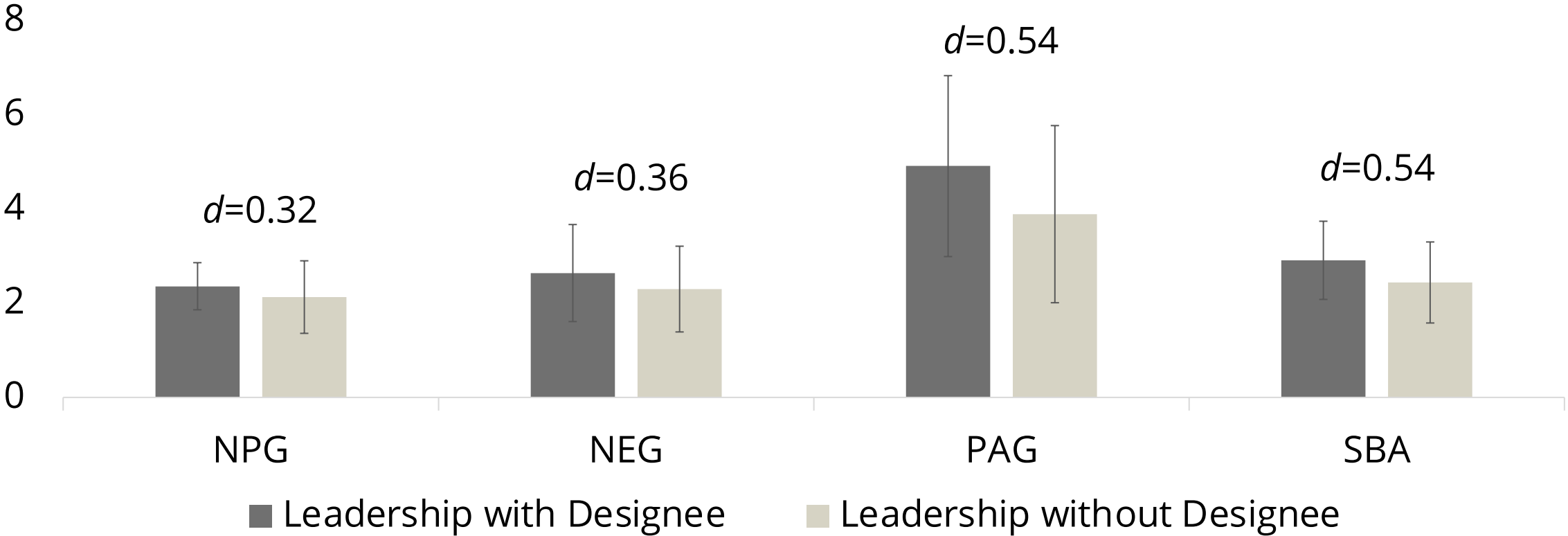
Results

Comparison of LWP Goals with Physical Activity Leadership to all other Stakeholders



Results

Comparison of LWP Goals of Academic Leadership With and Without a Designee



Why is this meaningful?

- There are differences between the number of goals selected and who is responsible for evaluating the implementation of the LWP.
- LWPs reported more goals when multiple stakeholders were responsible for implementation.

A special thanks to my coauthors on this work:

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Student Discipline
Student Health and Wellness
Update Preview

Student Health and Wellness

Each district that participates in the National School Lunch Program and/or the School Breakfast Program, must adopt a wellness policy under the federal Healthy, Hunger-Free Kids Act of 2010 and [U.S. Department of Agriculture](#) (USDA) rules.

Texas state law distinguishes between:

- The school board's role to *govern* through adoption of policies, and
- The superintendent's role to *implement* board-adopted policies and manage day-to-day operations.

Both a Wellness Policy and a Wellness plan are necessary to meet the requirements of the applicable laws.

Wellness policy

Use this FFA(LOCAL) [Wellness Policy worksheet](#) (docx) to help the district's school health advisory council (SHAC) draft a wellness policy. The worksheet includes:

- Guidance for policy text to comply with federal law, and
- Options for addressing other components which must be included.

Send the completed worksheet to your TASB policy consultant, who will create an FFA(LOCAL) policy for board adoption.

Wellness plan

Use this [Wellness Plan template](#) (docx) for *implementing* the district's wellness policy. Although the wellness plan is *not* subject to board adoption, it should be posted on the district's website.

Questions?

Contact your [policy consultant](#) at 800.580.7529.

Additional resources

- TASB Policy Service [Wellness Policy worksheet](#) (docx)
- TASB Policy Service [Wellness Plan template](#) (docx)
- USDA [Local School Wellness Policy](#)
- Texas Department of Agriculture [Local Wellness Policy Requirements](#)

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<p>_____ The text is acceptable as presented, and we have filled in the blank with the appropriate position title.</p> <p>_____ The district has revised the text to reflect district practice.</p>	<p>IMPLEMENTATION</p> <p>The _____ <i>(title of District official)</i> shall oversee the implementation of this policy and the development and implementation of the wellness plan and appropriate administrative procedures.</p>	<p>Federal law requires the district to designate in the wellness policy one or more district employees to ensure that all campuses in the district are in compliance with the wellness policy and the wellness plan. Please fill in the blank with the title of the district employee who will be responsible for overseeing implementation. For example, this may be the administrator or other employee who serves as the district's SHAC coordinator. We do not recommend putting a person's name in this policy.</p>
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<p>The district chooses to include all the following text (<i>please choose all applicable options</i>):</p> <p>_____ <i>item 1</i></p> <p>_____ <i>item 2</i></p> <p>_____ <i>item 3</i></p> <p>_____ <i>item 4</i></p> <p>_____ <i>item 5</i></p> <p>_____ The district has revised the text, or added text, to reflect district practice.</p> 	<p>The District establishes the following goals for nutrition education:</p> <ol style="list-style-type: none"> 1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors. 2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate. 3. The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared to effectively deliver the program. 4. The District shall establish and maintain school gardens and farm-to-school programs. 5. Other: _____ 	<p>Federal law requires the wellness policy to establish goals related to the delivery of nutrition education.</p> <p>The text in the middle column includes a few possible goals related to providing nutrition education to students. Please choose goals, and/or include additional text to reflect other goals, that are appropriate and practical for implementation in your district and community. Your wellness plan should detail the strategies and procedures to accomplish the goals your policy establishes.</p> <p>The district's wellness policy should include at least one goal related to nutrition education.</p>
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The district chooses to include all the following text (**please choose all applicable options**):

- _____ **item 1**
- _____ **item 2**
- _____ **item 3**
- _____ **item 4**

_____ The district has revised the text, or added text, to reflect district practice.

SCHOOL-BASED ACTIVITIES

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through other school-based activities:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.
2. The District shall promote wellness for students and their families at suitable District and campus activities.
3. The District shall promote employee wellness activities and involvement at suitable District and campus activities.
4. Other: _____

Federal law requires the wellness policy to establish goals related to school-based activities intended to promote student wellness.

The text in the middle column on this page includes a few possible goals related to healthy school-based activities for students, families, and employees. Please choose goals, and/or include additional text to reflect other goals, that are appropriate and practical for implementation in your district and community. Your wellness plan should detail the strategies and procedures to accomplish the goals your policy establishes.

The district's wellness policy should include at least one goal related to school-based activities intended to promote wellness.

Examining Urban-Rural Differences in School Districts' Local Wellness Policies and Policy Implementation Environments

Swati Iyer – Texas A&M College of Medicine, 2nd Year Medical Student

Introduction

- Unhealthy lifestyles are predisposing many students to diseases like obesity .¹
- Modifiable obesity factors: physical activity and diet.
- Disproportionate rates of obesity in rural vs urban communities ²⁻⁵
- Obesity is generational → Preventative behaviors (physical activity and nutritional health) can be leveraged as a target to address this issue ⁶⁻⁸

Local Wellness Policies (LWPs)

- LWPs are one avenue for providing children with opportunities for their health ^{9,11}
 - Average of 6.5 hours in school per day
 - Consume two meals per day at school
 - Receive up to 40% of their physical activity during school hours
- Comprehensive and well implemented LWPs are consistently associated with superior school health environments as well as nutritional and physical activity outcomes ¹²⁻¹⁸.
- Differences in Rural vs Urban policies – linked to social determinants of health ²¹⁻²³
 - Fewer staff in general in rural school areas
 - Lack of financial and technical assistance
 - Challenge to procure healthier food choices
- Differences in quality and implementation of LWPs are equally important to consider

Purpose of this Study

Understand if there are differences in urban and rural LWPs

Understand differences in support for implementation of LWPs

Methods

Needs Assessment #1: Understand the difference between urban and rural policies

- Cross-sectional analysis
- Using TEA's school locator, identified all public schools districts in one public health region (South Texas)
- Collected the school's LWP documents and compared it to the state's template for LWPs

Methods

Nutrition
Promotion

Nutrition
Education

Physical
Activity

Other School
Based
Activities

Methods

Needs Assessment #2: Understand the differences in support for implementation of LWPs

- Conducted a district website audit – used to gauge how districts were implementing local wellness policies and their infrastructure for implementation
 - Identified specific pages on the website related to health and/or searched specific key terms to find those pages
- Key Identifiers we tracked
 - Wellness plan (document providing recommendations for implementing wellness policies)
 - Completion of triennial assessment
 - Presence of school health advisory committee (SHAC) in their district

Results

Needs Assessment #1: Understand the difference between urban and rural policies

Nutrition Promotion Goal	Model 1		Model 2	
	estimate	P-value	estimate	p-value
Variables				
• Rural	-0.316	0.034	-0.265	.139
Variables w/ co-variates				
• Economically disadvantaged			0.005	.288
• Revenue per student			0.046	.170
• Students per school			0.000	.897

Results

Needs Assessment #1: Understand the difference between urban and rural policies

Nutrition Education Goal	Model 1		Model 2	
	estimate	p-value	estimate	p-value
Variables				
• Rural	-0.536	.006	-0.654	.005
Variables w/ co-variates				
• Economically disadvantaged			-0.010	.099
• Revenue per student			-0.107	.072
• Students per school			0.000	.316

Results

Needs Assessment #1: Understand the difference between urban and rural policies

Physical Activity Goal	Model 1		Model 2	
	estimate	p-value	estimate	p-value
Variables				
• Rural	-0.830	.038	-0.687	.150
Variables w/ co-variates				
• Economically disadvantaged			0.003	.836
• Revenue per student			-0.246	.048
• Students per school			0.000	.991

Results

Needs Assessment #1: Understand the difference between urban and rural policies

School Based Act. Goal	Model 1		Model 2	
Variables	estimate	p-value	estimate	p-value
• Rural	-0.668	<.001	-0.675	.001
Variables w/ co-variates				
• Economically disadvantaged			-0.005	.322
• Revenue per student			-0.036	.495
• Students per school			0.000	.969

Results

Needs Assessment #1: Understand the difference between urban and rural policies

Total # of Goals	Model 1		Model 2	
Variables	estimate	P-value	estimate	P-value
• Rural	-2.350	.003	-2.281	.014
Variables w/ co-variates				
• Economically disadvantaged			-0.007	.753
• Revenue per student			-0.453	.059
• Students per school			0.000	.786

Results

Needs Assessment #2: Understand the differences in support for implementation of LWPs

Wellness Plan	Model 1		Model 2	
Variables	estimate	P-value	estimate	P-value
• Rural	-0.327	.030	-0.033	.881
Variables w/ co-variates				
• Economically disadvantaged			-0.004	.594
• Revenue per student			-0.190	.044
• Students per school			0.001	.321

Results

Needs Assessment #2: Understand the differences in support for implementation of LWPs

Triennial Assessment	Model 1		Model 2	
Variables	estimate	P-value	estimate	P-value
• Rural	0.015	.927	0.221	.359
Variables w/ co-variates				
• Economically disadvantaged			-0.003	.736
• Revenue per student			-0.090	.328
• Students per school			0.001	.412

Results

Needs Assessment #2: Understand the differences in support for implementation of LWPs

SHAC Implementation	Model 1		Model 2	
	estimate	P-value	estimate	P-value
Variables				
• Rural	-0.803	<.001	-0.388	.081
Variables w/ co-variates				
• Economically disadvantaged			-0.011	.234
• Revenue per student			0.136	.089
• Students per school			0.003	.004

Summary

- Rural schools have fewer LWP goals for nutrition education and other school-based activities than urban schools.
- Rural schools also have fewer total goals in their LWP compared to urban schools.
- School Districts can prioritize student health by developing a strong SHAC. However, rural schools are less likely to have them.

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Wellness Plan Resource



Home > Services > Policy Service > Resources > Student Health and Wellness

Student Health and Wellness

Each district that participates in the National School Lunch Program and/or the School Breakfast Program, must adopt a wellness policy under the federal Healthy, Hunger-Free Kids Act of 2010 and [U.S. Department of Agriculture](#) (USDA) rules.

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Questions?

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Additional resources

- TASB Policy Service [Wellness Policy worksheet](#) (docx)
- TASB Policy Service [Wellness Plan template](#) (docx)
- USDA [Local School Wellness Policy](#)
- Texas Department of Agriculture [Local Wellness Policy Requirements](#)

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Wellness Plan Template

[Note: Please refer to your FFA(LOCAL) so the district's completed wellness plan will correctly reflect the policy decisions adopted by your school board. After editing this document to create your wellness plan, remember to remove all editorial instructions, the lines dividing the various sections, and all provisions not applicable to your district.]

This document, referred to as the “wellness plan” (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b; 7 C.F.R. Part 210]

The District's local school health advisory council (SHAC) will work on behalf of the District to review and consider evidence-based strategies and techniques to develop and implement nutrition guidelines and wellness goals required by federal law.

▲ **Implementing Goals for Nutrition Promotion**

GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Objective 1:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:

Objective 2:

Action Steps:

School and Community Stakeholders:

Resources Needed:

Measures of Success:



Texas Action for Healthy Kids

SHACS: The Good, The Bad and The Essential!

July, 2022

ACTION FOR
HEALTHY
KIDS 

Who We Are

Action for Healthy Kids believes that healthy kids create a better world. We mobilize family-school partnerships in underserved communities to level the playing field and prepare kids to be healthy in body and mind.



Our health equity work honors the vision of our founder and emeritus board member, Dr. David Satcher, 16th U.S. Surgeon General

Born in the deep South, Dr. Satcher was a victim of an unjust healthcare system: he almost died of whooping cough at the age of two because Jim Crow laws meant that his black doctor could not admit him to a hospital. That experience was the first of many that shaped his approach to AFHK and passion for social justice in schools.

Healthy Kids. Better World.

Action for Healthy Kids Resources

- Grants to support Physical Activity, Good Nutrition and Social Emotional Health
- Website with COVID-19 Resources
- Webinars and Training Opportunities
- Tip Sheets

Here are resources collected from trusted partners for both parents and educators regarding the transition to home schooling.
(For CDC information on COVID-19, [click here.](#))



Grants & Support for Schools & Families
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Healthy Activities to Do at Home
[See activities](#)

Virtual Learning Tips
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Healthy Fundraisers
Promote Family Health and Well-Being
Fundraising events and activities that don't involve selling food for immediate consumption provide schools with a powerful opportunity to send consistent, positive health messages, enhance classroom lessons and promote healthy living to students and families. Traditional fundraisers often focus on selling low-nutrition foods, which not only promote healthy eating or physical activity and raise money for your school at the same time!

Selling Food for Immediate Consumption
Fundraisers that involve the sale of foods and beverages intended for immediate consumption during the school day (such as school stores or vending machines) must meet the USDA's Smart Snacks in School Rule. Even though foods and beverages sold outside of the official school day (such as beverages sold outside of the official school day) are exempt from these federal standards, encouraging healthier options at these community events sends a strong, positive message about how student health is valued. For ideas, download [Action for Healthy Kids' Food Sales During and After School at ActionforHealthyKids.org/Fundraising/Food-Sales](#).

Are Healthy Fundraisers Profitable?
Many non-food and healthy-food fundraisers generate profits for schools equal to or greater than profits from fundraisers selling low-nutrition foods.

Sample Profits — Healthy Fundraisers*
\$1,000: A school sells 1,000 water bottles with the names/logos of 5 local businesses (approx.)
\$4,300: A walk-a-thon with 100 student, parent and family members walks each raising \$10 in sponsorship
\$5,000: 110 families buy scratch cards with discounts at local businesses
\$30,000/year: 100 families selling to a grocery store Scrip program

Fundraisers that Promote Healthy Eating
• Fruit and vegetable boxes, baskets or bundles
• Healthy snacks and seasonings
• Cookbook of families' healthy recipes
• Cookware and kitchen utensils
• Herb starter kits
• School seed stores
• Farmers markets
• Family nights at healthy restaurants

Other Non-Food Fundraising Ideas
• Car washes
• Game night, bingo night
• Auctions (live, silent or online)
• Cardrums, raffles, raffle, raffle, raffle
• Stationery
• Plants, flowers, bulbs, seeds
• Discount cards/coupon books
• Magazine subscriptions
• Reselling left gloves, poster (art) and school sports apparel and merchandise
• Holiday-themed decorations and greenery
• Rent a special parking spot
• Parents' sleep-out — provide children with open arms and activities for kids so parents can holiday sleep or have an evening out
• Community craft fairs or garage sales — solicit donations to sell
• Raffle tickets with donated prizes and special items — like a front row "VIP" reserved seat at a school concert

Host a Healthy Halloween Celebration
Healthy celebrations and family events are great opportunities to promote a healthy lifestyle, provide a celebration focused on nutritious choices around healthy foods, but you can't ditch out treats — without any tricks!

GAME ON! TIP SHEET
Host a Healthy Halloween Celebration
Healthy celebrations and family events are great opportunities to promote a healthy lifestyle, provide a celebration focused on nutritious choices around healthy foods, but you can't ditch out treats — without any tricks!

Eat Better at School
It's possible to have fun making these healthy choices while you're at school. Here are some ideas to get you started.

Eat Better at Home
The theme healthy snacks

SNACKY IDEAS
• Create Halloween-themed pizza
• Create orange grapefruit
• Create pumpkin seeds
• Add your own twist to your favorite recipe

Webinar Education and Promotion Tip
Use this tip sheet to help you promote healthy eating and active living.

Learn 10 tips to make fundraising for healthy and active kids!

Every kid healthy, active and ready to learn
ActionforHealthyKids.org • 400 W. Van Buren St., Suite 720, Chicago, IL 60607 • 800.416.5136



School Health Advisory Councils – SHACs



Healthier students are better learners.

A district-level advisory council that “assists the district in ensuring that local community values are reflected in the district’s health education instruction.”

**Texas Education Code, Title 2, Chapter 28, § 28.004*



What Else?

Student Health Risk Behaviors

- Poor Food Choices and Inappropriate Portion Sizes
- Bullying
- Tobacco Use
- Alcohol and Drug Use
- Unintended Pregnancy
- Sexual Behaviors that Can Transmit HIV and other STDs
- Intentional and Unintentional Injuries, Often Due to Violence

SHACs are VERY Important Right Now

Unintended Consequences of COVID

- Physical Education may be eliminated
- School meal participation is reduced
- Students developing unhealthy eating habits/lack of physical activity
- More focus on student health!



School Health Advisory Council Workgroup:



In collaboration with:



TEXAS IS
BEST WHEN
TEXANS ARE
HEALTHY



GOOSE CREEK
CONSOLIDATED INDEPENDENT SCHOOL DISTRICT



TAHPERD
Promoting Healthy Lifestyles



Seguin
exceptional students to exceptional citizens
INDEPENDENT SCHOOL DISTRICT



Join the Texas SHAC Network!



SCHOOL HEALTH ADVISORY COMMITTEES (SHACS) ARE MORE IMPORTANT THAN EVER!

School districts and campuses must consider the health of children as we move forward this school year. And SHACs are the best way to make sure parents and community members have a voice in how health issues are addressed. If you are concerned about recess, or school meals, or reviewing sexuality education, you need to be involved with your SHAC.

Join the Texas SHAC Network!

<https://www.surveymonkey.com/r/SHACNetwork>



Who is the TX SHAC Network?

- The Texas SHAC network has 264 members
- Over 177 are part of a school district (130 distinct school districts)
- Demographic characteristic of the students (n= 2,144,376)
 - 40.4% white
 - 43.9% Hispanic
 - 9.7% Black
 - 56.7% economically disadvantaged
 - 2.7% multi racial
 - 2.6% Asian
- 58.2% of the districts have less than 10 schools in them, signaling an even mix of small and large districts.

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

Want more details?
txshacnetwork.com
txshacnetwork@gmail.com



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!

Congratulations on being a SHAC Member!

Now what?



As a SHAC Member, you have the power to influence School District decisions that:

- Impact student academic performance and standardized test scores
- Promote healthy lifestyle choices
- Educate students about avoiding risky behaviors
- Keep health as a top priority in your area schools



Stay focused

- Health-related issues can sometimes generate passionate discussions with very different viewpoints; remain calm and respectful throughout the process.
- Listen carefully with an open mind to identify critical facts and statistics that should be considered in decision-making rather than over-relying on opinions and emotions.
- Keep student health as your top priority to help discussions stay on track.



Identify key areas for conversation

- What health-related topics are currently being discussed at the School District level?
- What health-related issues are causing concern among parents and need to be addressed?

Health & Wellness Services	Health Education
On-Campus Nutrition	Covid-19 Policies
Physical Fitness	Campus Safety
Mental Health	Staff Wellness Programs



Thank you

We are grateful for your commitment to the health and well-being of children in your School District!

Want more details?
txshacnetwork.com
txshacnetwork@gmail.com



Become an advocate for students

- Where can you collect factual information on topics of interest to aid in productive conversations with other Council Members?
- What community resources can you tap into to help resolve District challenges?
- How can you raise awareness and get others engaged to support the SHAC goals?

School administrators and campus nurses
Teachers (Health Courses, PE, Librarians)
Dining staff and facilities management
Other parents
Community members and local business owners



Counting on YOU!

Science proves there's a direct connection between learning and health. When Texas students learn in healthy environments, they can reach their full potential and maximize their academic success. Unfortunately, when health is not a priority, our students suffer.

How can you help?



Texas law requires every School District to have a School Health Advisory Council (SHAC). The appointed members—primarily parents—review health-related issues and provide recommendations to the Districts. These SHACs keep children's health as a top priority and ensure that local community values are considered in decision-making. But they need your support to function at optimal levels!

What areas do SHACs review?

- Health & Wellness Services
- On-Campus Nutrition
- Physical Fitness
- Mental Health
- Health Education
- Covid-19 Policies
- Campus Safety
- Staff Wellness Programs



What key organizations support SHACs?

"SHACs are such a critical component of ensuring broad parent, physician, health care provider and community involvement in identifying ways to improve the health of students in their district. All health is local. For schools, SHACs are a key partner in keeping students in class and maintaining health on campuses."

"Parents can play a vital role in the health and wellness efforts in their district by sharing a collective vision and having an impactful voice when they join the SHAC. By coordinating district departments, community partners and passionate parents, it's a win-win to represent the diverse needs of the district."

— Kimberly Avila Edwards, MD
Chair for Committee of Child and Adolescent Health
Texas Medical Association

— Karen Burnell
Director-at-Large/Healthy Lifestyles Liaison
Texas PTA

Why do SHACs matter?

BETTER ACCESS

Schools have direct contact with 95% of all Texas youth (30+ hours per week) during the most critical years of their development, so there's no better way to deliver targeted health education. SHACs help to maximize that learning.

BETTER GRADES

School health programs are proven to increase academic performance and standardized test scores. SHACs help to strengthen those programs.

BETTER CHOICES

Teaching students the consequences of risky health behaviors better prepares them to make smart choices as adults, avoiding actions that could lead to death, disability or legal consequences. SHACs help to create a new generation of thriving Texans.

What's the next step?

As you consider school legislation, please remember the foundational value of SHACs for the health and success of our Texas students. They are counting on you!

Want more details?
txshacnetwork.com
txshacnetwork@gmail.com



Where Can I Learn More?

Visit the New Texas SHAC Network Website
www.txshacnetwork.com

- State laws and rules – TEA
- National resources CDC/NASBE
- Wellness Policy information



Change image | Reset | Header type

TEXAS SCHOOL HEALTH ADVISORY COUNCIL (SHAC) NETWORK

Welcome to the Texas SHAC Network Web Page!

Texas law requires every School District to have a School Health Advisory Council (SHAC)—with board appointed members, primarily parents—who review health-related issues and provide recommendations to the Districts. These SHACs keep children’s health as a top priority and ensure that local community values are considered in decision-making. But SHACs need family and community support to function at optimal levels!

SHACs are one of the best ways to make sure parents and community members have a voice in how health issues are addressed in schools. As we continue to face the evolving COVID pandemic, we cannot lose sight of all the other health issues our children face outside of the actual virus. If you are concerned about recess, or school meals, bullying, SEL or reviewing sexuality education, you need to be involved with your SHAC.. [Click for more details >>](#)

QUICK LINKS



[School Health Index](#)



[Wellness Policies](#)



[SHAC Laws](#)



[School Health Surveys](#)



[Web Site Resources](#)



[Events](#)



[Join SHAC Network](#)



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WELLNESS POLICIES

What is a School Wellness Policy?

A local school wellness policy is a written document that guides a local educational agency (LEA) or school district’s efforts to create supportive school nutrition and physical activity environments. This is important because each local education agency participating in federal Child Nutrition Programs, including the National School Lunch Program or the School Breakfast Programexternal icon, is required to develop and implement a wellness policy.

Creating a Wellness Policy

Wellness policies can be integrated into the Whole School, Whole Community, Whole Child (WSCC) model for school health, and can help put into action several provisions of the Every Student Succeeds Act, including Title I and Title IV. Local Wellness Policies can address policies and practices for before-, during-, and after-school.

Questions/Reactions

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For videos and webinars, please visit:

You Tube: Healthy Kids Healthy Families

<https://www.youtube.com/user/momamiatx>



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