

SCHOOL HEALTH ADVISORY COUNCIL 2023-2024 REPORT

2023-2024 RECAP

The SHAC met four times during the 2023-2024 school year.

In November, the SHAC discussed Substance Use Prevention education. Specifically, opioid education as mandated by HB 3908. Opioid Education is presently being provided for parents. Discussion will be had at a later time relating to specific education that can be provided to students to adhere to the mandates.

In January, the Willis ISD Wellness policy was presented by Michael Northey, Director of Child Nutrition and Brad Mansfield, Director of Student Services for review and approval by SHAC. Areas of improvement were noted in the Physical Education department and further discussion indicated that collaboration with PE coaches would be helpful. Scores for the wellness policy were assigned to each category and approved by SHAC.

In February, an overview of Tucker's law education materials and presentations were provided to SHAC referencing dates and topics to be discussed with grades 6-12th. Tri-County's substance abuse prevention staff will facilitate the sessions for Willis ISD SHAC member, Michelle Scaife, gave a presentation as an overview of a program from Texas AgriLife Extension called *Learn Grow Eat Go* and *Walk Across Texas* to potentially be considered for implementation in the district to help meet PE goals and standards.

In April, Brad Mansfield addressed the SHAC with updates from PE coaches. There was discussion about implementing before or after school programs that help include students and/or parents in PE activities outside of school to encourage physical activity. PE teachers are to collaborate and get back with ideas.

Kelly Locke discussed *Personal Body Safety* books with SHAC. She addressed the potential to switch the 2nd and third grade books since they appear to be more applicable for those grades. The topic was put to a vote and the committee unanimously agreed to switch the books for 2nd and 3rd grades.

Other topics SHAC discussed throughout the year:

Child nutrition and collaboration with the Director of child nutrition regarding nutritional concerns, Willis ISD wellness center and its benefits for staff, health fair, food handlers certification course, and infant car seat safety.

2024 RECOMMENDATIONS:

SHAC would like to continue promoting healthy eating habits, encouraging physical education amongst students and parents, to utilize the local Agrilife extension office as a resource to distribute and implement educational courses/programs, and consider organizing a further health fair.

