



## 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 five meetings during the 2016-17 school year.

<b>September 21, 2016</b>
<b>November 16, 2016</b>
<b>February 15, 2017</b>
<b>April 19, 2017</b>
<b>May 17, 2017</b>

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

- Continued district support and funding of the SHAC adopted coordinated school health program CATCH.
- Continued district participation in the It's Time Texas Community Challenge
- The SHAC is concerned with the current Jump Start eight grade on-line course program. The Jump Start program was put in place with the goal of allowing all middle school students the opportunity of earning a high school credit before entering their freshman year. Since the inception of the program, Garland ISD now offers several courses in middle school that earn high school credit including Algebra I, Spanish I and II, and a variety of CTE courses.
- The SHAC believes that offering **only** Physical Education and Health in Jump Start conveys a message that these courses are not valuable to the education of our students. If additional elective courses cannot be added, the entire Jump Start program needs to be re-evaluated.

- The SHAC understands that there has to be an on-line physical education option for students in high school who need the credit to graduate. The SHAC believes that on-line Physical Education courses should only be offered for students who are in their last year of high school and need the credit for graduation purposes. The SHAC is specifically concerned about how the physical activity component of the on-line physical education course is being monitored. The current on-line curriculum is comprised of a on-line course with a self-reported activity log. With the current activity log, there is no way to ensure that the students are meeting the 50% MVPA (moderate to vigorous activity) requirement. No other credit needed for graduation purposes in Garland ISD allows a parent signature to count for part of the course completion. Moving forward, the SHAC is requesting the establishment of a new method of evaluating the activity portion (possibly fitness trackers) to monitor the activity component of the course.
  
- Review and approve the Garland ISD Wellness Policy (FAA Legal and Local) that was approved by the SHAC during the 2015-16 school year.
  
- The addition of Tiffany Archibald and Andrea Burdick as new parent members of the SHAC.

Listed below are the agenda items that were discussed at each of the 2015-16 School Health Advisory Council (SHAC) Meetings):

#### *September 21, 2016*

- Live Well/Go Green Event
- Update on CATCH Coordinated School Health Implementation
- SHAC Recommendations
- Creation of Garland ISD SHAC By-Laws
- Recruitment of new SHAC members (District Re-Alignment)
- Chalk Talk/Future Agenda Topics
- PE/Health/Nurse Focus Groups

#### *November 16, 2016*

- It's Time Texas/Go Red Campaign
- Suggestions for purchase with ITT Grant money
- Cooper Institute Research Study
- Recruitment of Additional SHAC Members
- 5<sup>th</sup> Grade Field Trip to CCC
- Dairy Max Breakfast Challenge for High Schools

### *February 15, 2017*

- It's Time Texas/Go Red Campaign Updates
- (SHAC Pledge, Shout-Outs, Current Point Standings)
- Health Fair Kit purchase with 2016 ITT Funds
- SHAC Alliance with Children's Health, Children At Risk, and United Way
- Tech Fest/Recruitment of Additional SHAC Members
- 5<sup>th</sup> Grade Field Trip to CCC Update
- Dairy Max Breakfast Challenge for High Schools Update
- Read to the Final Four – 3<sup>rd</sup> Grade Reading Initiative
- Information regarding On-line Physical Education

### *April 19, 2017*

- It's Time Texas Community Challenge Update
- Dairy Max Breakfast Challenge for High Schools Update
- Dallas SHAC Visit information
- Adoption of Garland ISD SHAC By-Laws
- Information regarding On-line Physical Education
- Annual Review of Wellness Policy
- Begin recommendations to the Board of Trustees document

### *May 17, 2017*

- *Information from Student Nutrition Services concerning "lunch shaming"*
- *Information about Planned Parenthood Web site being unblocked by the district's executive council*
- *It's Time Texas Community Challenge Final Update*
- *Aetna Grant/Employee Activity Classes*
- *Final Adoption of Garland ISD SHAC By-Laws*
- *2016-17 SHAC Recommendations to the Board of Trustees approved*

### 2017-18 scheduled SHAC Meeting Dates

September 20, 2017

November 15, 2017

February 21, 2018

April 18, 2018

# Garland ISD

## School Health Advisory Council Members

### Parent Members

Michelle de Klerk <i>Parent Co-Chair</i>	Tiffany Shelby <i>Parent Member</i>	Merna Harshman-Martinez <i>Parent Member</i>	Dr. Karana Fairley <i>Parent Member</i>
Gloria Cook <i>Parent Member</i>	Dana York <i>Parent Member</i>	Melody Boatwright <i>Parent Member</i>	Lourdes McCain <i>Parent Member</i>
Lisa Bavelaar <i>Parent Member</i>	Kathy Harmon <i>Parent Member</i>	Rose Troche <i>Parent Member</i>	Raini Day <i>Parent Member</i>
Crystal Armes <i>Parent Member</i>	Emily Holder <i>Parent Member</i>		

### Community Members

Stephanie Dean <i>Community Member</i> <i>Baylor Scott &amp; White Health</i>	Jenny Eyer <i>Community Member</i> <i>Children at Risk</i>
---	--

### Garland ISD Members

Rene Kotsopoulos <i>Director of Health Services</i>	Brad Trudeau <i>Director of Student Nutrition Services</i>	Sabrina Jeter <i>Risk Management</i>
Ruby Armstrong <i>Director of Guidance and Counseling</i>	Louise Gartrell <i>Health Physical Education Coordinator</i>	Elizabeth Kiertscher <i>Employee Wellness Coordinator</i>
Dr. Ramona Aguilar <i>Director of Family and Community Engagement</i>		

## **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.
- 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 SHAC Bylaws**

### **ARTICLE I: Name**

The name of this group shall be the Garland ISD School Health Advisory Council

### **ARTICLE II: Purposes**

The purposes of this group are stated in the following statements:

**Mission Statement:** The mission of the Garland ISD SHAC is to promote sound school policies that will maintain and improve the health and wellness of its students, employees and community members.

**Vision Statement:** The vision of the Garland ISD SHAC is to promote healthy physical, mental, social and emotional attitudes and behaviors that can be incorporated as lifelong habits.

### **ARTICLE III: Membership**

The Board of Trustees shall appoint members to the local school health education advisory council. The majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district. The Board of Trustees also may appoint one or more persons from each of the following groups or a representative from a group other than those mentioned: public school teachers, administrators, district students, healthcare professionals, business community, law enforcement, senior citizens, clergy and nonprofit health care organizations.

The council shall consist of no less than 10 people.

New members may apply each year and if approved by the current SHAC will be added to the SHAC recommendations at the end of each school year.

**Eligibility Criteria:** To be eligible to serve on the council, a person must have children that attend Garland ISD, work for Garland ISD, or are employed with an organization that assists the communities of Garland, Rowlett, and Sachse. The individual must have a strong commitment to the purpose of the council, and a strong desire to attend and participate in the meetings.

Meeting Attendance: SHAC members will be required to attend a minimum of 2 meetings per year.

Selection: SHAC members shall be selected on recommendations by other council members, community members or school personnel. Every effort will be made to ensure that the SHAC reflects all geographic areas of Garland ISD.

Resignation: If for any reason a council member is unable to fulfill the obligation to the council, he/she may resign with written notice to the chair giving the council at least 30 days to find a replacement.

#### **ARTICLE IV: Meetings**

Council meetings will be held at least four times per year on the third Wednesday of the month, whenever possible. The majority meetings will be held at the Harris Hill Administration Building, 501 S. Jupiter from 12:00 to 1:00

A quorum will be the members present at the meeting.

#### **ARTICLE V: Officers**

The officers of the council shall be two co-chairpersons. One co-chairperson representing the school district and the other a parent. The District co-chairperson shall facilitate the meeting. In case of absence the parent co-chair will preside. An appointed SHAC secretary shall be responsible for keeping the minutes of the meeting and distribution of the meeting notification, agenda and the previous meeting minutes.

#### **ARTICLE VI: Committees**

Committees shall be formed on an as needed basis by volunteers or by appointment.

#### **ARTICLE VII: Voting Procedures**

A simple majority of the members present at the meeting is needed to approve the motion.

#### **ARTICLE VIII: Communication**

News and events will be posted on the Garland ISD Website, local newspapers and campus communications. Minutes of the meetings will be kept on file in the Garland ISD Curriculum and Instruction Department. Notification of meetings will be sent by e-mail unless otherwise specified by committee member. The Annual Report to the Board of Trustees will be submitted by either the District or Parent Co-Chair of the School Health Advisory Council.

#### **ARTICLE IX: Amendments**

The procedure for making changes to the by-laws shall be a majority vote of the member present.