

SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

What they are and why your school needs one



What is a SHAC?

- A SHAC is a group of people (parents, staff, community members) who advocate for the health of staff and students.

What are the benefits of a SHAC?

- A healthy school environment sets students up for academic success, helps to establish lifelong healthy habits, and paves the way for a brighter future.

Determine the health needs of the school



Make recommendations that address these needs



Evaluate the success of these recommendations once implemented

Ensure that there are safe, well-established routes for students who walk or bike to school.



What does a SHAC do?

- SHACs work to address all aspects of school health by determining which areas need to be improved and setting goals based on their assessments.

Here are some suggested changes that a SHAC can recommend to their school.

Grow a school garden so that students can learn about food production.



Brainstorm ideas for activity-based fundraisers.



Encourage activities that promote movement in the classroom.

Replace unhealthy options in vending machines with healthier ones.



HELP BUILD A HEALTHIER FUTURE – TALK TO YOUR PRINCIPAL TODAY ABOUT FORMING A SHAC IN YOUR SCHOOL.