School Health Advisory Council

SHAC MEETING

April 29, 2024

CALL TO ORDER

SHAC Agenda

1. CALL TO ORDER
   Presenter: Nikki Greer-Hermeth, SHAC Co-Chairperson

2. Review of SHAC Minutes from the February 26, 2024 Meeting
   Presenter: Sandra Shields, Secretary

3. Identifying Social and Emotional Barriers and District Mental Health Supports
   Presenter: Shayla Pratt, Director of Counseling

4. Employee Wellness Update
   Presenter: Noella Whavers and Maelene Grant

5. Health Screenings and Updates
   Presenter: Maelene Grant, Director of Nursing

6. Child Nutrition Update
   Presenter: Tracey Marcum

7. Physical Activity and Coordinated Health
   Presenter: William Mitchell

8. Adjournment

REVIEW OF THE MINUTES

IDENTIFYING BARRIERS AND SOLUTIONS TO FAMILY ENGAGEMENT

BARRIER ACTIVITY RECAP

GOAL 3: EXPAND SOCIAL, EMOTIONAL AND WELLNESS SUPPORTS BY 10% ANNUALLY FOR STUDENTS AND FAMILIES TO OVERCOME BARRIERS TO ACADEMIC SUCCESS.

- WE HAVE:
  - DETERMINED AND DISCUSSED HOW SOCIAL EMOTIONAL LEARNING CONTRIBUTES TO STUDENTS' ACADEMIC SUCCESS
  - IDENTIFIED AND CATEGORIZED BARRIERS TO SOCIAL EMOTIONAL LEARNING IN SCHOOLS
    - CATEGORIES INCLUDE SELF-VIEW, SOCIO-ECONOMIC BARRIERS, IDENTITY EXPRESSION
  - IDENTIFIED SOLUTIONS TO SEL BARRIERS

TODAY, WE WILL:

- IDENTIFY AND CATEGORIZE BARRIERS TO FAMILY ENGAGEMENT
- IDENTIFY AND DISCUSS SOLUTIONS TO FAMILY ENGAGEMENT

IDENTIFYING BARRIERS TO FAMILY ENGAGEMENT

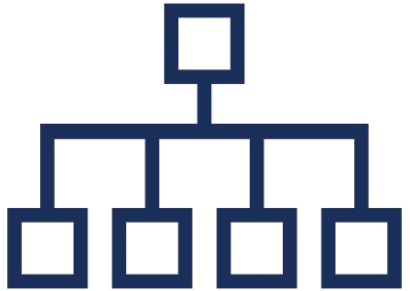
- WITH YOUR TABLE GROUP, IDENTIFY BARRIERS TO FAMILY ENGAGEMENT.
- ADD 1 BARRIER PER STICKY NOTE.





CATEGORIZING BARRIERS TO FAMILY ENGAGEMENT

- USING THE CHART PAPER AND STICKY NOTES ON YOUR TABLE, TAKE 5 MINUTES TO PUT THE BARRIERS THAT YOUR GROUP IDENTIFIED INTO CATEGORIES.
- AS A WHOLE GROUP, WE WILL ELIMINATE DUPLICATE CATEGORIES AND CREATE 3 MAIN CATEGORIES.





IDENTIFYING SOLUTIONS TO FAMILY ENGAGEMENT BARRIERS

- WITH YOUR TABLE GROUP, IDENTIFY SOLUTIONS TO FAMILY ENGAGEMENT BARRIERS.
- ADD 1 SOLUTION PER STICKY NOTE.





THANK YOU!

EMPLOYEE WELLNESS UPDATE

Employee Health & Wellness Update

Noella Whavers and Maelene Grant

Employee Health & Wellness Update

Noella Whavers, Risk Manager
Maelene Grant, Director of Nursing

Employee Health & Wellness Update

- **Employee Health & Wellness Update**

Types of Health and Wellness Campaigns

- Fall and Spring Health & Wellness Campagins
  - Weekly and or Monthly Events and Newsletters or emails
- Health/Wellness and Safety Campaigns
  - Schools and Operations Departments
  - Bus Driver of the Year
  - Safe Employee Recognition Campaign

- **Employee Health & Wellness Update**

  - Types of Health and Wellness Campaigns
    - Health and Wellness Corner
    - Breast Cancer Awareness and Screenings
    - National Blood Donor - Carter Blood Drive
    - American Heart Health-Finn's Mission
    - National Nutrition Month-Weekly/Monthly Articles
    - Stress Awareness Month-Weekly/Monthly
    - Mental Health Awareness- Mental Health Mondays

DUNCANVILLE Independent School District

FALL 2023

SAFETY/WELLNESS CAMPAIGN COMING SOON

THE MARGIN
The Space Between

This Fall, Duncanville ISD and Working~Well challenges you to maintain safe and healthy margins for relationships, personal health, work and fun. Identify space in your schedule to intentionally focus on your safety/wellness journey and create margins for success.

SIGN UP STARTS:
September 26, 2023

CLICK HERE TO REGISTER

SIGN UP NOW!

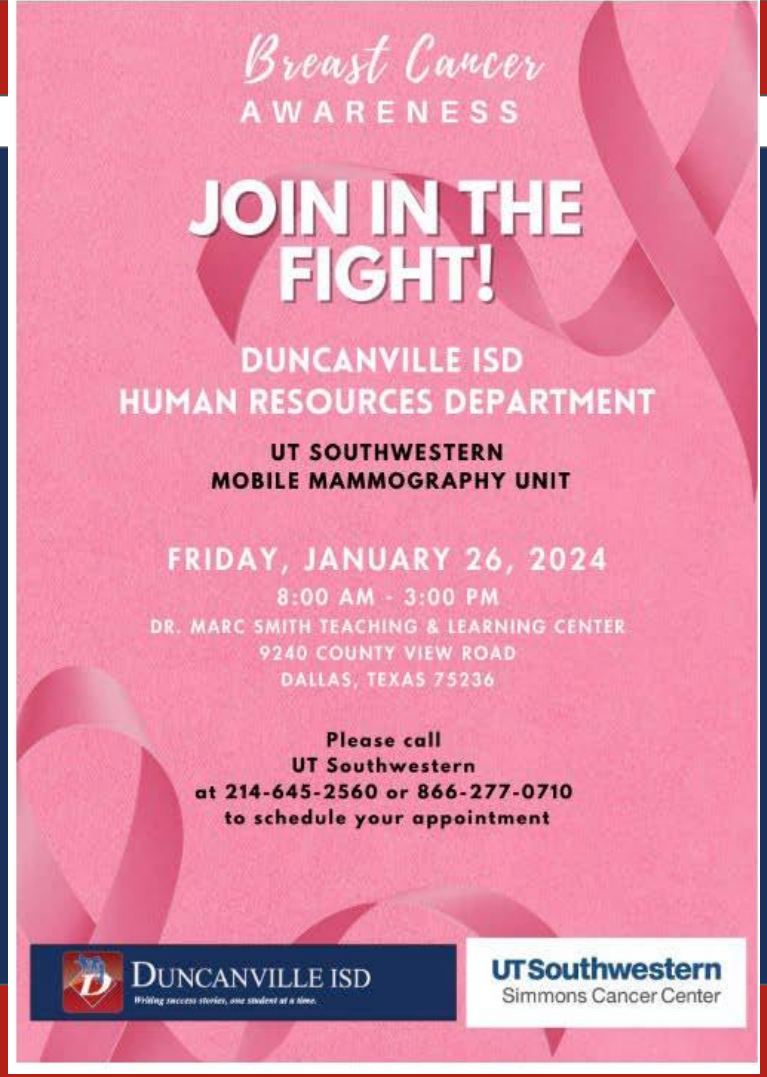
*Register by **October 6, 2023** to ensure your participation prize*

INCENTIVE!



WATCH YOUR INBOX FOR 3 WEEKLY EMAILS
beginning-October 16th, 2023

Edwards Risk Management, Inc.


Breast Cancer
AWARENESS
JOIN IN THE FIGHT!
DUNCANVILLE ISD
HUMAN RESOURCES DEPARTMENT
UT SOUTHWESTERN
MOBILE MAMMOGRAPHY UNIT
FRIDAY, JANUARY 26, 2024
8:00 AM - 3:00 PM
DR. MARC SMITH TEACHING & LEARNING CENTER
9240 COUNTY VIEW ROAD
DALLAS, TEXAS 75236
Please call
UT Southwestern
at 214-645-2560 or 866-277-0710
to schedule your appointment
DUNCANVILLE ISD
Writing success stories, one student at a time.
UT Southwestern
Simmons Cancer Center

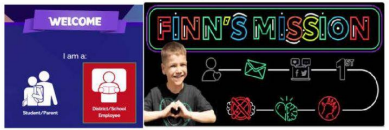
American Heart Association.

FEBRUARY GO RED – Today is National Wear Red Day!

DVille joins the fight to treat your heart right! Beginning today, our district will participate in the American Heart Association's (AHA)Wear RED to raise awareness of the number 1 and 5th killers-heart disease and stroke. The Duncanville ISD community will have an opportunity to participate in this year's special learning opportunity campaign called **"Complete Finn's Mission"**. Valuable information will be provided throughout the month of February regarding how we can participate and learn more about preventive measures like Hands-on CPR, How to Eliminate Stress, Healthy Eating Habits, and more. To show additional support in joining the fight the AHA has donated T-Shirts that will be provided to staff while supplies last. *Staff are encouraged to wear the AHA shirt or RED Spirit shirt every Friday in February with our jeans.* Pick up your AHA Shirt at the Education Plaza in the Human Resources Department.

Here is how to register and complete Finn's Mission:

1. Register at Duncanville Go Red or click the QR code below.
2. Click on "Sign Up", choose "District/School Employee" and follow the prompts.
3. Once you register, complete the steps in Finn's Mission on the home page.



By completing Finn's Mission, students, staff, and families learn the lifesaving skill of Hands-ONLY CPR, creating a legacy of lifesavers.

New This Year! **Mindfulness module** for teachers, faculty, and staff.

Finn was born with multiple serious heart defects and spent the first eight months of his life in the hospital. Finn has undergone 18 procedures, including two open-heart surgeries. Finn is helping the American Heart Association to create a community of lifesavers!



Teachers, faculty, and staff who complete Finn's Mission will earn an entry to win two tickets to Super Bowl 2025 or an Amazon Gift Card. Staff Finn's Mission completion counts toward their campus or department Finn's Mission total.


American
Heart
Association.
GET
FIRED
UP!



FREE EKG Testing & Blood Pressure ☑️

Did you know?! An EKG can detect if you've had a heart attack in the past. In most cases a heart attack causes significant symptoms. However, in 45% of cases, symptoms are so mild that patients do not realize there's anything wrong with their hearts. Let's Treat Our Heart Right! On February 9, 2024 Duncanville Human Resources will partner with RightWay Imaging in providing **FREE** EKG testing and blood pressure check. This event will be held at the Education Plaza (Room C121) 710. S. Cedar Ridge Drive, Duncanville, Texas 75137 beginning at 9:00AM.

Please click the following link to sign up! ***Space is Limited***



Put on your dancing shoes!

Don’t forget about Line Dancing! This will be a great opportunity for exercise and connection as we learn some of the most talked about and popular line dances. Classes will take place in the Education Plaza Boardroom (B103-104), 710 S. Cedar Ridge Drive, Duncanville, TX 75137
Space is Limited! Sign Up Below!

February Wellness Wednesday Tips

- Eat well by adding more fruits and vegetables to your diet.
- Decide, Commit, Move: 10 minutes a day, the fit way!
- Stay hydrated drinks more water, limit sugary drinks.
- Increase your physical activity.





- **Employee Health & Wellness Update**

Fall and Spring Health/Wellness and Safety Campaigns

- Spring Campaign-Pura Vida (Pure Life)
  - Live the Pura Vida lifestyle in daily pursuit of health.
  - Strip away all rules, all measuring and counting and focus on eating simple natural foods.

Spring 2024 Wellness Campaign

pura
clean, simple eating habits

This spring, Working~Well challenges you to live the *pura vida* lifestyle in your daily pursuit of health. Strip away all the rules, all the measuring and counting, and focus on eating simple, natural foods.

Campaign Starts:
March 18, 2024

Incentive!

Canvas Tote Bag
(Made With Natural Materials)



Click Here To Register

Sign Up Now!

Register by March 8th to ensure your participation prize!

Tracking Sheet

Watch your inbox for weekly emails!

Duncanville Independent School District


Mental
HEALTH
MONDAYS
Monday,
March 4, 2024
Dr. Marc Smith Teaching
& Learning Center (TLC)
5 p.m. - 7 p.m.
Earn 2 PDCE credits by attending. Register in Edugence by Feb. 23rd!
Join us for a Mindfulness Mixer that will equip you with tools to live a mindful life. Engage in interactive activities designed to transform your mindset.
Counseling
Duncanville Independent School District

Carter BloodCare

Blood Drive



Zane H.
Blood Recipient
Frisco, Texas

Monday, March 18th
12:00PM – 5:00PM

Duncanville ISD
Carter BloodCare Bus -
Dr. Marc Smith Teaching & Learning Center
9240 County View Rd.
Dallas, TX 75249

Schedule an appointment

Contact:
Tanesha Badger
TBadger@duncanvilleisd.org

Receive an umbrella!*



PHOTO ID REQUIRED

CarterBloodCare.org
800-366-2834 | Text CBCDonate to 999-777
*While supplies last. Item may be substituted for item of equal value.

Sign-up by Jan.12th with campus nurse or scan the QR code to participate or click link

CAMPUS/DEPARTMENT WINNING TEAM ANNOUNCED MARCH 8, 2024

The team that has the largest average weight loss receives a Prize.

Help your team win by:

- ATTENDING REQUIRED BI-WEEKLY WEIGH-IN W/ NURSE
- EATING MORE FRUITS AND VEGETABLES
- DRINKING MORE WATER
- BURNING MORE CALORIES WITH EXERCISE



January 16th - March 1st

CHOOSE TO LOSE WELLNESS CAMPAIGN

Health Services
Duncanville Independent School District

DUNCANVILLE ISD -MENT COMMIT-MENT CHALLENGE

-MENT FITNESS







$189 VALUE
FREE 4 WEEKS

- 12 Credits to our Move-MENT Class
- Guided Training from Certified Trainers
- 8 Credits:Treat-MENT (Recovery Area)
- Nutritional Packet w/ Meal Plan & Journal
- A Day of Education: Q&A for Trainers, Registered Dietitian & Physical Therapists

BE THE FIRST 50 & SIGN UP TODAY

App Store

Google Play

1. DOWNLOAD OUR APP FROM THE QR CODE ABOVE
2. SCROLL DOWN TO "SIGN UP NOW"
3. CREATE A PROFILE & PLEASE USE YOUR DUNCANVILLE EMAIL ADDRESS
4. CREDITS WILL BE AWARDED BY EOD

If you have more questions
(214) 789-1587

-MENT FITNESS 949 N. Hwy 67 Cedar Hill, TX 75104

www.mentfitness.com | Instagram: _mentfitness

- **Employee Health & Wellness Update**

Types of Health and Wellness Campaigns

- Health/Wellness and Safety Campaigns
  - Schools and Operations Departments
  - Bus Driver of the Year
  - Safe Employee Recognition Campaign

DUNCANVILLE ISD

Writing success stories, one student at a time.

2022-2023 TOP SAFEST SCHOOLS



Top Safest School

Braylon Linnear, Principal
Alexander Elementary School
Melissa Garcia, Safety Resource Person (SRP)/Secretary
$400 Award/Certificate



Top Safest School

Ayanna Parker, Principal
Central Elementary School
Eloisa Vela, Safety Resource Person (SRP)/Secretary
$400 Award/Certificate



Top Safest School
Kendria Davis-Martin, Lilan Orozco
Former and Current Principals
Byrd Middle School , India Loving, Safety Resource Person (SRP)/Secretary
$400 Award/Certificate

2022-2023 TOP SAFEST OPERATIONS DEPARTMENT



Top Safest Operations Department
Brad Hamrick, Director
Transportation Department
Nicole Hamilton, Safety Resource Person (SRP)/Secretary
$400 Award/Certificate



Employee Health/Wellness/Safety Update -Safety Resource Persons

PCAT | Property Casualty Alliance of Texas

PCAT
Property Casualty Alliance of Texas



Name Your PCAT District *Bus Driver of the Year*

Remember!

Your selection for District *Bus Driver of the Year* is due **today**!

It's Easy!

Please send one Selection Form along with all supporting comments to PCAT. Fax to 866.367.6557, Attn: PCAT Bus Driver of the Year, or email us at busdriveroftheyear@pcatprogram.org

Click here for Selection Form.



SERC
Safe Employee Recognition Campaign

Employee Nomination Form

2022-2023 Safe Employee Recognition Campaign –
Give Safety A Voice!

As a supervisor, please complete the information below for any employee you believe is deserving of a higher-level recognition and should be considered for your organization's Safe Employee Honor Roll. Please return the completed form to your **SERC Contact**.

Your Department: _____ Your Name: _____

Recognition Information

Recognition was given to: _____ On this date: _____

Recipient's Job Title: _____ Reason for Recognition: _____

Please describe why this employee should be considered for a higher-level award. This information will aid in your organization's Honor Roll selection.

_____

_____

_____

_____

Give Safety a Voice!

SERC program services are provided by Edwards Risk Management, Inc. on behalf of the South Plains School Workers' Compensation Program, Public Workers' Compensation Program and Workers' Compensation Solutions.

Employee Health/Wellness/Safety Update-Types of Campaigns


PORT AUTHORITY
ARBOR ISD
SAFE EMPLOYEE 2023-2024
JAMIE SMITH

2024-2025 School Health/Wellness Programs/Campaigns

- Fall & Spring Campaigns and Other Operational Campaigns
- Enhance and Increase Safety and Wellness Communications District-Wide utilizing the Safety Wellness Resource Team
- Newly Structured Health/Wellness Newsletter, Committee and Health/Wellness/Safety Resources
- Comprehensive District-Wide Health/Wellness/Program

THANK YOU!

HEALTH SCREENINGS AND UPDATES

SCHOOL HEALTH SERVICES UPDATES

School Nurses provide ongoing parent education regarding health updates and health processes throughout the School year:

- Medication Administration During School Hours Process
- Asthma Action Plan
- Diabetes Management Plan
- Seizure Action Plan
- Severe Allergic Reactions/Epi-Pen
- Immunization Requirements/Exemption Affidavit Process
- Flu Surveillance



SCHOOL HEALTH SERVICES UPDATES

School Nurses provide annual state mandated health screenings:

- Hearing and Vision Screenings: grades PK, K, 1, 3, 5 and 7; all new to district students
- Texas Risk Assessment for Type 2 Diabetes: grades 1, 3, 5, and 7
- Scoliosis Screening: girls ages 10 and 12 or (fall semester grades 5 and 7) and boys ages 13 or 14 or (fall semester of grade 8)
- Screening results are documented in Skyward
- Parents receive written notification if their child failed a screening
- School Nurses have vision vouchers available for students who need assistance in getting professional eye exam/glasses
- Every student enrolled in Duncanville is required to have an up to date immunization record or an exemption affidavit
- Reviewing immunization records is an ongoing process

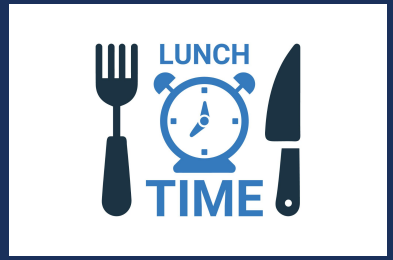


THANK YOU!

CHILD NUTRITION UPDATE

Child Nutrition Update 2023-24

- This year we have served:
  - 304,255 Breakfast
  - 939,632 Lunches
  - 2,226 After School Snacks



- After School Snack Programs Operating at:
  - Alexander Elementary
  - Central Elementary
  - Fairmeadows Elementary
  - Smith Elementary
  - Kennemer Middle



- Free/Reduced 82%

- TDA Administrative Review

New and Improved!

- ❑ New Point of Sale Hardware and Software Upgrade
- ❑ Parent Student Menu Meetings
- ❑ Parent Survey
- ❑ Menu Enhancements
- ❑ Six New Breakfast Menu Items
- ❑ K-8th Grade Menu included 12 new entrees
- ❑ K-8 Students 2 entree menu choices
- ❑ High School Menu Included 9 new entrees



Turnip the Beet

- Turnip the Beet Summer 2023-Gold Status
  - Locally produced fruits, vegetables and milk
  - 50% or more fresh fruit and vegetables
  - Promoted nutritious foods
  - Diversified menu



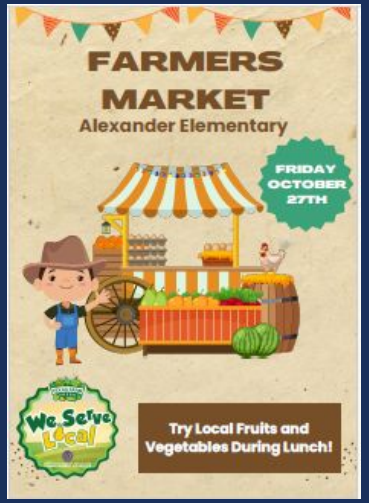




Farm Fresh Challenge

- Farm Fresh Challenge October 2023-Best of the Bunch!
  - 3 or more Texas foods each week
  - 1 Educational opportunity each week
  - 1 social media post weekly on Facebook, Instagram or Twitter







PHYSICAL ACTIVITY AND COORDINATED HEALTH

Physical Education

The Texas Education Code (TEC) §28.002(a)(2)(C) and State Board of Education (SBOE) rules in Texas Administrative Code (TAC) §74.1(a)(2)(C) identify PE as part of the required curriculum in Texas public schools. Additionally, SBOE rules in 19 TAC §74.2 and §74.3 require that a school district must provide instruction in all of the Texas Essential Knowledge and Skills (TEKS) for PE at elementary, middle, and high school.

High School Physical Education

The 19 TAC §74.12(b)(6)(F) limits the total number of PE credits that can be earned at 4.0 credits. Although only 1.0 PE credit is required for graduation, additional state elective credits may be earned by taking any combination of the approved TEKS-based PE courses or participation in approved substitution activities.

- Lifetime Fitness and Wellness Pursuits (1.0 credit)
- Skill-Based Lifetime Activities (1.0 credit)

Grades 6-8

The TEC §28.002(l) requires students enrolled in grade levels six, seven, and eight to participate in moderate or vigorous daily physical activity for at least 30 minutes for at least four semesters during those grade levels as part of the district's PE curriculum.

Grades Pre K - 5

The TEC §28.002(l) requires students enrolled in full-day prekindergarten, kindergarten, or a grade level below grade six to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year as part of the district's PE curriculum or through structured activity during a school campuses daily recess. To the extent practicable, a school district shall require a student enrolled in prekindergarten on less than a full-day basis to participate in the same type and amount of physical activity as a student enrolled in full-day prekindergarten.

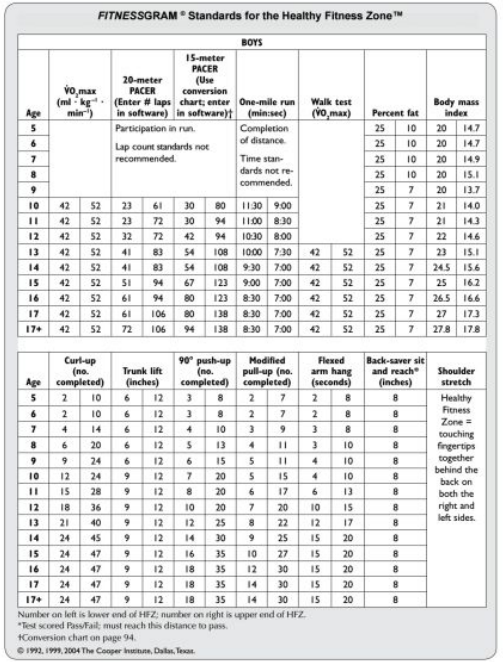
PE Substitutions

The PE substitution activities are listed in 19 TAC §74.12(b)(6)(C) and (D). In accordance with local district policy, credit for any of the state-approved PE courses may be earned through participation in the following activities: athletics, Junior Reserve Officer Training Corp (JROTC), drill team, marching band, cheerleading, and commissioner of education-approved private or commercially sponsored physical activity programs that are held on or off campus. All PE substitutions must adhere to 19 TAC §74.12(b)(6)(E) and must include at least 100 minutes per five day school week of moderate to vigorous physical activity. Credit may not be earned for any of the required state PE courses more than once. No more than four substitution credits may be earned through any combination of allowed substitutions.

Fitnessgram

Sec. 38.102. ADOPTION OF ASSESSMENT INSTRUMENT. (a) The commissioner by rule shall adopt an assessment instrument to be used by a school district in assessing student physical fitness under this subchapter. (b) The assessment instrument must: (1) be based on factors related to student health, including the following factors that have been identified as essential to overall health and function: (A) aerobic capacity (20 min Pacer Test); (B) body composition (height and weight); and (C) muscular strength, endurance, and flexibility(push ups, shoulder stretch, trunk lift, sit and reach) ; and (2) include criterion-referenced standards specific to a student's age and gender and based on the physical fitness level required for good health.

Fitnessgram



FITNESSGRAM® Standards for the Healthy Fitness Zone™

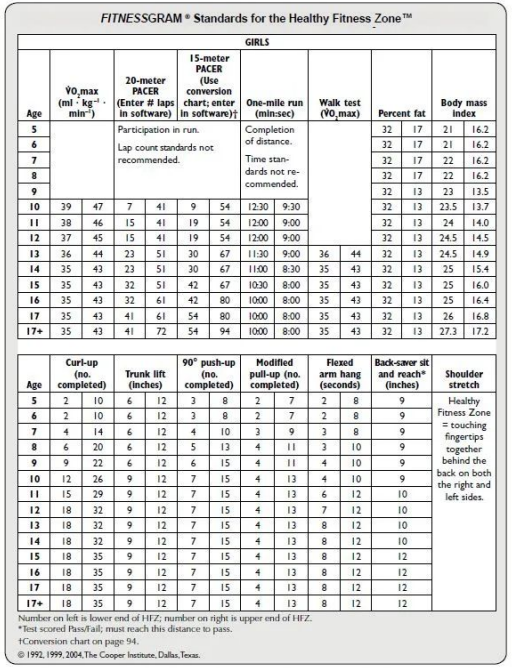
BOYS

Age	$\dot{V}O_2$max (ml · kg^{-1} · min^{-1})		20-meter PACER (Enter # laps in software)		15-meter PACER (Use conversion chart; enter in software)†		One-mile run (min:sec)		Walk test ($\dot{V}O_2$max)		Percent fat		Body mass index	
5			Participation in run. Lap count standards not recommended.				Completion of distance. Time standards not recommended.				25	10	20	14.7
6											25	10	20	14.7
7											25	10	20	14.9
8											25	10	20	15.1
9											25	7	20	13.7
10	42	52	23	61	30	80	11:30	9:00			25	7	21	14.0
11	42	52	23	72	30	94	11:00	8:30			25	7	21	14.3
12	42	52	32	72	42	94	10:30	8:00			25	7	22	14.6
13	42	52	41	83	54	108	10:00	7:30	42	52	25	7	23	15.1
14	42	52	41	83	54	108	9:30	7:00	42	52	25	7	24.5	15.6
15	42	52	51	94	67	123	9:00	7:00	42	52	25	7	25	16.2
16	42	52	61	94	80	123	8:30	7:00	42	52	25	7	26.5	16.6
17	42	52	61	106	80	138	8:30	7:00	42	52	25	7	27	17.3
17+	42	52	72	106	94	138	8:30	7:00	42	52	25	7	27.8	17.8

Age	Curl-up (no. completed)		Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)	Shoulder stretch
5	2	10	6	12	3	8	2	7	2	8	8	Healthy Fitness Zone = touching fingertips together behind the back on both the right and left sides.
6	2	10	6	12	3	8	2	7	2	8	8	
7	4	14	6	12	4	10	3	9	3	8	8	
8	6	20	6	12	5	13	4	11	3	10	8	
9	9	24	6	12	6	15	5	11	4	10	8	
10	12	24	9	12	7	20	5	15	4	10	8	
11	15	28	9	12	8	20	6	17	6	13	8	
12	18	36	9	12	10	20	7	20	10	15	8	
13	21	40	9	12	12	25	8	22	12	17	8	
14	24	45	9	12	14	30	9	25	15	20	8	
15	24	47	9	12	16	35	10	27	15	20	8	
16	24	47	9	12	18	35	12	30	15	20	8	
17	24	47	9	12	18	35	14	30	15	20	8	
17+	24	47	9	12	18	35	14	30	15	20	8	

Number on left is lower end of HFZ; number on right is upper end of HFZ.
*Test scored Pass/Fail; must reach this distance to pass.
†Conversion chart on page 94.
© 1992, 1999, 2004 The Cooper Institute, Dallas, Texas.

From *FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Fourth Edition,* by The Cooper Institute, 2007, Champaign, IL: Human Kinetics
© The Cooper Institute, 2007. All rights reserved. No further reproduction, duplication or distribution allowed without the express written permission of The Cooper Institute and Human Kinetics, Inc.



FITNESSGRAM® Standards for the Healthy Fitness Zone™

GIRLS

Age	$\dot{V}O_2$max (ml · kg^{-1} · min^{-1})		20-meter PACER (Enter # laps in software)		15-meter PACER (Use conversion chart; enter in software)†		One-mile run (min:sec)		Walk test ($\dot{V}O_2$max)		Percent fat		Body mass index	
5			Participation in run. Lap count standards not recommended.				Completion of distance. Time standards not recommended.				32	17	21	16.2
6											32	17	21	16.2
7											32	17	22	16.2
8											32	17	22	16.2
9											32	13	23	13.5
10	39	47	7	41	9	54	12:30	9:30			32	13	23.5	13.7
11	38	46	15	41	19	54	12:00	9:00			32	13	24	14.0
12	37	45	15	41	19	54	12:00	9:00			32	13	24.5	14.5
13	36	44	23	51	30	67	11:30	9:00	36	44	32	13	24.5	14.9
14	35	43	23	51	30	67	11:00	8:30	35	43	32	13	25	15.4
15	35	43	32	51	42	67	10:30	8:00	35	43	32	13	25	16.0
16	35	43	32	61	42	80	10:00	8:00	35	43	32	13	25	16.4
17	35	43	41	61	54	80	10:00	8:00	35	43	32	13	26	16.8
17+	35	43	41	72	54	94	10:00	8:00	35	43	32	13	27.3	17.2

Age	Curl-up (no. completed)		Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)	Shoulder stretch
5	2	10	6	12	3	8	2	7	2	8	9	Healthy Fitness Zone = touching fingertips together behind the back on both the right and left sides.
6	2	10	6	12	3	8	2	7	2	8	9	
7	4	14	6	12	4	10	3	9	3	8	9	
8	6	20	6	12	5	13	4	11	3	10	9	
9	9	22	6	12	6	15	4	11	4	10	9	
10	12	26	9	12	7	15	4	13	4	10	9	
11	15	29	9	12	7	15	4	13	6	12	10	
12	18	32	9	12	7	15	4	13	7	12	10	
13	18	32	9	12	7	15	4	13	8	12	10	
14	18	32	9	12	7	15	4	13	8	12	10	
15	18	35	9	12	7	15	4	13	8	12	12	
16	18	35	9	12	7	15	4	13	8	12	12	
17	18	35	9	12	7	15	4	13	8	12	12	
17+	18	35	9	12	7	15	4	13	8	12	12	

Number on left is lower end of HFZ; number on right is upper end of HFZ.
*Test scored Pass/Fail; must reach this distance to pass.
†Conversion chart on page 94.
© 1992, 1999, 2004, The Cooper Institute, Dallas, Texas.

From *FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Fourth Edition,* by The Cooper Institute, 2007, Champaign, IL: Human Kinetics
© The Cooper Institute, 2007. All rights reserved. No further reproduction, duplication or distribution allowed without the express written permission of The Cooper Institute and Human Kinetics, Inc.

Fitnessgram

Completion Rate

District - 92%

Elementary - 97%

Intermediate - 100%

High School - 79%

SHAC SURVEY



ADJOURNMENT