

SCHOOL HEALTH ADVISORY COUNCIL

Annual Summary Report 2022-2023

Michelle Shilling
Assistant Athletic Director



SHAC REPORT 2022-2023



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

SHAC LEADERSHIP



Heather Harrison
Chair



Whitney Milson
Vice Chair



Julie Wright
Secretary

SHAC MEMBERS

| <u>NAME</u> | <u>CAMPUS</u> |
|---------------------------------|------------------|
| <i>Heather Harrison, Chair</i> | Byron Nelson |
| <i>Whitney Milson, Co Chair</i> | Cox |
| <i>Julie Wright, Secretary</i> | Northwest |
| Ashley Gaither | Northwest |
| Laynie Johnson | Wilson |
| Teresa English | Roanoke |
| Stacey Bauer | Roanoke |
| Kristyn Fletcher | Peterson, Wilson |
| Kristy Cloutier | Hatfield |
| Kelsey Berber | Schluter |

| <u>NAME</u> | <u>CAMPUS</u> |
|--------------------------|-----------------------------|
| Debra Nesbitt | Hatfield |
| Melody Shue | Pike |
| Kim Miller | Hughes, Tidwell |
| Ursula del-Aguila | Schluter, Adams |
| Taffy Olszewski | JC Thompson |
| Jennifer Kuykendall | Northwest |
| Elizabeth Belser | Haslet |
| Rebekkah Dellacio-Bazley | Health Services Coordinator |
| Nikki Nies | Aramark |
| Michelle Shilling | District Administration |

SHAC PRESENTATIONS

Teacher, Be Still Program

- A wellness program that works with PTA to encourage and equip our educators

Big Brothers, Big Sisters Program

- Mentoring program
- Mentor 2.0
- Training Opportunities
- Community Involvement

Menu Review

- Menu samples from K-8
- Elementary & Middle School lunch program overview

Recovery Resource Council

- Promote wellness & recovery from disorders relating to alcohol, substance use, trauma and mental health
- Youth & Adult Prevention Education
- Resource for our community

SHAC ACCOMPLISHMENTS

- Provided volunteers and support for Reindeer Romp
- Hands Only CPR training for all 6th Graders
- Go Red Week (American Heart Association)
- Kids Heart Challenge (American Heart Association)
- Kids-Teaching-Kids / 21-Day Challenge
- 21 Day Challenge @ Work
- Walkabout Wednesday at the OLC
- Menu Review from Aramark

1,600
PARTICIPANTS

REINDEER ROMP
2022





\$8,455

for NISD P.E. Programs

American Heart Association

Go Red Week

\$1,468 raised by NISD faculty & staff!

KIDS Heart Challenge

\$123,314 raised District Wide

\$124,782



MIND + BODY = HEALTH for all!

KIDS HEART CHALLENGE. INSPIRING & SUPPORTING WHOLE BODY HEALTH.

Engaging in regular physical activity, eating a heart-healthy diet and avoiding tobacco are important to wellness. But do you know so is mental health? It can positively (or negatively) affect your health and risk factors for heart disease and stroke. That's why Kids Heart Challenge, a fundraising, service-learning program, provides lessons, tools and activities to support both mental and physical well-being for your students, families and staff.

MENTAL WELL-BEING AND LIFE SKILLS: highlighting how helping others and being kind can lift mood and self-esteem through service-learning.

- Posters: kindness, respect, communication, affirmations and more
- Videos: mindfulness and breathing exercises
- Service-learning: raising funds for kids with special hearts
- Lesson Plans: conflict resolution, bullying, teamwork
- Calming Walks: relaxing videos
- Brain Boosters: quick breaks that get everyone up and moving

BODY WELLNESS: highlighting nutrition, sleep, physical activity and avoiding tobacco to establish healthy habits for life.

- Skills Videos: jump rope, basketball, dance and stretching
- NFL Play 60: player, mascot and cheerleader led activity videos
- OPEN: activity plans supporting physical activity in the classroom and gym
- Healthy Eating: tips and recipes
- Posters: physical activity, sleep and avoiding tobacco/vaping
- Bilingual: family and faculty newsletters
- Lesson Plans: physical activity, vaping, water, sleep and STEAM
- Morning Announcements: body wellness and mental well-being

EXPLORING THE WORLD OF STEAM: opening the eyes of students to the exciting world of STEAM and STEAM careers. Your students may be future AHA-funded researchers — saving lives by advancing science.

- Augmented Reality: field trips through the heart, brain and lungs
- Videos: career pathing
- Lesson Plans: interactive
- Young Scientists Contest: chance to attend the largest cardiovascular conference in the world!

BE YOUR BEST SELF: helping students explore and discover new passions, including music, art, journaling and cooking. Students can even become young advocates for the AHA's mission.

- Videos: celebrity led dance routines
- Recipes: delicious and healthy
- Music Playlists: get your heart pumping
- Videos: cooking healthy recipes
- Coloring sheets
- Poster: celebrate and be kind to yourself
- Journaling

SCHOOL AND TEACHER BENEFITS: resources supporting the work of our schools and the well-being of our staff partners.

- Grants: supporting school wellness
- Scholarships: juniors and seniors
- Professional Staff Development
- Training: webinars and online resources
- Newsletters: stress, sleep, workouts and healthy recipes
- Learning Hands-Only CPR

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2,100 students participated

30% reduction of chips

27% reduction of cookies / candy

10% reduction of sodas / energy drinks

10% increase in fruits / vegetables

Byron Nelson High School

Olivia Saucedo, Gigi Paez,
Ariela Martin, Ira Gaston

Ozone Layer

Equipment

- ★ Measuring cups
- ★ Measuring spoons
- ★ Mixing bowl
- ★ Mixing spoons
- ★ Clear serving dish/parfait cup

Ingredients

- ★ 1 3.6-ounce sugar-free vanilla pudding snack cup, ready to eat
- ★ ½ cup canned pumpkin
- ★ 2 pinches ground cinnamon (reserve 1 pinch for the end)
- ★ 1 pinch ground nutmeg
- ★ 4 tbsp. nonfat whipped cream topping
- ★ 6 pretzel sticks



CLICK FOR VIDEO



Instructions


1. In a mixing bowl, add vanilla pudding, pumpkin, cinnamon and nutmeg. Mix well.
2. In a parfait cup, layer half the pumpkin mixture, then half of the whipped cream topping. Repeat layering with the rest of the pumpkin mixture and whipped cream.
3. Break pretzel sticks in half and place on top of the whipped cream topping.
4. Sprinkle cinnamon on top and enjoy!

Nutrition

| | |
|-------------------|-----|
| No. of servings | 1 |
| Calories | 130 |
| Fat (g) | 1 |
| Saturated fat (g) | 1 |
| Fiber (g) | 3 |
| Sugar (g) | 6 |
| Added sugar (g) | <1 |



Employee Wellness




Wednesday Walkday at the OLC


Hey NISD STAFF, come unwind and walk the beautiful trails at the Outdoor Learning Center.

Wednesday, May 3th

For more info and to register, scan here




5:00 pm to 6:30 pm
All cars must be out of the gates by 6:45 pm



21 DAY CHALLENGE

@ W O R K

 **SNACKING FOR SUCCESS**

Thank you!