



## 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 2021-2022 school year.

<b>October 20, 2021</b>
<b>December 8, 2021</b>
<b>February 16, 2022</b>
<b>April 6, 2022</b>

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

The SHAC recommends:

- Improved alignment and communication with the Garland Independent School District Board of Trustees. Members of the Student Health Advisory Council expressed a concern for the repetition of recommendations of the SHAC to the Board without seeing action across our district or a lack of communication of the Board's approval, rejection, and/or implementation of the SHAC's recommendations. The SHAC requests a more comprehensive, open, and collaborative approach between the Board and SHAC going forward.
- Outlined Student Health Advisory Council Membership, Recruiting, and Board Recommendations
  - The SHAC will utilize an updated [Google Form](#) to receive SHAC Board appointments.
  - The [SHAC Membership Application](#) will be posted on the Garland Independent School District [Coordinated School Health](#) website.
  - The updated Google Form(s) will be released August 2022 to begin receiving appointments and membership requests.
  - The deadline to receive SHAC applications or Board appointments is September 1, 2022.
  - A reminder will be sent in Board Insights for the Garland Independent School District Board of Trustees to submit Student Health Advisory Council member appointments.
  - The first SHAC meeting of the year will take place in September.
- 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 shall 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 the amount and intensity of physical activity required under Section 28.002*

The SHAC is **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. It is recommended that a minimum of \$3 per student should be allocated for physical education on all campuses each year.

- The Board allocates equal access to technology for physical education teachers in their classrooms (gymnasiums) on each campus. Currently, not all gymnasiums have a rolling cart tv or 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 ChromeBook or other district provided device to the projector or comparable product should be available in all Garland ISD gyms.
  - Budgets should be allocated by the district to align technology in physical education gymnasiums at each level comparable to what is provided for all classroom instruction.
  - [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 the amount and intensity of physical activity required under Section 28.002*
  - The SHAC is requesting a line item be placed in the technology budget specifically for the purchase of 65” televisions on adjustable rolling carts. These carts should include speakers for sounds and appropriate adapters for teacher technology (laptops, iPads, chromebooks, etc.).
  - Due to the lack of available and aligned technology for Physical Education classrooms housed in the gymnasium, *the Coordinator of Health & Physical Education utilized the district Health & Physical Education budget to purchase seven televisions on rolling carts with apple adapters for each high school during the 2020-2021 school year. This purchase assures each high school has the same technology available to them as all other instructional classrooms. Physical education teachers now have the resources to utilize all physical and digital instructional tools available to them to enhance physical education.* This technology allows for instructors to include digital learning during physical education instruction daily and was an immediate benefit during the pandemic for in-person and virtual learners. Physical educators are then equipped to utilize different methods of learning through digital means with minimal equipment to enhance classroom learning.
- The continuation of the CATCH My Breath vaping prevention study for the assigned three consecutive years to educate youth and track data on youth vaping and prevention in grades 6-8.
  - The SHAC recommends continued training of all CATCH teams for coordinated school health. This includes health and physical education teachers, campus administrators, and nurses.
- The district creates an effective tool to conduct Fitnessgram testing for grades 3-12 or purchase comparable software to the Cooper Institute to more effectively and seamlessly collect PFAI Fitnessgram data.
- The 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
- The Student Health Advisory Council and Instructional Materials Adoption Committee recommended the following materials for adoption that were approved by the Board.
    - QuaverEd                                      PK-5    Physical Education and Health
    - McGraw Hill                                    6-12    Health (Teen Health 6-8 & Glencoe Health 9-12)
    - GoodHeart-Willcox                        9-12    Physical Education
  - The Student Health Advisory Council and Instructional Materials Adoption Committee recommends the Human Sexuality & Responsibility Instruction Parent Notification Letter be included in the Garland Independent School District digital Registration packet with the option to opt in or opt out to capture the most parents for response in the future. The Human Sexuality & Responsibility Opt-in Letter will be sent to all parents of students enrolled in a Health class on Wednesday, August 10, 2022, six weeks prior to instruction, via the Skyward messaging system. The HSR Parent Opt-in Letter is required to be sent to parents at least fourteen days prior to instruction. Reminders will also be sent on Tuesday, September 27 and October 18.

Registration Notification:

- Include record of students opted in or opted out in each student's Skyward profile.
  - Utilize a similar method to student privacy/publication of images.
  - Increase view of status for parents, students, teachers, administrators, and counselors.
  - Decrease lack of access or errors to view student's Human Sexuality & Responsibility Opt-in status.
  - All parents are required to complete registration for a student enrolled in Garland ISD.

Teacher Tracking:

- Teachers will be responsible for distributing and sending home paper copies of the Human Sexuality & Responsibility Parent Opt-in Letter to each student according to the timeline listed above for digital copies we do not receive.
  - Administrators will have the ability to run data mining reports to pull information from each form from the campus level or district level.
  - Teachers will be able to view the HSR notification forms via Gradebook. Teachers will also be able to edit reports for tracking of submitted paper forms as we become closer to the beginning of instruction in November. This will help with updating student HSR status in Skyward.

Skyward Forms:

- Skyward Human Sexuality Responsibility Forms have been created.
- HSR Annual Notice Forms will be assigned to all enrolled students.
- HSR Opt-in Forms will be assigned to all students 3-12.
- Admin Access:
  - Skyward
  - Student Management
  - Student Profile
  - Custom Forms

- HSR Annual Notice or HSR Opt-in Form (on left-hand column for a specific student)
- The Health Services and Health & Physical Education Department recommend partnering with the American Diabetes Association to implement Project Power for Garland Independent School District campuses that service students ages 5-12 years old for the 2022-2023 school year.
  - Legal has reviewed and made recommendations on Vendor Agreements.
  - Renee Kotsopoulos, Director of Health Services and LeeAnn Stephenson, Coordinator Health & PE met with ADA: Project Power on Monday, June 20, 2022 to learn about the program.
  - The American Diabetes Association presented to Elementary PE teachers on August 3, 2022.

Benefits of Project Power for K-7:

- Project Power is connected to CATCH.org which is our district adopted Coordinated School Health program.
- Project Power is a program by the American Diabetes Association with the purpose to slow the trajectory of childhood obesity through health promotion, nutrition education, increased physical activity, and family involvement.
- Project Power is for ages 5-12 to help prevent obesity, type 2 diabetes, and complications of diabetes.
- Project Power provides stipends of up to \$1,500 for campus physical education programs to facilitate the program.
  - Essential as many campuses do not supply a Health & Physical Education budget line item for equipment and resources needed in Health & PE classes.
- Resources:

[ADA Project Power Community Partner Overview 2022](#)

[ADA Project Power 2022](#)

[ADA Project Power Impact Report 2021](#)

Listed below are the agenda items that were discussed at each of the 2021-2022 School Health Advisory Council Meetings.

**October 20, 2021**

- Welcome & Introductions
- SHAC Meeting Schedule
- What is SHAC?
- What are the responsibilities of the SHAC?
- Components of Coordinated School Health
- GISD SHAC Members
- American Heart Association Presentation
- Department Updates
- Review of 2019-2020 SHAC Recommendations
- Goal Setting for the 2021-2022 School Year

**December 8, 2021**

- Choosing the Best Digital Presentation
- Proclamation 2022 - IMA Health & PE Resources
- Health & Physical Education Updates: Textbook Adoption, House Bill 1525, and Senate Bill 9
- SHAC Protocols and Human Sexuality Opt In

- Health & Physical Education Course changes (names, credits, and TEKS)
- SHAC Parent Recruitment
- Department Updates:
  - SHAC parent request to review more sexual health publishers
  - Vaccine Clinics, Vision Clinics, Tracing Software, and PCR Testing
  - GISD Health Clinic COVID patient visits
  - Medical Plan changes with TRS
  - Return to Work Road Tour and District Insurance, Accidents, and Injuries
- Set Goals for the 2021-2022 School Year aligned to HB1525 and SB9

### **February 16, 2022**

- Remaining SHAC Meeting Dates
- SHAC Parent Recruitment
- Nest Publisher Presentation
- Health & Physical Education Updates: Textbook Adoption, House Bill 1525, and Senate Bill 9
- Department Updates
  - Health I Course Error
  - Awaiting GISD Board Resolution for SB9
  - SHAC meetings to be recorded and posted on the district website
  - Recognized District for Wellness
  - Researching Medical Insurance Outside of TRS - Senate Bill 1444
  - Panorama SEL Survey
  - New Student Nutrition Software Rollout
  - COVID Surge, Tracing, and Lingering Effects
  - SHAC Professional Learning Opportunities - I Champs

### **April 6, 2022**

- Human Sexuality Presentations Links and Toolkit Access
- SHAC Human Sexuality Public Meeting Recording Links
- Department Updates:
  - Review Human Sexuality Publisher Presentations, Rubric, and Vote:
    - Choosing the Best, Nest, McGraw Hill, Quaver Ed
  - Mindfulness Challenge, Financial Literacy Education, Spring Vaccination Clinic
  - Wellness Workdays Award and Wellness Interns develop campus breakrooms and nutrition course
  - COVID 19 Free Meal Waivers Expire on 6/30
  - Support Kids Not Red Tape Act
  - Push to Apply for Free & Reduced Meals
  - Vision Referrals Focus, COVID Vaccine Clinics, and Hazel Health
  - Summer Family Engagement Conference is July 28th
- Review Board of Trustees Report Content:
  - PE Committee
  - Continue CATCH My Breath Study
  - Continue It's Time Texas Challenge
  - Continue Employee Wellness Support
  - Provide Human Sexuality Recommendations to the Board
  - Provide an Effective Fitnessgram Tool for Fitnessgram with district funding
  - Provide district funding to align technology in Physical Education classrooms

- Continue training for supportive health

**SHAC Meeting Recordings:**

October 20, 2021: [10-20-21 SHAC meeting minutes](#)

December 8, 2021: [12-8-21 SHAC meeting minutes](#)

February 16, 2022: [2-16-22 SHAC meeting minutes](#)

April 6, 2022: [4-6-22 SHAC meeting minutes](#)

**SHAC Human Sexuality Public Meeting & Committee Links:**

[SHAC Public Meeting #1 Recording](#)

[SHAC Public Meeting #2 Recording](#)

**2022-2023 SHAC Meeting Dates:**

September 22, 2022

November 2, 2022

February 8, 2023

April 12, 2023