



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 2017-2018 school year.

September 20, 2017
November 15, 2017
February 21, 2018
April 18, 2018

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

- A minimum of 90 minutes of the required 135 minutes of physical activity required for elementary campuses shall be taught by a certified physical education teacher. All physical education schedules should be **sequential** in order for students to have the opportunity to learn skills in the correct developmental order.
- Equal access to technology for physical education teachers should be available in their building. Currently, gymnasiums are one of the only areas on a campus that do not have a projector system. Due to the number of activities that occur in the gym, a portable, short throw projector and sound system, should be available in all Garland ISD gyms.
- 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.

- Physical education budgets should be allocated by the campus at the beginning of each school year.

SB 1873 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 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.

- 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.
- The SHAC is concerned with the current Jump Start eighth grade online course program. The Jump Start program was put in place with the goal of allowing all middle school students the opportunity of earning high school credit prior to their freshman year of high school. 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 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 is comprised of a 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) 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.

- Beginning in the 2018-19 school year, the SHAC will be visiting neighboring school districts that are implementing Thrive 280 (Richardson, Mesquite, and Dallas) to see how their program aligns with Garland ISD's Health Education Curriculum. A rubric will be used in evaluating any program that will create changes to the current Health curriculum.

Listed below are the agenda items that were discussed at each of the 2017-18 School Health Advisory Council Meetings.

September 20, 2017

Live Well/Go Green Update
Update on CATCH (Coordinated Approach to Child Health)
Discussion of SHAC By-Laws--especially attendance requirements
Thrive 280 Presentation
Recruitment of new SHAC Members

November 15, 2017

New Superintendent Information
Healthier Texas Summit
National School Lunch Week
Red Ribbon Week
5th Grade Basketball Field Trip to the CCC with Athletics
Technology/Projector access for PE Teachers
Physical Education Budget Equity
SHAC Logos
Thrive 280 Next Steps

February 21, 2018

Outdoor Education Class
It's Time Texas Community Challenge
Suicide Awareness Update-LIGHT Counselors
Update on Course Offerings
Begin formulating SHAC Recommendations to the Board of Trustees

April 18, 2018

Student Nutrition Services Policy updates regarding payment for lunches
Yearly Wellness Policy and Regulation Review
Information on American Alliance For A Healthier Generation Partnership
Reading of the Recommendations to the Board of Trustees

Next Year's SHAC Meeting Dates

September 19, 2018

November 14, 2018

February 13, 2019

April 17, 2019

A BILL TO BE ENTITLED
AN ACT

relating to a report regarding certain health and safety information prepared by the Texas Education Agency.

BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF TEXAS:

SECTION 1. Section 38.0141, Education Code, is amended to read as follows:

Sec. 38.0141. REPORTING OF CERTAIN HEALTH AND SAFETY INFORMATION REQUIRED. (a) Each school district shall provide to the agency information as required by the commissioner, including statistics and data, relating to student health and physical activity and information described by Section 28.004(k), presented in a form determined by the commissioner. The district shall provide the information required by this subsection ~~(section)~~ for the district and for each campus in the district.

(b) Not later than one year after the agency receives the information required by Subsection (a), the commissioner shall complete a report on physical education provided by each school district and publish the report on the agency's Internet website.

(c) The report must include:

(1) the number of physical education classes offered at each campus in the district and detail the number of days, classes, and minutes offered each week by each campus;

(2) the ratio of students enrolled in physical education classes in the district compared to the overall enrollment;

(3) the average physical education class size at each campus in the district;

(4) the number of physical education teachers in the district who are licensed, certified, or endorsed by an accredited teacher preparation program to teach physical education;

(5) whether each campus in the district has the appropriate equipment and adequate facilities for students to engage in the amount and intensity of physical activity required under Section 28.002;

(6) whether the district allows modifications or adaptations that allow physical education courses to meet the needs of students with disabilities;

(7) whether the district has a policy that allows students to opt out of physical education to prepare for other classes or standardized tests; and

(8) whether the district has a policy that allows teachers or administrators in the district to withhold physical activity from a student as punishment.

SECTION 2. This Act takes effect immediately if it receives a vote of two-thirds of all the members elected to each house, as provided by Section 39, Article III, Texas Constitution. If this Act does not receive the vote necessary for immediate effect, this Act takes effect September 1, 2017.

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.