

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

**2016-2017 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.

**2016-2017 Meeting Dates**

September 19, 2016

November 14, 2016

February 27, 2017

April 17, 2017

**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  
2016-2017**

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. Debbie Moyer, Health Services/LPHS  
Ms. Carole Henehan, Health Services/LPHS  
Ms. Valerie Fleming, Health Services/CPE  
Ms. Becky Smith, Health Services/LPE  
Ms. Sheila Knittle, Health Services/ LXJH  
Ms. Robin Guimbellot, Academics/LPHS  
Ms. Debra Shope, Physical Education and Health/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 12, 2016 with the highest attendance (631 personnel) of all recent LPISD wellness fairs, despite nutrition & maintenance hourly staff not attending. SHAC determined that event timing and the presence of additional retail vendors led to increased attendance.
- SHAC leadership met with Harris County Public Health and Environmental Services (HCPHES) in order to secure grant money toward future staff wellness initiatives. HCPHES is currently working toward disseminating grant money to participating districts.

### **2. Nutrition and Wellness**

- The Nutrition subcommittee presented the SHAC Nutrition Committee Report; sharing that the Child Nutrition Department has begun partnering with the Department of Defense to obtain fresh, local produce for use in the next school year. This partnership should increase the availability of whole fruits and vegetables in school breakfasts and lunches.

### **3. Health Services Subcommittee:**

- LPISD nurses provided vision screenings during the Employee Health and Wellness Fair.
- LPISD nurses coordinated a successful district flu vaccine campaign, as well as Glo-Germ interactive handwashing demonstrations during the La Porte Health and Safety Fair.

- The SHAC Health Services subcommittee reported that LPISD obtained 100% student compliance with state immunization laws during the 2016-2017 school year.

#### **4. Community Support**

- La Porte Lions Club donated \$2,000 to the student healthcare voucher fund.
- 25 free student vision screenings were donated to the district.

#### **5. Physical Activity and Fitness Planning Subcommittee**

- The Physical Activity and Fitness Planning (PAFP) subcommittee updated PE recommendations to include no less than 135 minutes/week for applicable grade levels.
- PAFP also advised the district to implement one of two options regarding recess structure:
  - Option 1: Two, 15-minute recess sessions/day in the morning and afternoon. One recess would be available for teachers to use as a study hall.
  - Option 2: A single, 20-minute recess scheduled non-consecutively with PE classes. It was recommended that there be bathroom breaks between recess and PE sessions.

#### **6. Drug & Alcohol Use**

- Mr. David Knowles held a presentation outlining LPISD student drug use compared to statewide averages, based upon the 2015-2016 State Survey of Student Drug and Alcohol Use. SHAC discussed the results at length.
- Amber Buras shared that peer-led efforts are successful methods for reaching students with drug abuse prevention information. HOSA was suggested as an ideal group for this initiative. Laura Lynch volunteered to connect the HOSA Coordinator with Amber Buras of BACODA for ideas.

#### **7. Parent Involvement**

- Nurse Carole Henehan shared information regarding LPHS's involvement in *Shattered Dreams*, as well as a program new to LPISD entitled *Power to the Parent*. *Power to the Parent* is aimed at facilitating dialogue about alcohol use between parents and teens and is to be presented at LPHS in the future.

#### **8. Human Sexuality Education**

- The Pregnancy and STD Prevention Subcommittee presented recent student surveys regarding *It's Your Game* (IYG), and results were encouraging. Ms. Jo Johnson shared with the council that *IYG* is no longer free and that the district is awaiting the updated fee structure from the distributor.

## **9. Mental Health**

- Ms. Cynthia Anderson shared that there is now an additional LSSP at LPHS.
- LPISD administrators, support staff and teacher leaders were trained in *Restorative Justice*.
- Ms. Anderson reiterated LPSID's commitment to sustaining mental health support at all campuses, potentially via the use of ISS rooms as *Restorative Justice* rooms.

## **10. Healthy and Safe School Environment**

- SHAC helped to draft the updated FFA(Local).
- SHAC outlined the majority of the updated Wellness Plan, to be finalized at the first meeting of SY 17-18.

### **Recommendations for Next Year:**

- 1) Maintain communication with HCPHES to facilitate employee wellness grants.
- 2) Finalize district wellness plan to include PE recommendations.
- 3) Enhance vendor participation and obtain door prizes for the Employee Health and Wellness Fair.
- 4) Explore additional vegetarian and vegan meal options for high school students.

Respectfully submitted,

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