

SCHOOL HEALTH ADVISORY COUNCIL



Annual Written Report 2022-2023

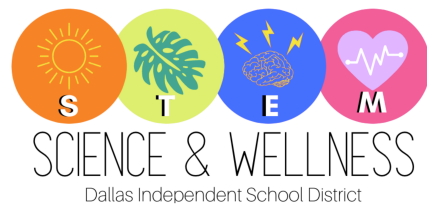
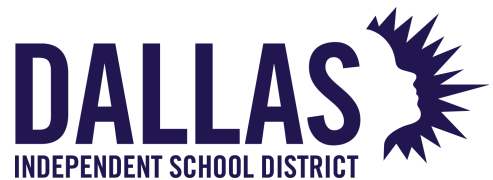


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School Health Advisory Council (SHAC)

Every school district is required by law to have a School Health Advisory Council; of which the majority of members must be parents of an enrolled student, and who are not employed by the school district. SHAC members are appointed by the Board of Trustees on a yearly basis, and will meet as a council at least four times each school year.

A SHAC is appointed by the school district to serve at the district level and to provide guidance to the district on coordinated school health programming and its impact on student health and learning. The group of individuals represent segments of the community.

Mission and Purpose

Dallas Independent School District recognizes the value of input from parents and local community representatives as the District continues its efforts to ensure that the District continues to be recognized as a unified district that promotes equal educational opportunities in the areas of health and wellness to all students regardless of race, national origin, ethnicity, gender, sexual orientation, religion, socioeconomic status, disability, gender identity, or gender expression.

The purpose of the District School Health Advisory Council (SHAC) is to ensure that local community values are reflected in the District's health education instruction.

All SHAC members who participated in SHAC meetings this year signed and returned a conflict of interest form before actively participating in their first SHAC meeting.

2022-2023 SHAC Membership Composition

Total # of Parents (Percentage)	Total # of Community Organization / Group Representatives (Percentage)	Total # of Appointed SHAC Members
14 (58%)	10 (42%)	24

Member Attendance Per SHAC Meeting

2021-2022	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5	Average Attendance
Members in Attendance	17	15	9	10	9	12

Meeting Dates	Topics
<p>Meeting 1 December 6, 2022</p>	<p>SHAC Duties and overview of this year's focus areas.</p> <ul style="list-style-type: none"> ● SHAC duties and guidelines ● Local Wellness Policy (LWP) as primary focus for the year <ul style="list-style-type: none"> ○ Website to read and review FFA (Regulation) ○ Triennial assessment of implementation results from 2021 - 2022 was reviewed ○ Health and Wellness component parts: <ul style="list-style-type: none"> ◆ Food and Child Nutrition Services ◆ Physical Fitness ◆ Other Health Services ● Four public viewings to be held in January ● Physical Activity and Fitness subcommittee - request for members
<p>Meeting 2 February 7, 2023</p>	<p>Overview of the Local Wellness Policy and its component parts.</p> <ul style="list-style-type: none"> ● Local Wellness Policy component parts include: nutrition promotion and education, physical activity, and other school-based activities that promote student wellness ● Food and Child Nutrition Services department presented changes to FFA (Regulation) <ul style="list-style-type: none"> ○ Information condensed and outdated information removed ○ Allotted time for lunch updated from 20 minutes to 30 minutes
<p>Meeting 3 March 21, 2023</p>	<p>Review and understand the District's action plan to increase fentanyl awareness and prepare for opioid antagonist use in the district.</p> <ul style="list-style-type: none"> ● Overview of district strategies to combat fentanyl and opioid dangers: teacher training, student training, parent newsletter, parent workshop, medication disposal, community forum, and a dashboard of community resources ● Rationale is the current public health crisis and increase in overdoses in surrounding communities as well as to adhere to state mandates for opioid awareness and education ● Plans to stock, train, and administer opioid antagonists were outlined
<p>Meeting 4 April 11, 2023</p>	<p>The Local Wellness Policy's elementary and secondary health education related content as well as physical activity related content was reviewed and recommendations for revision were made.</p> <ul style="list-style-type: none"> ● Health Education related revisions: <ul style="list-style-type: none"> ○ Students will receive instruction over the Health Education TEKS specific to nutrition education for their grade level ○ STEM Health and Physical Education department to provide curriculum resources to integrate grade level nutrition education for Health and / or PE classrooms ○ Professional development to be offered at least twice per year to teachers and other staff who provide health-related and / or nutrition education instruction ● Physical activity related revisions:

	<ul style="list-style-type: none"> ○ The Physical Fitness and Activity subcommittee recommended that the three sub-categories within the Local Wellness Policy Survey in FFA(Exhibit) - Physical Education, Physical Activity Opportunities, and Physical Activity Punishment be merged into one category called Physical Activity. No other changes were proposed for the Physical Education portion of the LWP. ○ The HPE department has also enhanced their webpage and curriculum resource page to provide easy access to lessons and activities for teachers as well as the promotion of co-curricular activities related to HPE.
<p>Meeting 5 May 2, 2023</p>	<p>The Local Wellness Policy’s Mental Health Services and Health Services related content was reviewed and recommendations for revisions were made.</p> <ul style="list-style-type: none"> ● Mental Health Services department shall be included in the next iteration of the Local Wellness Policy with specific regard to: <ul style="list-style-type: none"> ○ Annual campus needs assessment ○ Psychotherapeutic services ○ Teachers and staff mental health training ● Health Services recommended: <ul style="list-style-type: none"> ○ Condensing language to make content more concise ○ Adding language for Remote Healthcare Technology ● A motion to accept the recommended LWP revisions as presented to SHAC during the 2022 - 2023 school year was made, seconded, and approved via general consent vote. ● The recommended changes for FFA(Regulation) and FFA(Exhibit) will be submitted to the Chief’s cabinet for approval.

Physical Activity and Fitness Planning Subcommittee

Per [BDF \(LEGAL\)](#), the SHAC shall establish a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness to make policy recommendations to increase physical activity and improve fitness among students.

SHAC members were given the opportunity to join the Physical Activity and Fitness Planning Subcommittee during SHAC meeting #1, on December 6, 2022. The subcommittee met twice on February 15 and March 9, 2023.

The focus of this year’s subcommittee work was to review the revisions of the physical activity content within FFA (Regulation). The Physical Fitness and Activity subcommittee recommended that the three sub-categories within the Local Wellness Policy Survey in FFA(Exhibit) - Physical Education, Physical Activity Opportunities, and Physical Activity Punishment be merged into one category called Physical Activity. No other changes were proposed for the Physical Education portion of the LWP.

Corresponding edits were recommended for FFA (Exhibit) as well as to the Local Wellness Policy Checklist Companion Guide. A presentation of the findings from the subcommittee’s review was made to the SHAC committee during the April 11, 2023 meeting.