



# School Health Advisory Council

MONTGOMERY COUNTY SCHOOLS

NOVEMBER 4, 2019

# What is SHAC?

- ▶ School Health Advisory Council is an advisory group composed of individuals selected primarily from the health and education segments of the community. The group acts collectively in providing advice to the school system on aspects of the school health programs. The members of the council are appointed by the school system to advise the school system.



# What do SHAC's do?

SHAC's provide an efficient, effective structure for creating and implementing an age-appropriate, sequential health education program, and early intervention and prevention strategies that can easily be supported by families and community stakeholders. SHAC's address all elements of the school's health program including but not limited to: health instruction, school environment, health services, physical education, school counseling, food services, and health of staff and students.



# Board Policy on Student Wellness

Policy Code 6140

## STUDENT WELLNESS

Policy Code: 6140

The board recognizes that it is important for students to maintain their physical health and receive proper nutrition in order to take advantage of educational opportunities. The board further recognizes that student wellness and proper nutrition are related to a student's physical well-being, growth, development, and readiness to learn. The board is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. As part of that commitment, the board directs the superintendent to oversee the development, implementation, and ongoing evaluation of this policy and other school system efforts to encourage students to be healthy and active, including compliance with the State Board of Education's Healthy Active Children Policy, SHLT-000, as further described in Section F, below. The superintendent may designate a school system official to carry out this responsibility ("lead wellness official").

The superintendent or designee shall make the most current version of this policy available to members of the school community and the public by posting it on the school system website and/or by distributing it annually through other means reasonably intended to reach the school community and public. In addition, the superintendent or designee shall provide a copy of this policy to the North Carolina Department of Public Instruction (NCDPI) when requested to do so.

### A. SCHOOL HEALTH ADVISORY COUNCIL

The board will maintain a school health advisory council to help plan, update, implement, promote, and monitor this policy as well as to address other health and nutrition issues within the school district. The council serves as an advisory committee regarding student health issues and works in conjunction with the lead wellness official charged with oversight of this policy and the school system's efforts to promote student and employee health and wellness in compliance with state and federal requirements. The council is authorized to examine related research and laws, assess student needs and the current school environment, review existing board policies and administrative regulations, collaborate with appropriate community agencies and organizations, and help raise awareness about student health issues. The council also may make policy recommendations to the board related to this policy and other policies concerning student wellness and in conjunction with the lead wellness official, shall periodically-suggest and suggest revisions to this policy.

In addition, the council may assist in the development of a plan for measuring and assessing implementation of this policy and in developing methods to inform and update the public about the content and implementation of this policy as described in Sections F and G, below.

The council will be composed of representatives from the school district, the local health department, and the community. The council must include members of each of the following groups: the school board, school system administrators, school nutrition representatives, physical education teachers, school health professionals, students, parents

# SHAC Message

- ▶ Influencing students to lead healthy and productive lives is likely to be most effective when schools, the community, and parents work together. Each has unique resources, each can access students in ways the other can not, and each has different means of influencing the behaviors of young people.



# Council Meetings

## ▶ **2019-2020 School Health Advisory Council Dates**

Meet on Wednesday's from 12 (lunch time) -1:00 on the following dates. All meetings are open to the public.

- ▶ October 9, 2019
- ▶ December 11, 2019
- ▶ February 12, 2020
- ▶ April 8, 2020



# SHAC Meeting

October 9, 2019  
Meeting Agenda



441 Page Street • P.O. Box 427  
Troy, North Carolina 27371-0427  
PHONE: (910) 576-6511 • FAX: (910) 576-2044

Montgomery County Schools Health Advisory Council  
Promoting Healthy Youth and Healthy Schools

## Agenda—October 9, 2019

Welcome

Review of Minutes from April 10, 2019

Teen Pregnancy/Title V

Pre-K/ 21<sup>st</sup> CCLC Afterschool

Child Nutrition

Girls on the Run

Dental/Vision/Hearing Screenings

Fluoride Program

Health Assessments/Immunizations

CPR

Review/Planning of Goals

Adjournment

\*CQI Meeting and Update\*

12:00-1:00pm

Vance Thomas

Vance Thomas

Dr. Takeda LeGrand

Vance Thomas

Donnie Lynthacum

Tracy Grit

MCS Nurses

MCS Nurses

MCS Nurses

MCS Nurses

Vance Thomas

Vance Thomas

# Council Members

MCS STAFF, SCHOOL BASED HEALTH  
CENTER STAFF, FIRSTHEALTH,  
MONTGOMERY COUNTY SOCIAL  
SERVICES AND HEALTH DEPARTMENT,  
TOWN GOVERNMENT OFFICIALS,  
COOPERATIVE EXTENSION SERVICE,  
COUNSELING SERVICES, PARENTS,  
AND

MCS STUDENTS



# Looking back at 2018-2019...

**Implementation of a Mental Health Policy**  
**Additional Mental Health Programs and Counseling**  
**MARCHES**  
**Strengthening Families**  
**Dental Sealants and Fluoride Program**  
**CPR and First Aid**  
**Dance To Be Fit**  
**Biggest Loser Challenge**

**Updated Medication Policy**  
**Girls on the Run**  
**Daily Mile Program**  
**Decrease in Pregnancy Rate**  
**JDRC Program**  
**Child Health Assessments**  
**Nutrition Classes**  
**Immunization Clinics**

# Focus for 2019-2020

The School Health Advisory Council will focus our program initiatives on two major goals for the 2019-2020 school year.

Mental Health

Vaping and E-Cigarettes



# School Health Advisory Council

- ▶ We appreciate your support.
- ▶ Any Questions?





*For more information or to join our group:*

VANCE THOMAS  
DIRECTOR OF EARLY CHILDHOOD EDUCATION PROGRAMS  
SHAC CHAIRPERSON  
MONTGOMERY COUNTY SCHOOLS