



SHAC REPORT

2024-2025

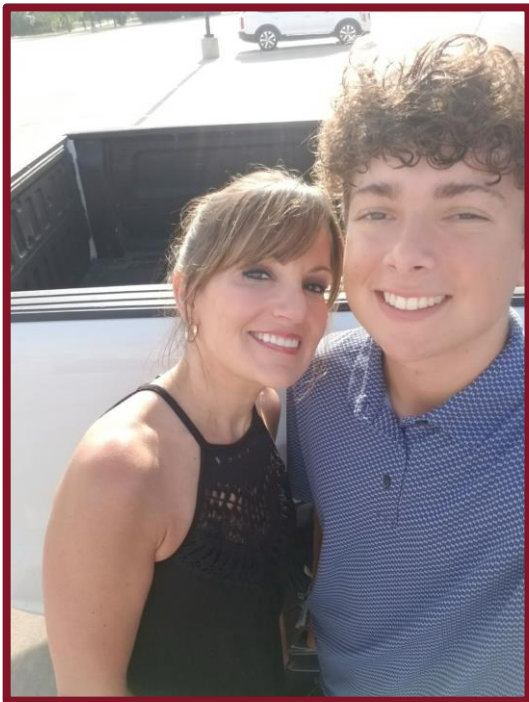
May 19, 2025

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> | Byron Nelson |
| <i>Whitney Milson, Vice Chair</i> | Cox |
| <i>Julie Wright, Secretary</i> | Texas Health |
| Kaitlan Thomas | Peterson |
| Melody Shue | Northwest |
| Kiley Hora | Steele, Northwest, Pike |
| Laynie Johnson | Wilson |
| Ashley Gaither | Northwest |
| Elisa Shankle | Hatfield, Chisholm Trail |
| Yen Brown | NISD Support Services |

| <u>NAME</u> | <u>CAMPUS</u> |
|--------------------------|------------------------|
| Anthony Moore | Aramark |
| Rebekkah Dellcaio-Bazley | NISD Health Services |
| Vernell Dunn | Aramark |
| Colton Harrison | Byron Nelson |
| Teresa English | Adams |
| Melissa Baird | Daniel |
| Lisa Black | Byron Nelson, Pike |
| Lana Martin | Wilson, Sendera Ranch |
| Michelle Shilling | District Administrator |
| | |



SHAC | PRESENTATIONS

BOYS & GIRLS CLUB

- *LifeSkills Training* program
- Positive Action
- Support Groups

ASPIRE PROGRAM

- M.D. Anderson program
- A smoking prevention interactive experience
- Five modules - P.E. classes

CREDIBLE MIND

- United Way Denton County
- Free & Confidential
- Mental health support



SHAC | RECOMMENDATIONS

LOCAL WELLNESS POLICY

FOOD SERVICES

- Clean, safe spaces and enough time to eat
- Follow Smart Snacks standards, including fundraisers
- No deep fryers in elementary/middle schools
- No caffeine for elementary/middle schools (except trace amounts)
- Promote healthy choices and dietary guidelines
- Boost breakfast/lunch participation through education & marketing

EXCEPTION - FUNDRAISERS

- Six exemption days per campus, per school year
- Non-compliant food/beverages may be sold during the school day
- Sales must not compete with cafeteria meals during meal service
- Exemption Days must be:
 - Approved by the Free or Reduced Program Specialist
 - Reported to the Child Nutrition Department

SHAC | ACCOMPLISHMENTS

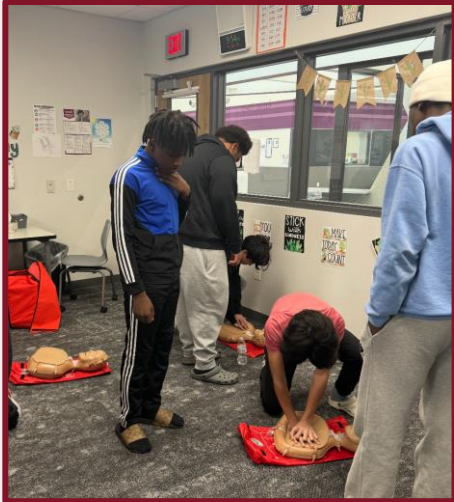
- Provided volunteers & support for the Reindeer Romp
- Hands Only CPR & AED training
- Kids Heart Challenge
- 21 Day Challenge / Kids Teaching Kids
- Walktober
- Fit Don't Quit

1,592

PARTICIPANTS



AMERICAN HEART ASSOCIATION



HULA DISC CATCH



- TAKE TURNS THROWING FRISBEES TO TEAMMATE STANDING IN HULA HOOP
- WHEN A CATCH IS MADE TAKE ONE BEAN BAG BACK TO TEAMMATE

TRASHTOSS DISC CHALLENGE



- TEAMMATES STAND BEHIND TRASH CANS ACROSS FROM ONE OTHER
- TAKE TURNS THROWING FRISBEES, AIMING FOR THE TRASH CAN
- TEAMMATES WILL TRY TO ASSIST EACH OTHER IN LANDING THE FRISBEE INSIDE THE TRASH CAN



2,407 students participated

50% reduction of chips

41% reduction of cookies / candy

43% reduction of sodas / energy drinks

13% increase in fruits / vegetables



EMPLOYEE WELLNESS | WALKTOBER

 615 participants

 Walked 93,200,000 steps

 Drank 484,000 ounces of water



EMPLOYEE WELLNESS

Fit Don't Quit



WEEKLY WINNERS |

Fit Don't Quit



1

Holy Walkamolies
Eaton HS



2

The Library Legends
Byron Nelson HS



3

Cirque de Sore Legs
Cox ES



4

Code Nike!
Cox ES



5

Pep in Ya Step
Worthington MS



6

Code & Cargo
NISD Buildings





Thank you

Reindeer Romp
2024

