DALLAS INDEPENDENT SCHOOL DISTRICT

SCHOOL HEALTH ADVISORY COUNCIL 2024-2025 ANNUAL WRITTEN REPORT

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2024-2025 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.

SHAC 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.

2024- 2025 SHAC Membership Composition

Total # of Parents (Percentage)	Total # of Community Group/ Organization Representatives (Percentage)	Total # of Appointed SHAC Members
9 (56%)	7 (44%)	16

2024- 2025 Member Attendance Per SHAC Meeting

Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5
9	4	9	9	7

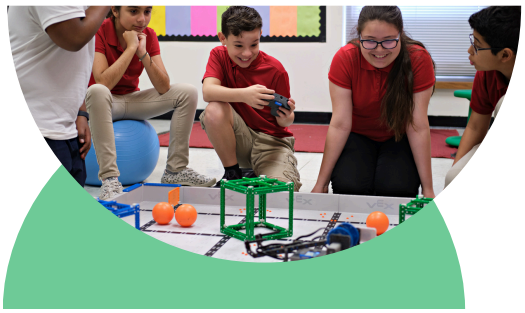
SHAC Meeting Dates & Topics

	Meeting 1	Meeting 2	Meeting 3	Meeting 4	Meeting 5
Date	January 13, 2025	February 10, 2025	March 19, 2025	April 14, 2025	May 19, 2025
Topic	SHAC Roles & Responsibilities Request for SHAC Co-Chair and Physical Activity & Fitness Subcommittee Volunteers	Health Services Legislative Updates & Youth Risk Behavior Survey Action Plan	Food Child & Nutrition Services Legislative Updates & Youth Risk Behavior Survey Action Plan	Mental Health Services Legislative Updates & Youth Risk Behavior Survey Action Plan	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 January 13, 2025 and SHAC meeting #2, on February 10, 2025. The subcommittee met two times: February 25, 2025 and March 25, 2025.

Suggestions

- Offer **movement breaks** to secondary students during lunchtime and elective classes, including Health, Physical Education, & World Languages courses.
- Movement breaks during instruction aim to support higher academic performance, improve executive functioning and positively impact self-control (Stobaugh, 2023).

Movement Break Examples

Squats

Leg Lifts

Outdoor Movement Opportunities