

# **School Health Advisory Council (SHAC)**

**Annual Report, 2015-16**

**Kathy Green, Chair**

**Lauren Nottingham, Vice-Chair**

**Tracy Spinner, MEd, AISD Assistant Director,  
Comprehensive Health Services**



# Austin ISD SHAC

## Who we are

- Required by the Texas Education Code, 28.004
- A volunteer committee, serves as an advisory body to the Austin ISD School Board
- Parents, Community Leaders, School Personnel, Content Experts
- 4 Sub-committees



# Austin ISD SHAC

## What we do

### 8 Components of a Coordinated School Health Program



Working together to improve the health and educational outcomes of all students and families through coordinated school health programs.



# Impact of School Health

## Why we do what we do

### District-wide impact of school health

Students who are physically and mentally healthy have greater academic success, attend more days of school, and graduate.

The consequences of not addressing student health needs include:

- More potential dropouts
- Lower test scores
- More behavior issues
- More trips to the school nurse
- Potential for higher teen pregnancy rates

**AISD SHAC Annual Report, 2015-16**



# Accomplishments & Recommendations

## What have we done

- Developed recommendations for a daily recess policy in all district elementary schools.
- Provided input on the district strategic plan.
- Supported the further roll-out of Breakfast in the Classroom.
- Reviewed district health curriculum.



# 2016-17 SHAC Goals

## What we intend to do

### Nutrition:

- Support promotion of AISD Nutrition and Food Services as the “meal of choice” for district students
- Support efforts to expand catering for district events and PTA meetings
- Support Good Food for Austin pilot with City of Austin Office of Sustainability
- Help Food and Nutrition identify ways to close the gap in un-enrolled SNAP-eligible families

### Sex Education and Reproductive Health:

- Review current sex education curriculum



# 2016-17 SHAC Goals

## What we intend to do

### Physical Activity/Education:

- Work with District Administration to implement new recess requirements and final policy approval.
- Explore how new ESSA funding through Title 1 and Title 4 could be allocated to PE and Health programs and ensure that PE/Health guidelines are communicated to principals
- Review PE/Wellness indicators and results from HB 5 measures for campuses to determine if adjustments need to be made
- Research options and make recommendations for additional support for the District PE Dept.



# 2016-17 SHAC Goals

## What we intend to do

Social, Emotional and Behavioral Health:

Increase awareness and utilization of mental health and other support services among students and families and promote positive mental health.

- Identify how students and families are currently learning about available services.
- Increase access for parents through campus website, newsletters, educational sessions, and other outreach activities.
- Increase access for students through youth-led campaigns and events that promote awareness and reduce stigma.
- Increase prevention efforts in K-12 schools.





# Questions & Comments

What do you need to know?

**Kathy Green, Chair, SHAC**

**Lauren Nottingham, Vice-Chair, SHAC**

**Tracy Spinner, MEd, AISD Assistant Director,  
Dept. of Comprehensive Health Services and  
Liaison to SHAC**

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