



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 2022-2023 school year.

September 22, 2022
November 2, 2022
February 17, 2023
April 12, 2023

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

The SHAC recommends:

- Increase alignment and communication with the Garland Independent School District Board of Trustees and leadership. The Student Health Advisory Council will continue to model a more comprehensive, open, and collaborative approach between the Board of Trustees and SHAC committee. The SHAC will begin the 2023-24 committee meeting schedule by inviting a member of the Board of Trustees or district leadership to each meeting for the 2023-24 school year for the purpose of collaboration and cohesion.
- Outlined Student Health Advisory Council Membership, Recruiting, and Board Recommendations
 - The SHAC utilizes a google form to receive SHAC Board appointments and member applications.
 - The [SHAC Membership Application](#) will be posted on the Garland Independent School District [Coordinated School Health](#) website.
 - The updated SHAC Membership Application will be released August 8, 2023 to begin receiving appointments and membership requests.
 - The deadline to receive SHAC applications or Board appointments is Friday, September 8, 2023.
 - 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 September 15, 2023.
- Continue district support and funding of the SHAC adopted coordinated school health program CATCH.
 - The SHAC recommends continued training of all CATCH teams for coordinated school health.
 - Training includes health and physical education teachers, campus administrators, and nurses.

- The continuation of the CATCH My Breath vaping prevention study for the final of the assigned three consecutive years to educate youth and track data on youth vaping and prevention in grades 6-8.
- Continue district support and funding for the Employee Wellness Program and initiatives.
- 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 Human Sexuality & Responsibility Instruction Parent Notification Letter was included in the Garland Independent School District digital Registration packet with the option to opt in or opt out to capture parent responses for HSR instruction as recommended by the Student Health Advisory Council and Instructional Materials Adoption Committee in the 2021-22 SHAC Annual Report.

The Human Sexuality & Responsibility Opt-in Letter will be sent to all parents of students enrolled in a Health class on or before Monday, August 21, 2023, six weeks prior to the beginning of 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 Monday, September 18 and October 16.

Registration Notification:

- Includes record of students opted in or opted out in each student's Skyward profile.

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 not received.

Skyward Forms:

- Skyward Human Sexuality Responsibility Forms have been created.
- HSR Annual Notice Forms are assigned to all enrolled students.
- HSR Opt-in Forms are assigned to all students 3-12.
- Administrator Access:
 - Login to Skyward - Student Management - Student Profile - Custom Forms - HSR Annual Notice or HSR Opt-in Form (on left-hand column for a specific student)

- The Student Health Advisory Council recommended the following instructional materials. Outdoor Adventures instructional materials have been purchased and will be distributed to each high school campus for use in the Lifetime Recreation and Outdoor PE course. Teachers will begin to be trained during the 2023-24 school year. Provides high school students with course options for physical education that more align to their interests and fulfills their PE graduation requirement.
 - Outdoor Adventures 9-12 Lifetime Recreation and Outdoor Pursuits

- The Student Health Advisory Council recommends equal access to technology for all K-12 physical education classrooms in the district. [S.B. No. 1873](#) requires *each campus in the district to have 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 recommends the following:

- SHAC will work with the Coordinator Health & PE to request and review teacher and campus feedback of the current technology housed in gymnasiums in K-12 for physical education instruction.
- Technology department support to conduct an audit of current technology assigned in gymnasiums for K-12 physical education instruction at each campus.
 - This information will help to determine if technology is new, broken, in good working condition, under warranty, and aligned to technology provided in all GISD classrooms for instruction.
 - Request the audit be conducted and concluded during the fall semester of the 2023-24 school year, if possible.
- For reference, seven 65 inch televisions on rolling carts with apple adapters were purchased for each high school physical education class in 2020-2021 from the district Health & Physical Education budget.
 - This purchase assured each high school had the same or comparable technology available to them as all other K-6 physical education classrooms, K-12 core instructional classrooms, and access to digital technology during remote and hybrid instruction.

Listed below are the agenda items that were discussed at each of the 2022-2023 School Health Advisory Council Meetings.

September 22, 2022

- Welcome & Introductions
- SHAC Meeting Schedule
- Review NEW SHAC laws and updates
- Presentation of the purpose, laws, and responsibilities of the SHAC
- Components of Coordinated School Health
- GISD SHAC Members
- Annual Human Sexuality Parent Letter and Opt-In
- Department Updates
- American Heart Association
- SHAC Communication
- SHAC Membership

November 2, 2022

- Parenting and Paternity Awareness (P.A.P.A.) Presentation
- Learn, Grow, Eat & Go Presentation
- Review SHAC Member Recommendations
 - Committee will not exceed 30 members
 - Continue SHAC member recruitment

- Department Updates:
 - Will roll out Lifetime Recreation and Outdoor Pursuits PE course in the 2023-24 school year
 - New HSR instruction will begin November 2022
 - Menu Advisory Committee opportunities with Student Nutrition
 - Health Services providing various resources for GISD students including vision and hearing screenings
- Wellness completed vaccination clinics
- Risk Management hosts employee safety training in December
- Guidance & Counseling educate on mental health, bullying, anti-vaping
- Parent Co-chair shares information on Healthy Futures of Texas

February 17, 2023

- Welcome and Introductions
- Review SHAC Goals and Parent Recruitment
- New SHAC Applicants
- Introduce Outdoor Education
- Department Updates:
 - PAPA training
 - HSR Annual Notice delivered September 2022
 - ADA: Project Power implemented in K-5 schools
 - Senate Bill 435 opioid instruction
 - Student Nutrition introduces National School Breakfast Week
 - Health Services prepares GISD for opioid antagonist
 - Narcan provided on each Secondary campus
 - Health Services offering evening and daytime CPR classes
 - Guidance & Counseling proactively educating about the fentanyl crisis
 - Parent Co-chair Health Futures in Texas has upcoming webinar on Inclusion for Children with Disabilities
- SHAC members will vote electronically to accept new members

April 12, 2023

- SHAC host page on the district website
- Reviewed the 8 Components of coordinated school health
- Outdoor Adventures Presentation
- Department Updates:
 - Physical education is graduation requirement per TEA and various options for PE instruction will increase student participation and success
 - TEA Health Survey due in June
 - Health and PE equipment and technology and technology for instruction
 - ADA Project Power update
 - SHAC goals to increase member participation and include students and staff
 - CATCH, adopted coordinated school health program
 - SHAC application process
 - SHAC information presented to the Board
 - Health Services Schrade Clinic Assistant Paraprofessional of the Year
 - Anti-opioid, Narcan, will be on every campus

- Texas A&M providing dental sealant treatments
- Guidance & Counseling suicide prevention shared at bond meeting
- Parent University hosted at Webb MS on May 9th

SHAC Meeting Recordings:

September 22, 2022: [9.22.22 SHAC meeting minutes](#)

November 2, 2022: [11.2.22 SHAC meeting minutes](#)

February 17, 2023: [2-17-23 SHAC meeting minutes](#)

April 12, 2023: [4.12.23 SHAC meeting minutes](#)

Projected 2023-2024 SHAC Meeting Dates:

September 15, 2023

November 15, 2022

February 14, 2023

April 10, 2023