

School Health Advisory Council

Report 2021-2022

Michelle Shilling,
Assistant Athletic Director



SHAC Report 2021-2022

- Assists the district in ensuring local community values are reflected
- Plays an important role between health and learning
- Reinforces the knowledge and skills needed for a healthy lifestyle



NISD SHAC

SHAC Leadership



Heather Harrison
Chair



Stacey Bauer
Vice Chair



Whitney Milson
Secretary

SHAC Members

<u>NAME</u>	<u>CAMPUS</u>
<i>Heather Harrison, Chair</i>	Byron Nelson
<i>Stacey Bauer, Vice Chair</i>	Roanoke
<i>Whitney Milson, Secretary</i>	Cox
Noel Wilson	Nance, Eaton
Kiersten Penrod	Justin
Julie Wright	Northwest
Lisa Black	Beck, Medlin, Byron
Justine Nettleton	Northwest
Kristyn Fletcher	Peterson, Wilson
Stacie Breckley	Byron Nelson
India Lee	Berkshire
Sarah Reiswig	Pike

<u>NAME</u>	<u>CAMPUS</u>
Debra Nesbitt	Hatfield
Ashley Beckman	Peterson
Richard Liley	Cox
Valorie Butler	Granger
Jennifer Brewster	Adams
Nicole Eschliman	Roanoke, Medlin
Anitra Johnson	Northwest
Jennifer Kuykendall	Northwest
Elizabeth Belser	Haslet
Rebekkah Dellacio-Bazley	Health Services Coordinator
Nikki Nies	Aramark
Michelle Shilling	District Administrator

SHAC Accomplishments

2021-2022 Activities

- Reindeer Romp (Provided volunteers and support)
- Hands Only CPR training for all 6th Graders
- Texas Health provided Guest Speakers on First Aid, Water & Sun Safety and Nutrition (6th PE Classes)
- Sex Education for 5th and 6th Graders
- Go Red Week (American Heart Association)
- Kids Heart Challenge (American Heart Association)
- Kids-Teaching-Kids / 21-Day Challenge
- No Soda November Challenge
- Participate in the health textbook adoption process
- Approve curriculum designed to support SB 9 and HB 1525



Texas Health
Harris Methodist Hospital[®]
ALLIANCE

THE FIELDHOUSE
FITNESS CENTER

MORITZ KIA
ALLIANCE

\$8,480

for NISD P.E. Programs

HILLWOOD
PROPERTIES
A PEROT COMPANY[®]

Teamwork | Pride | Excellence
Northwest
INDEPENDENT SCHOOL DISTRICT

www.nisdtx.org

American Heart Association

Go Red Week

\$3,400 raised by NISD faculty & staff!



\$141,093 raised District Wide!

\$144,493

21 Day Challenge

kids teaching kids®



Leading the Way!

THOMPSON ELEMENTARY
TRAILBLAZERS



- Top 60 elementary schools with at least 20% participation for the entire challenge
- Seven NISD elementary schools were each awarded \$500

Cox ES
ES

Granger ES
ES

JC Thompson ES

Roanoke ES

Curtis

Haslet

Lakeview ES



Employee Wellness

NO SODA NOVEMBER




A 20 oz soda has the same amount of SUGAR as 6 donuts or 18 cookies

Most of the added sugar in our diets comes from what we drink, not what we eat!

It's time to rethink your drink! Give up soda for the month of November and take charge of your heart health!

21 DAY CHALLENGE

@ W O R K



SNACKING FOR SUCCESS

Health Curriculum

SHAC Recommendations

Michelle Shilling
Assistant Athletic Director

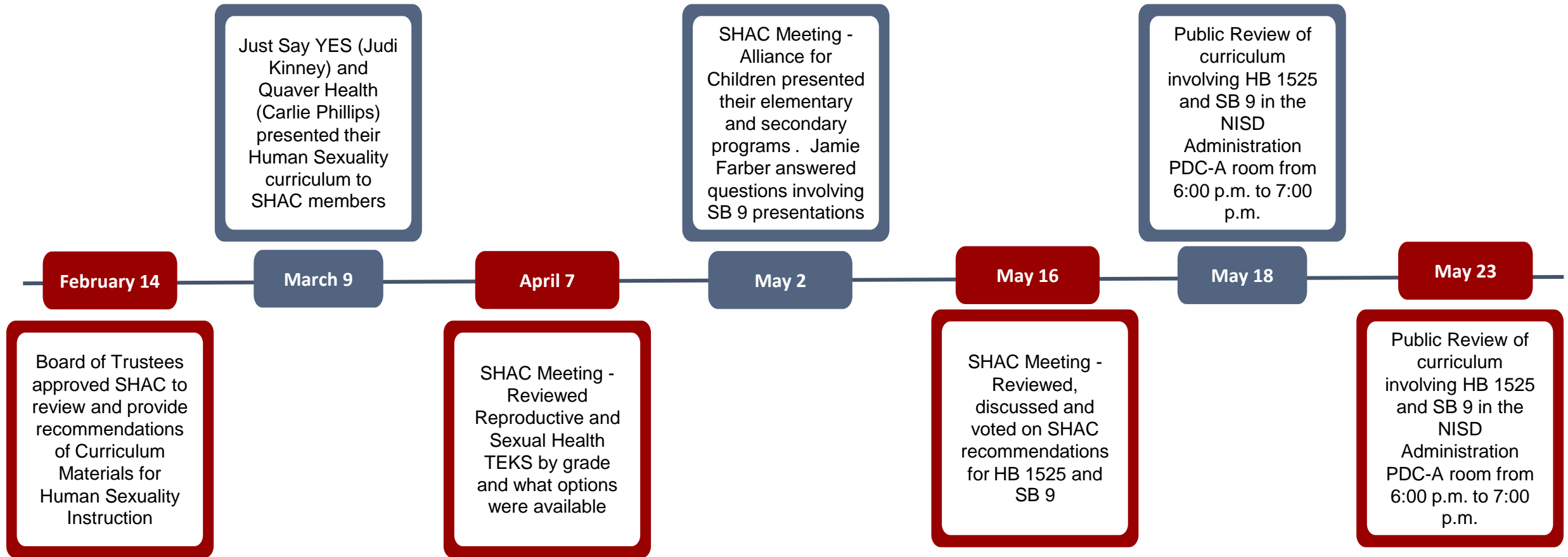
Proclamation 2022

- Proclamation 2022 - SHAC will review and recommend instructional materials for:
 - House Bill 1525
 - Human Sexuality
 - Senate Bill 9
 - Child Abuse
 - Family Violence
 - Dating Violence
 - Sex Trafficking

HB 1525 & SB 9

- Based on recommendations from SHAC
- Suitable for subject & grade level
- Reviewed by academic experts in the subject and grade level
- Must cover TEKS
- Provide parents with a timeline of instruction and 14 day notification before instruction begins
- Must obtain written consent from the student's parent

Timeline



Elementary

SB 9

- Awareness: Personal Safety
- Healthy Friendships
- Online Safety / Stranger Danger
- Alliance for Children
 - PS: It's My Body

HB 1525

- Understanding Your Body
- Always Changing Video

**Unanimous vote by SHAC to recommend
instructional materials**

Middle School

SB 9

- **Healthy Relationships**
- **Self-Confidence**
- **Alliance for Children**
 - Teen Safety Matters

HB 1525

- **Just Say YES**
 - Aim for Success
 - Determined to Succeed
 - Freedom to Succeed
- **Always Changing Co-Ed Video**
- **Fetal Development**
 - Week by week
 - Harmful effects of substances
- **Fertilization**
- **Pregnancy / Postpartum**

Unanimous vote by SHAC to recommend instructional materials

High School

SB 9

- Abuse
- Healthy Relationships
- Online / Sextortion / Sex Trafficking
- Sexual Harassment

HB 1525

- McGraw-Hill Human Sexuality Curriculum
- Life before Birth - In the Womb Video

Unanimous vote by SHAC to recommend instructional materials

Questions

Thank you!