

MEMORANDUM

School Health Advisory Council

TO: Thomas Randle
Superintendent of Schools

FROM: Nikki Nelson
Athletic Director

Hope Frohbieter
Chairperson – School Health Advisory Council executive committee

Brenda Thompson
Vice Chair - School Health Advisory Council executive committee

Laura Saavedra
Secretary –School Health Advisory Council executive committee

DATE: October 3, 2019

RE: **SHAC Fall Update**

The School Health Advisory Committee (SHAC) is an advisory group mandated by legal and local policies (EHAA, EHAC). In its capacity, the SHAC makes recommendations regarding initiatives related to health education and instruction. The first SHAC meeting of the 2019 – 2020 School Year was held on September 17, 2019.

September Meeting Review

The September meeting kicked off another school year and allowed the SHAC to welcome new parents and community members with an interest in the health and wellness of our students and campuses. In addition, there were several familiar faces from previous years' committees. Each LCISD campus has a Wellness Coordinator, this volunteer position is held by a staff member and approved by the campus principal. Wellness Coordinators can be physical education teachers, nurses, administrators, paraprofessionals or teachers. When possible and campus coverage is available, Wellness Coordinators attend the SHAC meetings.

The first order of business at our meeting was to recognize the campuses which received the first ever LCISD SHAC Wellness Awards. These awards were bestowed on four campuses who created an atmosphere conducive to health and well-being by completing three required criteria and five of the eight overall criteria. Each winning campus received a banner to be hung at their school to recognize their accomplishment.

The LCISD SHAC Award Criteria are as follows: (* Indicates required criteria for award)

- Having a Campus Wellness Committee*
- Hosting a health and wellness event*
- Conducting a campus-wide physical activity*
- Providing a tobacco and substance abuse prevention program
- Promoting non-food rewards to students
- Integrating Coordinated School Health (CSH) Curriculum
- Sponsoring a stress prevention initiative
- Deliver a staff wellness program

The 2019 LCISD SHAC Wellness Award winning campuses are:

- Campbell Elementary
- Velasquez Elementary
- Williams Elementary
- Reading Junior High



Additional meeting topics included discussion of 2019 – 2020 SHAC goals which include:

- An assessment of our LCISD Wellness Plan and Policy (as outlined in Board policy FFA)
- Creating a vetting system for wellness resources to make available to all campuses on the SHAC website.
- Revising the SHAC website to make it more user friendly.
- Establishing a committee of interested parents and community members to meet between SHAC meetings to work on SHAC goals and objectives. Meetings will be held the second Tuesday of the months in which there are no SHAC meetings scheduled. Meetings will be held in the LCISD Athletic Office.

The next regular SHAC meeting is scheduled for November 12, 2019 at 8:30 a.m. in the Board Room.