



## 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 2019-20 school year.

**September 16, 2019**

**November 13, 2019**

**February 11, 2020**

**May 19, 2020**

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

- Fill the position of the Health and Physical Education Coordinator now that the position is vacant. Recommend appointing interim district co-chair to run the SHAC until this position is filled.
- Appoint a representative from the Teaching and Learning Department to the SHAC until the position of the Health and Physical Education Coordinator is filled.
- In 2014, the SHAC created recess guidelines. Many elementary campuses **still do not adhere to all of these guidelines**. The timing of when recess should occur (before lunch as recommended by the guidelines) and the withholding of recess as a form of punishment still occur on several elementary campuses. The SHAC is requesting that edits be made to the District Wellness Policy (FFA Local) to include that mandatory recess occur on all elementary campuses. The recess policy shall be created using the guidelines created by the SHAC.
- Equal access to technology for physical education teachers should be available in their building. Currently, not all gymnasiums on a campus have a projector system and screen. Due to the number of activities that occur in the gym, a portable, short throw projector, sound system, and ability to connect their Chrome Book or other district provided device to the projector or comparable product should be available in all Garland ISD gyms.
- The SHAC recommends that all campuses schedule a minimum of 30 minutes per lunch period. Elementary schools should schedule lunch periods by class rather than releasing students by grade. Scheduling a class every 5 minutes maximizes the time a student has for lunch and minimizes time waiting in line.
- Continue district-wide participation in the It's Time Texas Community Challenge.
- Continue district support and funding of the SHAC adopted coordinated school health program CATCH.
- Continue district support and funding for the Employee Wellness Program and initiatives.
- Physical education budgets should be allocated by the campus at the beginning of each school year.

[Texas Education Code, title 2, Subtitle G, Chapter 38, Section 38.0141](#) requires reporting on: *(5) whether each campus in the district has the appropriate equipment and adequate facilities for students to engage in amount and intensity of physical activity required under Section 28.002*

The SHAC is **once again** requesting a line item be placed in all campus budgets specifically for the purchase of physical education equipment and resources. Campuses will be given a list of minimum equipment guidelines. Each campus should have an inventory that reflects the minimum equipment guidelines before purchase of supplemental items can occur with budget funds. A minimum of \$3 per student should be allocated for physical education on all campuses each year.

- SHAC has approved the Oh Know STD curriculum to be taught in Health classes for grades 8-12.
- The SHAC understands that there has to be an online physical education option for students in high school who need the credit to graduate. However, the SHAC believes that online 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 online physical education course is being monitored. The current online curriculum consists of an online 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) Texas Education Agency requirement. No other credit needed for graduation purposes in Garland ISD allows a parent signature to count for part of the course completion. **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.**
- The SHAC recommends continuation of Stanford University E-Cigarette prevention program.
- The SHAC recommends continuation of a comprehensive school counseling program:
  - Mental Health First Aid
  - Suicide Prevention Awareness and Prevention Program for Parents and Students
  - Trauma Informed Care
  - Grief Sensitive Schools
  - You Matter Initiatives

Listed below are the agenda items that were discussed at each of the 2019-20 School Health Advisory Council Meetings.

**September 16, 2019**

Department Check-Ins  
Goal Setting for the 2019-2020 School Year

**November 13, 2019**

Department Check-Ins  
Oh Know STD Presentation

**February 11, 2020**

Department Check-ins  
Health Education Updates  
    E-cigarette use prevention  
    Substance Abuse Prevention  
Presentation from Guidance and Counseling  
    Suicide prevention, mental health programming and parental awareness & involvement  
It's Time Texas Community Challenge

**May 19, 2020**

Department Check-ins  
Approval of Oh Know STD curriculum  
Yearly Wellness Policy and Regulation Review  
Prepared Board of Trustees Report  
Discuss Plan for Next Year

**2020-2021 SHAC Meeting Dates**

Meeting dates TBD

## 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.
- 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.
- Proper supervision should be available to ensure student safety.
- 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.

School Health Advisory Council  
Outside Agency Presenter Rubric

Name of Agency: \_\_\_\_\_

Contact Information: \_\_\_\_\_  
(Attach any additional information to the back of this form)

Name of Presentation: \_\_\_\_\_

		Yes	No
1	Does this program align with the Garland ISD current SHAC philosophy for Comprehensive School Health Education?		
2	Is this program aligned to the current Texas Essential Knowledge and Skills for Health Education?		
3	Has this agency presented their materials at a Garland ISD SHAC Meeting?		
4	Does the Garland ISD SHAC approve of this program for campus presentations?		

If the answer to question #4 is yes, what grade(s) does the Garland ISD SHAC approve this presentation for?

K 1 2 3 4 5 6 7 8 9 10 11 12

Additional Requests/Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SHAC Approval Signatures
