



Texarkana Independent School District

School Health Advisory Council (SHAC) 2022-2023

Annual Board Report

Jun 28, 2023

Purpose of SHAC: The purpose of the SHAC is to assist the district in ensuring that local community values are reflected in the district's health education instruction. Per state law, the district must consider the recommendations of the SHAC before making changes in the district's health education curriculum or instruction.

SHAC Mission: The mission of the Texarkana ISD SHAC is to make recommendations to the Board of Trustees so that all children in Texarkana ISD will have the opportunity to develop healthy bodies and minds through appropriate health and physical education, proper nutritional practices, and modeling of good health behaviors.

SHAC Meeting Dates:

- October 6th, 2022
- December 1, 2022
- February 2, 2023
- **Apr 20, 2023**

All meetings were held in person with an option for virtual attendance by those who chose that platform.

SHAC Members: As required by law, a majority of the committee's members are parents of students enrolled in the District and who are not employed by the district. One or more public school teachers, public school administrators, district students, health-care professionals, members of the business community, law enforcement representatives, senior citizens, clergy, representatives of non-profit health organizations or representatives of another group may serve. (See EHAA legal)

Members of the Committee:

Ana Willis, Parent	Patsy LaRue, Parent
Jennifer Glass, Parent	Danielle Beck, Parent
Sharita Dedmon, Parent	Treva West, Parent
Valerie DePriest, Parent	Felicia Trotter, Parent
Monica Leeks, Parent	Samantha McGhee, Parent
Dayna Miller, Parent	Heather Oliver, Parent
Breanne Bradshaw, Community Health Org.	Patsy Minor, St. Michael's Hospital
Dr. Debra Bowers, Physician	Dr. Charles Fortenberry, Physician
Kristie Wright, Community Health Org.	Mindy Gennings, Wake Village Principal
Amy Doss, OPTIONS Secondary Principal	Sharonda Sutton, Secondary Counselor
Heather Spohn, Coordinator of Health Services	Christie Lammers, Coordinator of Child Nutrition
Laura Orr	Parent
Takeba Dowden	Coach- TISD
Nicole Wilson	Parent
Christopher Gennings	Senior student -TISD
Patsy Minor	Christus St. Michael Health Systems
Matthew Lingle	Senior- student TISD
Tera Wicks	Parent
Ashely James	Parent
Christy Tidwell, District Administrator	Jennell Ingram, District Coordinator and Committee Lead
Bryan Bixler	Clergyman

Summary of SHAC Activities:

- Meetings were held at the TISD Instructional Services and were well attended by an active group of committee members.
- The committee acted on the board resolution to “Convene the district’s School Health Advisory Council to recommend curriculum materials in accordance with Section 28.004

of the Texas Education Code for the purpose of making recommendations regarding curriculum materials for instruction. After reviewing 3 curricula pertaining to the coordinated school health TEKS, the committee recommended the following:

- Esteem Health - Grades 3-8 The Great Body Shop - Grades K-2
- The recommendation for the school health curricula was approved by the board in the December 2023 board meeting.
- The SHAC committee completed the 2021-2022 goal of hosting a district/staff health fair for all employees. The Health fair was held at the Sullivan Fine Arts building on Feb 17, 2023 . This date was chosen because it was a student holiday and afforded staff the opportunity to come at their convenience. The health fair offered the following services: blood pressure checks, vaccinations, blood sugar and cholesterol check as well as mental health screenings. The health fair was attended by over 200 employees.
- Jennell Ingram reported on the district's Wellness Policy Report. This report is required by Texas Education Agency and will be completed in the next school year.
- The district's Fitness and Wellness Challenge was well received by the district's employees.
 - The district purchased the Wellable platform for employees to be able to track their physical activity over a 6-week period.
 - The purchase of the platform allowed more flexibility in designing a wellness initiative specifically for district employees. This year, the addition of " Wellness Wednesdays" brought teams/campuses together once per week to participate in a shared physical activity. Some of the Wellness Wednesday activities included: yoga, walking steps in the gym, drum fit and stretching. Several campuses/ and building site staff members took advantage of these after work sessions.
 - The Wellable app collected the data and provided weekly progress reports to each participant. A team leader board was visible to all participants so that teams could see how they compared to other teams. Weekly incentives were also given to teams whose participation showed active engagement.
 - The app also sent weekly reminders and health tips.
 - The district had 483 participants to compete in the challenge and collectively earned 9,404,407 Wellable Points. Prizes were awarded to top performers and everyone who participated received a t-shirt.

SHAC Recommendations:

- No recommendations

SHAC Goals 2023-2023:

- Continue to recruit parents and community members for the committee
- Continue to offer a high quality health and wellness fair for TISD staff members.
- Begin to send out a quarterly newsletter on pertinent issues to the committee and district staff.

Respectfully submitted,

Jennell Ingram, Coordinator of Academic Affairs