



SHAC REPORT

2023-2024

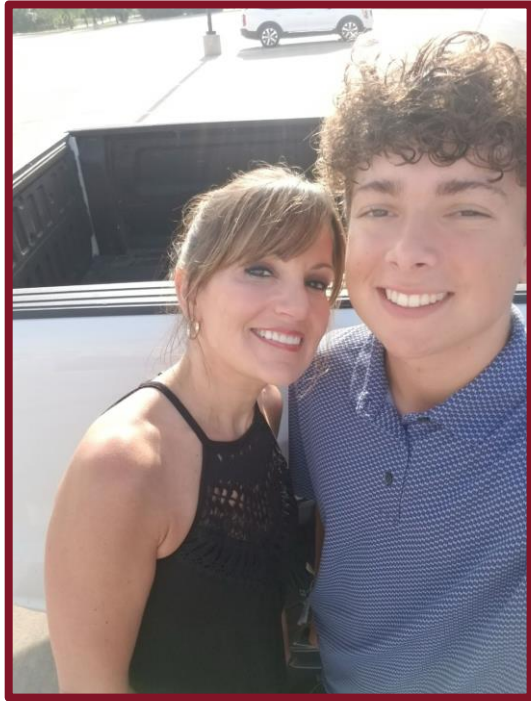
May 20, 2024

SHAC | ROLE

- Support the district in aligning with local community values
- Play a crucial role in the intersection of health and learning
- Strengthen the knowledge and skills essential for promoting 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>	<i>Byron Nelson</i>
<i>Whitney Milson, Vice Chair</i>	<i>Wayne Cox</i>
<i>Julie Wright, Secretary</i>	<i>Northwest</i>
Steven Arnold	Schluter
Kristy Cloutier	Hatfield
Rebekkah Dellacio-Bazley	Health Services Coordinator
Teresa English	Adams
Ashley Gaither	Northwest
Kiley Hora	Northwest, Pike

<u>NAME</u>	<u>CAMPUS</u>
Laynie Johnson	Wilson
Debra Nesbitt	Hatfield, Chisholm Trail
Nikki Nies	Aramark
Taffy Olszewski	JC Thompson
Esmeralda Perez	Tidwell
Elisa Shankle	Hatfield
Michelle Shilling	District Representative
Melody Shue	Pike
Steve Werner	Prairie View



SHAC | PRESENTATIONS

HOWDY HEALTH

- Tarrant County Representative
- Free Resource: Walk Across Texas
- Employee Wellness Challenge

FENTANYL PRESENTATIONS

- EverFi
- Recovery Resource Council
- Educational programs available

MENTAL HEALTH FIRST AID

- Denton County Community Outreach
- NISD employee training
- Curriculum includes warning signs,
a 5 step plan and resources

DENTON COUNTY

- Mental Health Navigation Program
- Follow-Ups
- Connects individuals with
additional resources



SHAC | ACCOMPLISHMENTS

- Provided volunteers & support for the Reindeer Romp
- Hands Only CPR & AED training for all 8th graders
- Kids Heart Challenge
- 21 Day Challenge / Kids Teaching Kids
- Walkabout Wednesday at the OLC
- Fit Don't Quit - Employee Wellness Challenge



1,754
PARTICIPANTS

NANCE ELEMENTARY RUN CLUB





REINDEER ROMP 2023

KIDS Heart Challenge



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 us 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 needs
- Lesson Plans: conflict resolution, bullying, teamwork
- Coloring Walls: 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 Center: 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 on-site resources
- Newsletters: stress, sleep, workouts and healthy recipes
- Learning: Hands-Only CPR



APPLE-ATION MOUNTAIN

NORTHWEST ISD - BYRON MELSON HIGH SCHOOL
CALEB HAMMACK, CHRISTINE NGUYEN,
DOMINICK COSTI, SURI CAPORER, GUNNAR JETTON

WATCH THE RECIPE VIDEO

NUTRITION FACTS PER SERVING			
Calories	90	Fiber (g)	4.0
Fat (g)	0.0	Sugar (g)	14.0
Saturated fat (g)	0.0	Added sugar (g)	2.0

EQUIPMENT

- Apple cutter (use with adult permission)
- Measuring spoon
- Cutting board
- Microwave
- Microwave-safe bowl
- Measuring cup
- Butter knife

INGREDIENTS (MAKES 1 SERVING)

- ¼ Honeycrisp apple, fresh, small
- 1 honey graham crackers, low-fat (½ of a sheet)
- ¼ tsp cinnamon, ground (keep a very small pinch aside to garnish at the end)
- ¼ cup whipped cream, canned, fat-free
- 2 strawberries, fresh, small

STEP-BY-STEP DIRECTIONS

- With an adult's permission, use an apple cutter to slice the apple.
- Place apple slices in a microwave-safe bowl. Sprinkle apples with cinnamon.
- Microwave apple slices for 90 seconds. Wait a few seconds for the bowl to cool before removing.
- Place the graham cracker on the of the apple slices.
- Add whipped cream to create a mountain on top of the apple slices and graham cracker.
- Use a butter knife to cut each strawberry into 4 pieces and place them around the whipped cream.
- Sprinkle with a pinch of cinnamon to garnish (if desired). Enjoy!

Mindful Video
MINDFUL MOVEMENT

Activity Video
VOLLEY DEMONSTRATION



2,316 students participated

45% reduction of chips

41% reduction of cookies / candy

46% reduction of sodas / energy drinks

10% increase in fruits / vegetables



EMPLOYEE WELLNESS | *Fit Don't Quit*

TOTAL MILEAGE

152,346

**AVERAGE MILEAGE PER
DAY**

2,720

TOTAL PARTICIPANTS

750



WEEKLY WINNERS | *Fit Don't Quit*



1 **Worst Pace Scenario**
Pike MS



2 **#BabyGotTrack**
JC Thompson ES



3 **Girl Power**
Seven Hills ES



4 **Fireballs**
Administration



5 **Flab-U-Less**
Cox ES



6 **People Who Walk Slow**
Beck ES



7 **E-Wing Crew**
Byron Nelson HS



8 **Young & the Breathless**
Eaton HS



Thank you