



SCHOOL HEALTH ADVISORY COUNCIL



DALLAS
INDEPENDENT SCHOOL DISTRICT

2023-2024
Annual Written Report



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2023-2024 ANNUAL WRITTEN REPORT

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 & 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.





2023 -2024 SHAC MEMBER COMPOSITION

Total # of Parents (Percentage)	Total # of Community Organization / Group Representatives (Percentage)	Total # of Appointed SHAC Members
12 (60%)	8 (40%)	20

2023 -2024 MEMBER ATTENDANCE PER SHAC MEETING

Meeting 1	Meeting 2	Meeting 3	Meeting 4
7	11	13	6



MEETING DATES & TOPICS



	Meeting 1	Meeting 2	Meeting 3	Meeting 4
Date	December 5, 2023	February 13, 2024	April 9, 2024	May 7, 2024
TOPIC	<ul style="list-style-type: none"> • SHAC Roles & Responsibilities • Youth Risk Behavior Survey Overview • Request for Physical Fitness Subcommittee Volunteers 	<ul style="list-style-type: none"> • Health Services & Mental Health Services Fentanyl Updates • Food & Child Nutrition Services Youth Risk Behavior Survey Action Plan 	Youth Risk Behavior Survey Action Plans <ul style="list-style-type: none"> • Mental Health Services • Health Services 	<ul style="list-style-type: none"> • Food & Child Nutrition Services Regulatory Update • Health & Physical Education Youth Risk Behavior Survey Action Plan • Physical Activity & Fitness Subcommittee Recommendations



PHYSICAL ACTIVITY & FITNESS SUBCOMMITTEE

REGULATORY REQUIREMENT

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



SUBCOMMITTEE MEETINGS

SHAC members were given the opportunity to join the Physical Activity and Fitness Planning Subcommittee during SHAC meeting #1, on December 5, 2023 and SHAC meeting #2, on February 13, 2024. The subcommittee met three times: March 4, April 3 and April 25, 2024.



RECOMMENDATIONS

- **Tent assembly, disassembly and proper storage training** for Lifetime Recreation & Outdoor Pursuits course
- Include opportunities aligned to TEKS for **engagement at the Environmental Education Center** for Health & PE courses
- Develop physical movement **brain breaks** offered to students during academic instruction