

## **Annual SHAC Report to the Garland ISD Board of Trustees**

After having our four meetings of the 2013-2014 school year, the Garland ISD School Health Advisory Council (SHAC) has the following recommendations to the Board of Trustees:

- **Maintain the local .5 Health Education credit for High School graduation.** Our Health Curriculum covers the following areas:
  - Personal Health and Wellness
  - Social, Mental, and Emotional Health
  - Injury Prevention and Safety
  - Substance Abuse
  - Nutrition and Physical Activity
  - Growth, Development, and Sexual Health

***The SHAC believes that all of these topics are essential life skills. For some of our students, this required Health class is the only place they will receive this information.***

- Adopt Cold Weather Guidelines for the Elementary Campuses to insure student and faculty safety. (See Page 5 & 6)
- Allow for the posting of information about the state mandated Fitnessgram Physical Fitness Test on the Garland ISD website.
- Use digital delivery of Fitnessgram results when possible to students, to insure that their HIPPA rights are being protected.

As required by law, the Garland ISD School Health Advisory Council (SHAC) is required to report to the school board at least once annually with detailed accounts of the SHAC activities and recommendations.

The Garland ISD School Health Advisory Council (SHAC) met four times this school year:

| <b>SHAC Meeting Dates</b> |
|---------------------------|
| November 13, 2013         |
| February 5, 2014          |
| March 5, 2014             |
| April 9, 2014             |

The members of the School Health Advisory Council (SHAC) members for the 2013-2014 school year from Garland ISD were:

|                     |                                       |
|---------------------|---------------------------------------|
| Maggie Willis       | Director of Health Services           |
| Glenda Lewis        | Director of Food Services             |
| Bob Jackson         | Director of Security                  |
| Alan Smith          | Director of Risk Management           |
| Dr. Butch Sloan     | Chief Technology Integration Officer  |
| Ruby Hart-Armstrong | Director of Guidance and Counseling   |
| Louise Gartrell     | Health/Physical Education Coordinator |

In an attempt to align the structure of the School Health Advisory Council (SHAC), with the new structure of the school district, the SHAC attempted to obtain a parent representative from each of the 7 areas of Garland ISD.

| <b>Area</b> | <b>Parent Representative</b>              |
|-------------|---|
| <b>1</b>    | Gloria Cook<br>Dr. Karana Fairley         |
| <b>2</b>    | Open                                      |
| <b>3</b>    | Dana York                                 |
| <b>4</b>    | Lourdes McCain<br>Merna Harshman-Martinez |
| <b>5</b>    | Open                                      |
| <b>6</b>    | Tiffany Shelby                            |
| <b>7</b>    | Oscar Garcia                              |
|             | Robert Selders (Parent Co-Chair)          |

In addition to parent representatives added to the School Health Advisory Council (SHAC), two community members were also added:

| <b>SHAC Member</b> | <b>Agency Represented</b>                  |
|--------------------|--|
| Stephanie Dean     | Baylor, Scott & White<br>Wellness Director |
| Jenny Eyer         | Children At Risk                           |

Listed below are the items that were discussed at each of the School Health Advisory Council (SHAC) Meetings:

*November Agenda:*

- Fitnessgram Data
- Update on the Healthy @ HEB  
Community Challenge
- Addition of New Members from each of the  
Garland ISD 7 Areas

### *February Agenda:*

- Introduction of New Members
- Cold Weather Guidelines for Elementary Schools
- Fitnessgram Report Data—discussion on how and when the data should go home
- Presentation of Shorehaven's Glow Run

### *March Agenda:*

- Final Review of Cold Weather Guidelines
- Information on how Fitnessgram 10 will send testing data to students and parents
- Review of information to be placed on the GISD website regarding accessibility to Fitnessgram information
- HB 5 Update—HB 5 does not require Health credit for graduation. Discussion among the SHAC members of keeping Health as a local graduation requirement
- Presentation from Leah Oliver, American Heart Association

### *April Agenda*

- Discussion of the components of the HB 5 Self-Report Physical Education/Wellness Components
- Review of the sample report to the School Board
- Viewed GRS-TV School Scene interview with Derek Storey, Ethridge Elementary Physical Education teacher.
- In accordance with HB 1018, the SHAC Physical Activity & Fitness Sub-Committee met after the general April meeting. Information was requested as to how many community agencies utilize GISD gyms during the school year.



**Garland Independent School District**

DATE: December, 2013

TO: Elementary Principals

FROM: Chris Moore, Executive Director, Communications

Maggie Willis, Director of Health Services

Louise Gartrell, Health / PE Coordinator

RE: Cold Weather Guidelines for Elementary Schools

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Purpose:

The purpose of these guidelines is to protect the health and safety of the Garland ISD students. It is not the intent that schools eliminate physical education or other outdoor programs. However, it is recommended that certain activities be limited or revised during those times when negative health or safety consequences are most likely to occur.

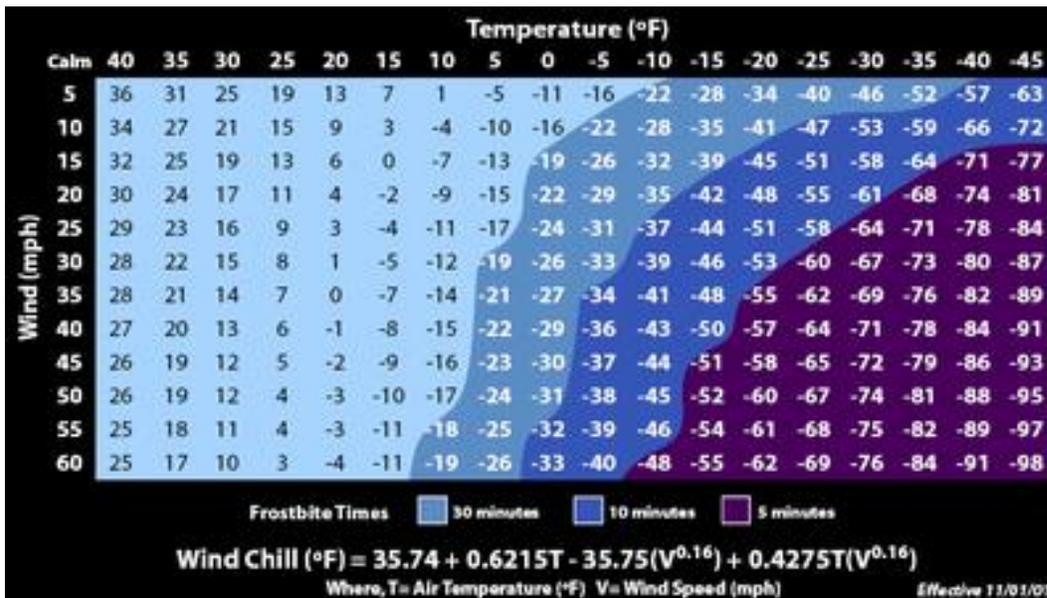
The Communications Department will monitor several weather sites. If a forecast indicates the possible need to keep children indoors, an email will be sent to each elementary campus with an hourly forecast. You may also monitor the hourly weather at [www.weather.com](http://www.weather.com) or [www.accuweather.com](http://www.accuweather.com)

Guidelines for Cold Weather:

- Students should not play outside when the temperature or wind chill drops below 32 degrees.
- “Wind Chill” is the apparent air temperature felt on exposed skin due to air.
- On days when the temperature is unseasonably cold, outside time should be restricted to no more than 15 minutes.
- Students who are inappropriately dressed for the colder weather should remain indoors under supervision.

- If a student's medical condition requires further consideration due to weather conditions, student should remain indoors or be monitored closely while outside.
- On days where ice is present on school grounds, student should remain indoors to prevent slips and falls.

Guidelines for Determining Wind Chill Index:



Dear Garland ISD Families:

As part of your child's Physical Education program, Garland ISD students in 3<sup>rd</sup> through 12<sup>th</sup> grade will be participating in the FITNESSGRAM physical fitness assessment.

Garland ISD considers FITNESSGRAM a quality assessment for three reasons:

1. FITNESSGRAM assessments use criterion-referenced standards. This means that a student can compare his/her scores with standards that have been identified for good health. This type of score prevents students from being compared to other students participating in the assessment.
2. FITNESSGRAM assesses the current fitness level of students and promotes individual goal setting to allow students to take ownership of their health.
3. FITNESSGRAM does not assess skill or athletic ability.

FITNESSGRAM will be used by all students in 3<sup>rd</sup> through 12<sup>th</sup> grade that are enrolled in a Physical Education class regardless of age, gender, or ability. Students are encouraged to be self-aware of their health-related fitness and to take responsibility by setting personal fitness goals. When students focus on improving their fitness level, a positive lifelong impact can be achieved.

Please make sure that your child is appropriately dressed on the fitness assessment days. This includes proper footwear. For the safety of your child it is important, if possible, for your child to wear tennis shoes and socks.

Parents may request a copy of their child's physical fitness assessment by submitting a letter to your school's principal before May 15<sup>th</sup> of the current school year. This report will include your child's scores and information on the FITNESSGRAM Healthy Fitness Zones. **The information on the private report is CONFIDENTIAL will not be displayed or made public.** The Healthy Fitness Zone represents the level of fitness needed for good health. A healthy student is better prepared to learn and perform in all aspects of life.

On the back of this letter, you can find more information on the most frequently asked questions. If you have any additional questions about the FITNESSGRAM Assessment, please contact Louise Gartrell, Health/Physical Education Coordinator (972-487-3393) or refer to <http://www.FITNESSGRAM.net/texas/>.

Sincerely,

Louise Gartrell  
Garland ISD  
Health/Physical Education Coordinator

## Frequently Asked Questions About FITNESSGRAM

### 1. Why is fitness testing important to me?

The FITNESSGRAM physical fitness assessment is based not on athletic ability, but on good health. No matter what your career path, you will live a happier, more productive life if you are healthy--and physical fitness is vital to overall health. FITNESSGRAM provides accurate and reliable information about your physical condition and how it can be improved.

### 2. Can I “fail” the FITNESSGRAM test?

No. FITNESSGRAM is a tool to help you determine your fitness needs and guides you in planning a personalized physical activity program. The test will not affect your grades in any way.

### 3. Will my scores be posted or be made public?

No.

### 4. Will my results be compared to other students?

No. FITNESSGRAM uses Healthy Fitness Zones (HFZ) to determine your overall physical fitness. HFZs are not based on class averages or any other peer comparisons. The standards are set specifically for boys and girls of different ages using the best available research. If your score falls within the HFZ, it means you have achieved the recommended level of fitness for your age. If your score falls below the HFZ, you should engage in activities that will help you improve.

### 5. What are the FITNESSGRAM Test items?

There are six test items:

- Either the Mile Run, PACER (20 meter shuttle runs) or the Walk Test (measures aerobic capacity)
- Push-ups (measures upper body muscular strength/endurance)
- Curl-ups (measures abdominal muscular strength/endurance)
- Either the Back Saver Sit and Reach or Shoulder Stretch (measures flexibility)
- Trunk Lift (measures trunk extensor strength and flexibility)
- Body Mass Index (measures body composition: appropriateness of weight relative to height)

### 6. What can I do to prepare for the fitness test?

- Actively play or move at least **60** minutes at least **five** days during the week. Walk, jog, play tennis, play racquetball, or participate in any physical activity you enjoy.
- Do strength training activities such as sit-ups, push-ups, modified push-ups or climbing activities **2-3** days each week. Begin doing as many repetitions as possible and try to increase repetitions gradually.
- Eat a healthy diet by including more fruits and vegetables and reducing fats and sugars.
- Ask a physical education teacher or coach on your campus for specific tips on ways you can prepare not only for the FITNESSGRAM test, but for a lifetime of good overall health.