

Annual SHAC Report to the Garland ISD Board of Trustees

In accordance with Title 2, Chapter 28, Section 28.004, the Garland ISD School Health Advisory Council (SHAC) held four meetings during the 2014-2015 school year.

The Garland ISD School Health Advisory Council (SHAC) has the following recommendations to the Board of Trustees:

- The establishment of District-wide Recess Guidelines for the 2015-2016 School Year. *(Guidelines are located on page 5)*
- Recommend the purchase of CATCH (Coordinated Approach to Children's Health) as the new coordinated school health program for Garland ISD, replacing the obsolete Healthy and Wise Curriculum. The purchase would be for 47 elementary campuses and 12 middle school campuses. The cost will be (\$225 per campus, \$13,275 total)
- Continue Garland ISD participation in the Healthy @ HEB Community Challenge.
- Coordination and collaboration to develop wellness activities that include students, staff, and community.
- Recommend the addition of 5 new parent and 2 new/replacement Garland ISD employees to the School Health Advisory Council. The addition of these individuals allows out SHAC to be in compliance with the 51% parent-based state requirements.
 - Addition/Changes of Garland ISD SHAC Members
Elizabeth Kiertscher—GISD Employee Wellness and Nutrition Coordinator (New position)

Bradford Trudeau—GISD Director of Child Nutrition
Replacing Glenda Lewis)

- Addition of parent SHAC Members (see page 6 for the updated SHAC application which will be put on the SHAC web page)

New Parent Additions:

Area 1	Melody Boatwright
Area 2	Michelle de Clerk
Area 5	Lisa Bavelaar
	Rose Troche
Area 6	Kathy Harmon
Area 7	TBD

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:

SHAC Meeting Dates
September 17, 2014
November 12, 2014
February 18, 2015
April 15, 2015

The members of the School Health Advisory Council (SHAC) for the 2014-2015 school year from Garland ISD were:

Maggie Willis	Director of Health Services
Bradford Trudeau	Director of Food Services
Elizabeth Kiertscher	Coordinator of Employee Wellness and Nutrition
Alan Smith	Coordinator of Risk Management
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 structure of the school district, the SHAC attempted to obtain a parent representative from each of the 7 areas of Garland ISD.

Area	Parent Representative
1	Gloria Cook Dr. Karana Fairley Melody Boatwright*
2	Michelle de Clerk*
3	Dana York
4	Lourdes McCain Merna Harshman-Martinez
5	Lisa Bavelaar* Rose Troche*
6	Tiffany Shelby Kathy Harmon*
7	
	Robert Selders (Parent Co-Chair)

*New members being proposed for approval.

In addition to parent representatives, the School Health Advisory Council (SHAC), has two community members, both of who are Garland ISD Alumni.

SHAC Member	Agency Represented
Stephanie Dean	Baylor, Scott & White Wellness Director
Jenny Eyer	Children At Risk

Listed below are the agenda items that were discussed at each of the 2014-15 School Health Advisory Council (SHAC) Meetings:

September Agenda

Update on Staff Development Training

Elementary— United States Cricket Association

Middle School Physical Education—Fitnessgram--Robert Selders Staff Development Session

High School—Health--Project Red

High School Physical Education—Fitnessgram Update

Robert Selders Staff Development Session

November Agenda

Dairy Max Fuel Up to Play 60

Ebola Update

Update on HB 897 CPR requirement one time between 7th and 12th grade

Recruitment of SHAC parent members from all 7 GISD Areas

HB 1918 Physical Activity and Fitness Sub-Committee meeting

February Agenda

Healthy @ HEB Community Challenge Update (SHAC Forms Signed)

Update on the reinstatement of .5 Local Health requirement for graduation

SHAC Application/Recruitment of New SHAC Parent Members

Breakfast in the Classroom Update

SPARK-Coordinated School Health Presentation—Nicole Roberts

April Agenda

CATCH (Coordinated Approach to Child Health) Presentation—

Peter Cribb, M.Ed. CATCH Program Director

Healthy @ HEB Presentation to the School Board

Recess Guidelines for Garland ISD

- Garland ISD elementary schools should develop schedules that provide at least 20 minutes of supervised recess time each day in grades pre-kindergarten through five. Recess should not replace physical education. Recess is unstructured playtime where children have choices, develop rules for play, and release energy and stress.
- Recess should occur daily. The elimination of recess due to weather conditions should comply with Garland ISD Weather Guidelines.
- On days when outdoor recess cannot occur due to weather restrictions, students should have the opportunity to participate in “Brain Breaks” during the course of the school day. GoNoodle and a district provided Symbaloo are available to all campuses.
- Proper supervision of students should be provided by the campus to ensure the safety of all students.
- Recess should not be viewed as a reward, but a necessary educational support component for all children. Taking away recess time as a punitive measure, as a behavior management tool or for tutoring or other competing activities should be avoided.
- Garland ISD should provide the facilities, equipment, and supervision necessary to ensure the recess experience is productive, safe, and enjoyable. When scheduling allows, recess should occur prior to lunch. Research has shown the recess before lunch has many benefits including: improved cafeteria atmosphere, fewer classroom discipline problems, increased in classroom time on task, and increased milk, vegetable, and entrée consumption.

Garland ISD

School Health Advisory Council

**is seeking new
members!**



The School Health Advisory Council (SHAC) assists the district in ensuring that local community values are reflected in the Coordinated School Health model. The council will address topics related to health education, physical education, health services, nutrition services, social and emotional climate, counseling, healthy school environment, staff health promotion and family/community involvement.
No experience required!

The SHAC meets at least 4 times during the school year.
 All Meetings are one hour beginning at 12 p.m.

If you are interested in serving on the SHAC, please complete the application below and email or fax:

Louise Gartrell
Health/Physical Education Coordinator
LAGartre@garlandisd.net
Fax: 972-487-3214
Office: 972-487-3393

Name _____

Child's Name _____ Campus _____ Child's Name _____ Campus _____

Address _____ City _____ State _____

Home Phone _____ Work Phone _____ Cell Phone _____ Preferred email address _____

What skills and interests do you have that would align with the vision of the SHAC and Coordinated School Health's components?
