

**La Porte ISD
School Health Advisory Council
Annual Report to the Board of Trustees**

2017-2018 School Year

Vision Statement:

La Porte ISD students, staff, and community members live healthy and productive lives as the result of increased awareness for components of healthy living and access to healthcare resources.

Mission Statement:

The LPISD School Health Advisory Council (SHAC) strives to improve student and staff performance by promoting age-appropriate wellness programs and healthy, balanced, and active lifestyles.

2017-2018 Meeting Dates

October 9, 2017

November 13, 2017

February 12, 2018

April 16, 2018

Subcommittee Meetings:

Pregnancy and STD Prevention

Nutrition

Employee Wellness

Physical Activity and Fitness Planning

Health Curriculum, K-8

Drug Awareness & Prevention

Health Services

**LPISD SHAC Members
2017-2018**

Mr. Ralph Wilkins, Co-Chair (Nutrition)
Ms. Linley Marlar, Co-Chair (Parent)
Ms. Cynthia Anderson, Administrative Liaison
Ms. Laura Lynch, Health Services Chairperson/DWA
Ms. Jo Johnson, Pregnancy Prevention Chairperson
Ms. Jill Gonzales, Physical Education Chairperson/BSE
Mr. David Knowles, Administration/Drug Awareness and Prevention Chairperson
Ms. Cynthia Gonzales, Parent
Mr. Shannon Gibbs, Parent/Community
Mr. Matt Novosad, Parent
Mr. Brian Larkey, Parent
Mr. Shane Klinkerman, Parent/Community
Ms. Missy Dodson, Parent
Ms. Maria Solis, Parent
Ms. Denise Allen, Parent
Ms. Jackie Briggs, Parent
Ms. Jessica Cortez, Parent
Ms. Linda O'Daniel, Parent
Ms. Susie Buck, Parent
Ms. Wendy McCarthy, Parent
Ms. Lisa Gann, Parent
Ms. Brandi Womack, Parent
Ms. LaShawn Wilburn, Parent
Ms. Amberlin Bogg, Parent
Ms. Cheva Smith, Parent
Ms. Maria Solis, Parent
Ms. Melissa Gray, Parent
Ms. Kelsey Ramirez, Parent
Ms. Kelly Crittenden, Community
Dr. Moosa, Community
Mr. Jim Puryear, Community
Mr. Daniel Ramirez, Community
Ms. Amber Buras, Community
Ms. Jessica Bellant, Community
Ms. Sheila Knittle, Health Services/ LXJH
Ms. Robin Guimbellot, Academics/LPHS
Ms. Esther Norton, Counseling/LPJH
Ms. Grisel Wallace, Elementary Principal/HRE
Dr. Linda Wadleigh, Administration
Mr. David Knowles, Administration
Ms. Terri Cook, Communications
Mr. Michael Clyde, Transportation
Ms. Carisa Schiermeister, Academics/BSE

What is Coordinated School Health?

Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.

8 Components

Nutrition Services
Physical Education
Staff Wellness Promotion
Counseling and Mental Health Services

Health Services
Health Education
Parent and Community Involvement
Healthy and Safe School Environment

SHAC Activity Report

1. Staff Wellness Activities

- The Employee Health and Wellness Fair was held on August 9, 2017 with the highest attendance (661 personnel) of all recent LPISD wellness fairs, despite nutrition & maintenance hourly staff not attending. The limited parking available at James H. Baker was the only negative encountered.
- Worksite Wellness programs were implemented at LPHS and SPC.

2. Nutrition and Wellness

- The Nutrition subcommittee shared that the child nutrition department's recent partnership with the Department of Defense Fresh Fruits and Vegetables program increased fruit consumption significantly. Students were very pleased by the fresh strawberries and watermelon available often throughout the 17-18 school year.
- The Nutrition subcommittee shared the TDA commended the district during its wellness policy audit.
- Ms. Anderson organized four separate wellness events for SHAC attendees: Meditation, breast-cancer awareness, aromatherapy, and a heart-healthy cooking demonstration. All events were well-received and appreciated.

3. Health Services Subcommittee:

- LPISD nurses coordinated the successful integration of the Stop the Bleed program within the district with grant money from the SHAC Award of Excellence from TDSHS.

4. Community Support

- A community blood drive was held January 8th in the SPC gymnasium.
- The LPISD School Nurses held a Glo-Germ interactive event at the La Porte Health and Safety Fair.

5. Physical Activity and Fitness Planning Subcommittee

- The Physical Activity and Fitness Planning (PAFP) subcommittee recommends PE classes to include no less than 135 minutes/week for applicable grade levels.

6. Parent Involvement

- Mr. Todd Schoppe suggested an organized elementary exercise event aimed at involving the community in their students' physical activity. The SHAC supported his recommendation.

7. Mental Health

- CYS is now available within district for student mental health support.
- LPISD staff members increased the use and success of *Restorative Justice* practices.

8. Healthy and Safe School Environment

- SHAC finalized the LPISD Wellness Plan which was audited by TDA.
- LPISD nurses coordinated the successful integration of the Stop the Bleed program within the district with grant money from the SHAC Award of Excellence for TDSHS.

Recommendations for Next Year:

- 1) Maintain communication with HCPHES to facilitate employee wellness grants.
- 2) Continued representation at HCPHES meetings to stay abreast of school health regulations and partnership opportunities.
- 3) Continue efforts to find grant money to support SHAC related safety, health and wellness efforts.
- 4) Continue efforts to enhance mental health outreaches to students and staff.

Respectfully submitted,

Cyndi Anderson, Executive Director of Special Programs
Ralph Wilkins, Co-Chair SHAC
Lynley Marlal, Co-Chair SHAC