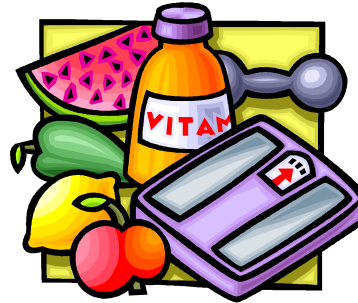


La Porte ISD School Health Advisory Council



Annual Progress Report To the Board of Trustees

May 2023



School Health Advisory Council

Every independent school district is required by law to have a school health advisory council (SHAC) of which the majority of members must be parents who are not employed by the school district. The SHAC is annually appointed by the local education agency Board of Trustees.

Texas Education Code

Title 2, Chapter 28, Section 28.004



La Porte ISD SHAC Members 2021-2022

Ms. Cynthia Anderson, Administrative Liaison
Ms. Wanda Anderson, DeWalt
Ms. Katherine Yarbrough, Co-Chair (Nutrition)
Ms. Jo Johnson, Pregnancy Prevention Chairperson
Mr. Michael Peralez, PE Chairperson, LXE
Mr. Matt Novosad, Police Sergeant
Ms. Sara Adnane, Parent
Ms. Leslie Bellarose, Parent
Ms. Stephanie Bellew, Parent
Ms. Stacey Brittain, Spec. Programs
Ms. Cathy Crate, Parent
Mr. Curtis Daugherty, DAEP
Ms. Sherri Fitzpatrick, BACODA
Ms. Rose Guzman, Parent
Ms. Karen Hall, Parent
Ms. Kristy Hanks, LPE
Ms. Tessa Harvick, LPISD
Ms. Catherine Holland, LPH
Ms. Diane Horelka, LPE
Ms. Jill Howells, LXJH
Ms. Linda Hutfless, LPE
Ms. Kara Ihedigbo, HCPH
Mr. Kyle Knight, Community
Mr. Jose Lazano, RZE
Mr. Taylor Lupardus, Community
Ms. Melissa Mansfield, RZE

Ms. Valerie Marcott, LXJH
Ms. Debbie Moye, BKR
Ms. Hilary McLellan, HRE
Ms. Jennifer Muschweck, LPJH
Ms. Dora Ortiz, JRE
Ms. Susy Parker, RZE
Ms. Michelle Palomarez, Parent
Ms. Misti Prock, CPE
Ms. Carrie Rife, LPH
Ms. Heidi Schneider, Parent
Ms. Amber Carter, BACODA
Ms. Rose Sepulveda, JRE
Ms. Brie Stanberg, Community
Ms. Crystal Thibodeaux, LXE
Ms. Danette Tilley, Administration
Ms. Abbie Turner, HRE
Ms. Jennifer Upshaw, Spec. Programs
Ms. Paola Uranga,
Dr. Linda Wadleigh, Administration
Ms. Julia Walton, Special Programs
Ms. Dianne Weeden, JRE
Ms. Amanda West, BSE
Ms. Hannah Westmoreland, LPJH
Ms. Jewel Whitfield, Administration
Ms. Janet Zaborowski, Spec. Programs



What is a SHAC?

A SHAC is a group of individuals representing segments of the community and school district which provides advice to the district on coordinated school health (CSH) programming and its impact on student health and learning.



Coordinated School Health



All Texas schools are required by law to implement a CSH program in grades K-8.

Texas Education Code
Title 3, Chapter 38, Section 38.013

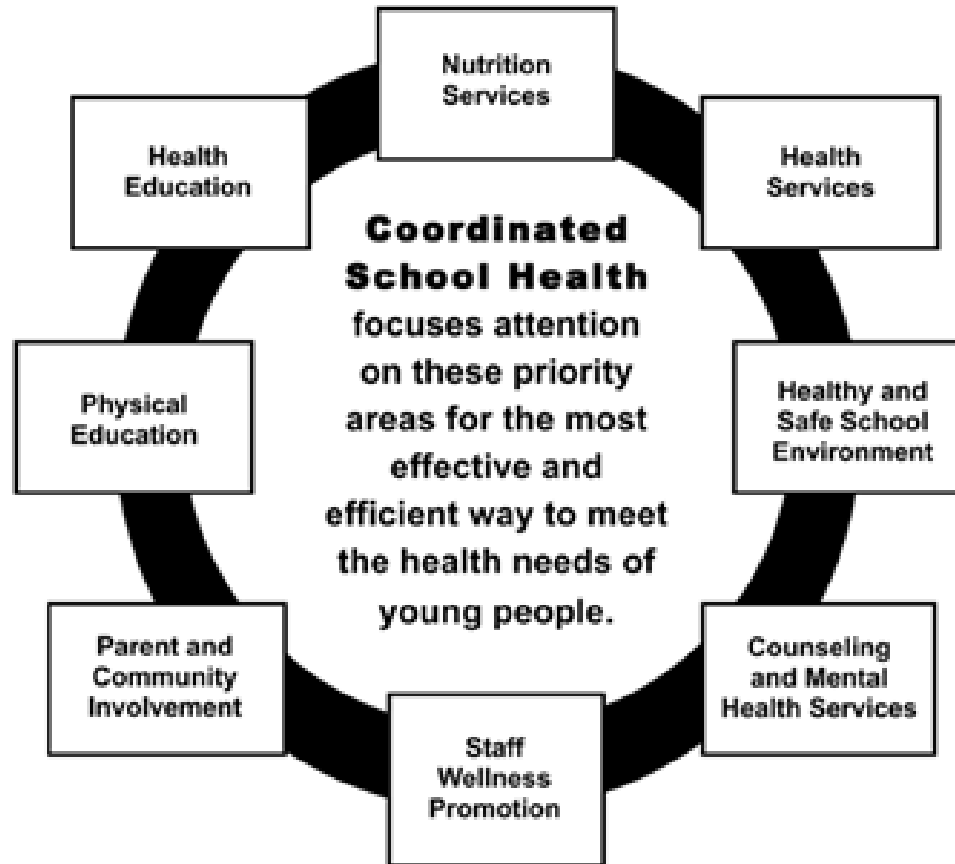




What is Coordinated School Health?

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.

Coordinated School Health

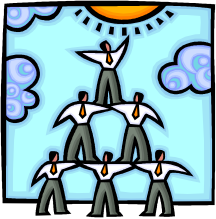


Coordinated School Health

Eight Components

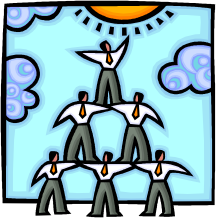


- Health Education
- Healthy and Safe School Environment
- Counseling and Mental Health Services
- Parent and Community Involvement
- Staff Wellness Promotion
- Health Services
- Physical Education
- Nutrition Services



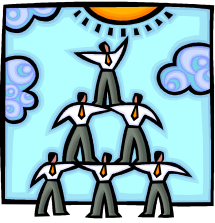
Important for Districts and Campuses

- ✓ Increase percentage of students able to achieve the healthy fitness zone standard in all six required test items.
- ✓ Develop and implement goals and objectives for physical education/activity programs after reviewing data collected through fitness assessment and other evaluation methods.
- ✓ Incorporate CSH as a part of Campus Improvement Plans.
- ✓ Strengthen and utilize SHACs to support the implementation of all school health policies and practices.



Campus Improvement Plan Ideas

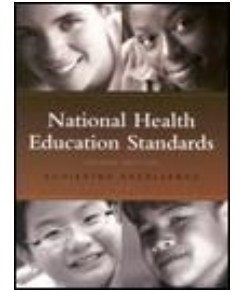
- ✓ **Include all eight CHS components as part of the CIP**
Texas Education Code, Chapter 28, Section 28.004
- ✓ **Maintain a wellness team or CHS Leadership team that meets regularly to guide the campus implementation of the CSH components of the CIP.**
- ✓ **Review fitness assessment results along with academic achievement, behavior and attendance data while formulating the CIP.**
- ✓ **Evaluate achievement of the CSH goals and objectives in the CIP.**
- ✓ **Utilize a school climate survey to assess student perceptions of safety, substance use, bullying, harassment and dating violence.**



District Wellness Policy

- ✓ The Child Nutrition and WIC Reauthorization Act of 2004 required all districts to establish local school wellness policies by School Year 2006-2007.
- ✓ The Healthy, Hunger-Free Kids Act of 2010 expands the scope of wellness policies; brings in additional stakeholders in its development, implementation and review; and requires public updates on the content and implementation of the wellness policies (Section 204).
- ✓ The intent is to strengthen local school wellness policies so they become useful tools in evaluating, establishing and maintaining healthy school environments, and to provide transparency to the public on key areas that affect the nutrition environment in each school.
- ✓ Action steps for implementing the new local school wellness policies are available at <http://www.fns.usda.gov/tn/healthy/lwpoverview.pdf>

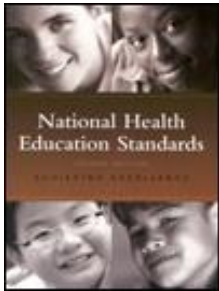
The National Health Education Standards



The National Health Education Standards (NHES) are written expectations for what students should know and be able to do by grades 2, 5, 8, and 12 to promote personal, family, and community health.

The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.





The National Health Education Standards

Standard 1:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2:

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

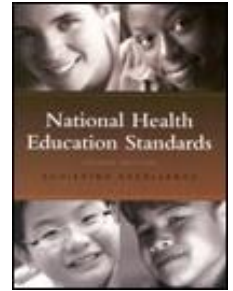
Standard 3:

Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4:

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

The National Health Education Standards



Standard 5:

Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6:

Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7:

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8:

Students will demonstrate the ability to advocate for personal, family, and community health.



HB 1525



The LPISD SHAC fully complied with HB 1525 by:

- Meeting at least four times during the school year.
- Publicly posting the agenda at least 72 hours in advance of each meeting.
- Posting both meeting minutes and an audio recording online within 10 days of each meeting.
- Holding two public meetings regarding the proposed human sexuality curriculum.

SHAC Activity Report



Staff Wellness Activities

- Katherine Yarborough shared the success for the Wellness Fair, which 750 faculty and staff attended, with 20 vendors. The La Porte Health and Safety Fair, hosted by the City of La Porte at LPHS, which 1,500 community members attended. School Nutrition shared samples of their meals, with samples of new options now available.

Student Nutrition

- For the fifth year in a row, the School Nutrition department participated in the Texas Department of Agriculture's Farm Fresh Challenge. By providing consistent access to locally-grown fruits, vegetables, and even proteins, the School Nutrition department received the Texas Department of Agriculture's "Best of the Bunch" award. The department will participate in this program in the 2022-2023 school year as well.
- A representative from the University of Houston spoke on the Healthy Hunger Free Kids Act of 2010 and **the upcoming sodium limit changes.**

SHAC Activity Report, Continued



Community Support

- Sgt. Matt Novosad spoke on the health and safety implementations at LPISD: police officer presence, security offers, campus building security, Anonymous Alert apps, Tango-Tango WI-FI, Navigate 360, Active shooter response – bus driver training, Threat assessments and ongoing trainings, etc.
- Amber Carter of BACODA discussed substance abuse and addiction to vaping, Adderall, and fentanyl. Products available for purchase to hide alcohol and drugs were provided for a hands on interaction (hats, pens, scrunchies).
- Ms. Susy Parker (LPISD RN) spoke about the SETT Training that all LPISD campus nurses attended last Fall. SETT – School Emergency Triage Training, was held in coordination with Pasadena ISD in October, 2022. The purpose was to provide school nurses with knowledge, skills, and training resources to lead school-based Disaster Response Teams and perform triage in response to mass casualty incidents (MCI.)

SHAC Activity Report, Continued



Community Support, Continued.

- Ms. Brie Stanberg with UNBOUND Houston spoke about protecting youth from human trafficking. UNBOUND Houston has advocacy and resource teams that operate in the greater Houston area. She introduced UNBOUND’s “Sentinals” program, a free classroom curriculum consisting of five short videos.
- The Houston Food Bank introduced School Athl-EATS, a program to help student athletes learn about proper nutrition and hydration during in season training and during off season training.
- Aurelia Payne, Program Director at the Harris County Public Health presented on LEAD poisoning prevention and stats. This is a grant program since 2017 that provides outreach and education in schools and communities. Harris County alone, has 646 children with dangerous lead levels in their blood. Most of these children are under 6 years of age, and live in urban, low income, Medicaid communities. Although, there is no cure for lead poisoning, washing hands, bottles, pacifiers, and nutritious eating, can help to prevent lead poisoning.

SHAC Activity Report, Continued



Community Support, Continued.

- As summer approaches, Sgt. Novosad presented on Summer Safety. Water safety was discussed whether it be home/pool, or vacation. River, lake, or beach. Heat safety; hydrate often! Digital safety; accessing devices, monitoring your children, location devices. Know your child's friends! Gun safety; location, security, familiarity.

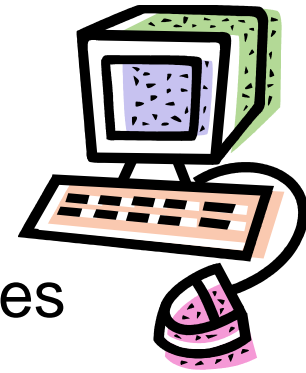
Human Sexuality Sub-Committee

- The sub-committee recommended that the SHAC ask the School Board to continue the district's utilization of "Choosing the Best" and "It's Your Game...Keep it Real" as the human sexuality curriculum materials.

Mental Health

- A representative from the University of Houston spoke on Parent Dynamics and Eating Development Disorders. Anorexia, Bulimia, Binge eating, and ARFID are the most common disorders.

La Porte ISD SHAC Information



- ✓ SHAC information, agendas, and minutes can be found at:

<https://www.lpisd.org/departments/special-programs/school-health-advisory-council>



SHAC Recommendations

- 1) Continue to utilize “Choosing the Best” and “It’s Your Game...Keep it Real” as the human sexuality curriculum materials.
- 2) Continue partnership with BACODA and other intra-campus organizations which support the district’s efforts to improve access to mental health resources as well as combat drug and alcohol use.
- 3) Continue partnerships with community organizations such as HCPH and Healthy Living Matters in order to foster opportunities for LPISD staff and students to access health resources.
- 4) Continue nutrition department participation in the DoD Fresh program, the Texas Department of Agriculture Local Products Challenge, and other initiatives which increase access to fresh, local foods.



2023-2024 SHAC Meeting Dates

1. October 2, 2023
2. January 8, 2024
3. April 8, 2024
4. May 6, 2024

A minimum of four meetings are required annually, and any interested parties may attend.

Useful Web Sites



- ✓ Texas School Health Advisory Committee:
www.dshs.state.tx.us/schoolhealth/shadvise.shtm
- ✓ TXPTA Healthy Lifestyle web page:
www.txpta.org/programs/healthy-lifestyles
- ✓ TEA Fitness Data: www.tea.state.tx.us/index4.aspx?id=397
- ✓ Youth Risk Behavior Surveillance (YRBS) Survey:
www.dshs.state.tx.us/chs/yrbs/query/yrbss_form.shtm
- ✓ Weight of the Nation: <http://theweightofthenation.hbo.com/films>
- ✓ CDC Coordinated School Health: www.cdc.gov/HealthyYouth/CSHP
- ✓ Texas Department of Agriculture Square Meals:
www.squaremeals.org/fn/home/page/0,1248,2348_2349_0_0,00.html
- ✓ Regional Education Service Centers: <http://ritter.tea.state.tx.us/ESC>
- ✓ Texas online help for childhood obesity: www.reshapingtexas.org
- ✓ Texas Legislature Online: www.capitol.state.tx.us