



School Health Advisory Council (SHAC)

What is a School Health Advisory Council (SHAC)?

A SHAC is a group of individuals representing the community and the school district who provide advice to the district on coordinated school health programming and its impact on student health and learning.

SHACs provide a means for input to health education programs, and early intervention and prevention strategies that can be supported by local families, educators, administrators and the community.

Summer Activities

- Summer Camps

Healthy Minds

- Mental Engagement
 - <https://www.khanacademy.org>
- Mental Health
- Suicide
 - <https://kidshelath.org/en/parents/suicide.html>

If you or someone you know is in crisis and needs immediate help, call 911 or go to your local emergency room. For local crisis services call one of the hotlines below. If you are contemplating suicide, please call:

- 1-800-273-TALK(8255) or TTY 1-800-799-4TTY(4889)
- Red Nacional de Prevencion del Suicidio 1-888-628-9454
- Veterans Suicide Prevention Hotline: 1-800-273-TALK(8255) and press 1
- Texas Abuse/Neglect Hotline: 1-800-989-6884
- Texas Youth Hotline: 1-800-989-6884
- SAFE (Self-Abuse Finally Ends): 1-800-DON'T-CUT, 1-800-366-8288
- Crisis Text Line: Text START to 741-741

Depression

- <https://www.nimh.nih.gov/helath/publications/teen-depression/index.shtml>

Mindfulness

- <https://www.mindful.org/mindfulness-for-kids/>
- <https://positivepsychology.com/mindfulness-for-kids/>

Nutrition

- Simple healthy snacks
 - <https://www.healthline.com/nutrition/healthy-snacks-for-kids#TOC> TITLE HDR 29
- Nutritional Requirements
 - <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335>
- Healthy Lunch ideas
 - <https://www.yummytoddlerfood.com/advice/50-easy-school-lunch-ideas-for-kindergarten/>

Exercise

How to motivate your kids to exercise

- <https://www.mdanderson.org/publications/focused-on-health-tips-to-get-kids-to-exercise.h17-1589046.html>
- <https://www.healthychildren.org/English/healthy-living/fitness/Pages/Encouraging-Your-Child-to-be-Physically-Active.aspx>

Health

- Recommendations/vaccine requirements:
 - <https://www.dshs.texas.gov/immunize/school/default.shtm>
- Talking to kids about drugs
 - https://sacada.org/drugfree_bestme/

Community Involvement

- Local Churches

Benefits of Having A SHAC

Addressing the health needs of students through the work of the SHAC, helps meet district performance goals and alleviates financial constraints.

SHACs play an important role in communicating the connection between health and learning to school administrators, parents and community stakeholders.

SHACs can help reinforce the health knowledge and skills children need to be healthy for a lifetime.

SHAC Laws

Every independent school system is required by law to have a School District Health Advisory Council; of which the majority of members must be parents who are not employed by the school district. Title 2, Chapter 28, Section 28.004 of the Texas Education Code at <http://www.statutes.legis.state.tx.us/?link=ED> details the specifics of this mandate.

MISSION STATEMENT

The mission of the Mathis ISD School Health Advisory Council is to encourage and promote fitness and healthy lifestyle choices for our students, staff and community.

GOALS

The goals of the Mathis ISD Student Health Advisory Council (SHAC) are to review and recommend programs that provide current information on health, physical, and social education issues that are important to our students and community. The SHAC will then advise the MISD School Board of these programs, and once approved, will work together with Staff, and Parents to see that they are implemented in accordance with State Recommendations.