



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 2015-2016 school year.

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| September 23, 2015 |
| November 18, 2015 |
| January 27, 2016 |
| April 20, 2016 |
| May 25, 2016 |

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 and pilot the Medical City 21 Day Snack Challenge.
- Distribution of the Recess Guidelines that were created for the 2014-15 SHAC recommendations to elementary principals.
- For continuity of the Health and Physical Education programs, the SHAC believes that the best placement for the Health/Physical Education Coordinator is in the Athletic Department. Over 97% of the middle and high school physical education/health teachers are also coaches. The placement of the Health/Physical Education Coordinator in the athletic department would foster a positive vertical alignment between health, physical education, and athletics. As the district begins the addition of the district-wide swimming program, extensive collaboration of athletics and physical education will be required. The Health/Physical Education Coordinator would still act as a liaison between the Department of Curriculum and Instruction and the Athletic Department.

- When assigning classroom facilities on a campus, physical education classes should have equal access when it comes to the use of gymnasium and other campus athletic facilities. Conflicts with availability of space should be resolved by scheduling all classes needing the space equal opportunities on a rotating basis. Scheduling physical education classes in a cafeteria should be avoided due to the potential safety hazards that may exist.
- Accept Wellness Policy changes and review implementation annually. Updates were made due to the Healthy, Hunger-Free Kids Act of 2010.
- The addition of Dr. Ramona Aguilar, Director of Family and Community Engagement, as a district-level member of the Garland ISD SHAC.
- The addition of Michele de Klerk as the new SHAC parent co-chair.
- The addition of Emily Holder, Raini Day, and Crystal Armes as new parent members of the Garland ISD SHAC.

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

September 23, 2015

- Update on SHAC Parent Co-Chair
- Update on Healthy Living Expo
- Coordinated School Health Curriculum
- Student Nutrition Services—updating the Wellness Policy
- American Diabetes Association Event
- Go Red Day
- Chalk Talk for areas to address in the upcoming school year
- Distribution of the Brain Rules book.

November 18, 2015

- Updates on District Diabetes Event and Go Red Day
- Council of PTA's Presentation

- Smart Snacks in Schools
- District Wellness Policy Updates
 - Sub Committees:
 - Physical Activity
 - Nutrition
 - School Based Activities

January 27, 2016

- Approval of the Smart Snacks guidelines for all Garland ISD campuses. All campuses will have the opportunity to select their specific 6 days that do not follow the USDA Smart Snack guidelines.
- Discussion of the upcoming election of the SHAC parent co-chair.
- Presentation on the It's Time Texas Community Challenge
- GoNoodle Plus Brain Breaks available to all elementary campuses through a grant from Children's Health
- First read of the revised Garland ISD Wellness Policy

April 20, 2016

- Update on the It's Time Texas Community Challenge
- Election of the SHAC Parent Co-Chair
- Second read and approval of the updates to the Garland ISD Wellness Policy
- Approval of the 2015-16 SHAC recommendations to the Garland ISD Board of Trustees.

May 25, 2016

- Final reading of the updates to the Garland ISD Wellness Policy
- Discussion with Student Nutrition Services as to proper procedures for students who have outstanding debts in their cafeteria accounts.
- Speaker, Ryan Easton, requesting Garland ISD's participation in the Medical City 21 Day Challenge
- Edits to the 2015-16 SHAC recommendations to the Garland ISD Board of Trustees

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, Jammin Minute, 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 Members

Parent Members

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| 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> | |

Community Members

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| Stephanie Dean <i>Community Member</i> <i>Baylor Scott & White Health</i> | Jenny Eyer <i>Community Member</i> <i>Children at Risk</i> |
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Garland ISD Members

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| Maggie Willis <i>Director of Health Services</i> | Brad Trudeau <i>Director of Student Nutrition Services</i> | J. Pat Lamb <i>Director of Security</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> |