



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 2023-2024 school year.

October 6, 2023
November 15, 2023
February 14, 2024
April 10, 2024

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

The SHAC initiatives:

- Continue to 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 comprehensive, open, and collaborative approach between the Board of Trustees and SHAC committee. The SHAC will issue open invitations to the Board of Trustees and other district leadership to attend SHAC meetings for the 2024-25 school year for the purpose of collaboration and cohesion.
- Outlined Student Health Advisory Council Membership, Recruiting, and Board Requirements.
The SHAC successfully increased membership to 35 persons for the 2023-24 school year including 5 Board appointed members (7 appointed, 5 accepted), 3 community members, 8 district members, and 19 parent members.
 - The SHAC utilizes a google form to receive SHAC Member applications.
 - The 24-25 SHAC Membership Application was released on Tuesday, May 14, 2024 to begin receiving membership requests and Board appointments. The [SHAC Membership Application](#) is posted on the Garland Independent School District [Coordinated School Health](#) website.
 - The deadline to receive SHAC applications or Board appointments is Tuesday, July 30, 2024.
 - The first SHAC meeting of the year will take place on September 11, 2024.
- Continue district support and funding of the SHAC adopted coordinated school health program CATCH.
 - The SHAC will continue utilization of CATCH curriculum and resources to meet coordinated school health TEKS.
 - The SHAC will continue training of all CATCH teams for coordinated school health.
 - Training includes health and physical education teachers, campus administrators, and nurses.
- 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
 - Fentanyl Prevention
- The Human Sexuality & Responsibility Instruction Parent Notification Letter is included in the Garland Independent School District digital Back to School Registration packet with the option to opt in or opt out to capture parent responses for Human Sexuality and Responsibility instruction as recommended by the Student Health Advisory Council and Instructional Materials Adoption Committee in the 2021-22 SHAC Annual Report.

The provision requiring parent consent regarding human sexuality and responsibility instruction expires August of 2024. The legislation to make opt-in permanent did not pass the 88th legislative session. A similar provision requiring parent consent for instruction on the prevention of child abuse, family violence, dating violence, and sex trafficking does not expire. The Student Health Advisory Council voted to maintain our procedures regarding parent notification of HSR instruction. The unattached HSR Annual / Opt-in Letter will be sent to all parents of students enrolled in GISD in grades 3-12 on or before Monday, August 19, 2024 via the Skyward messaging system.

HSR Annual Notice

HSR Opt-in Form

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 Back to School 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 in grades 3-12.
- Administrators have access to review student or teacher class HSR status via Skyward.

- Fentanyl instruction was implemented in grades 6-12 health classes per [TEC. 38.040](#) which highlights fentanyl abuse prevention and drug poisoning awareness education. Each school district shall annually provide research-based instruction related to fentanyl abuse prevention and drug poisoning awareness to students in grades 6 through 12. High school health teachers utilized instructional resources provided by EverFi. Middle school HPE teachers had the option to use GISD created resources or EverFi.

The EverFi impact report shows student enrollments in the Drug Safety module increased from 62 to

1,241 from the previous school year including 6,039 modules completed and 1,790 hours of learning in 2023-24.

Health & Wellness						
Resource	2022-2023 (EOY) Student Enrollments	2023-2024 Student Enrollments	2023-2024 Modules Completed	2023-2024 Hours of Learning	2023-2024 Teachers	2023-2024 Schools
Healthier Me: Nutrition & Wellness (Grades 1-4)	161	4	1	0	0	0
Healthier Me: Nutrition & Wellness (Grades 6-8)	451	891	698	93	11	3
Understanding Mental Wellness (Grades 8-10)	335	824	2,939	424	14	6
Vaping: Know the truth (Grades 8-12)	57	703	2,638	440	10	4
Prescription Drug Safety (Grades 9-12)	62	1,241	6,039	1,790	16	7
AlcoholEdu (Grades 9-12)	31	179	164	33	6	3

EVERFI® from Blackbaud

- The Student Health Advisory Council recommended Outdoor Education instructional materials. Outdoor Adventures instructional materials were approved by the Board of Trustees and have been purchased and will be distributed to each high school campus for use in the Lifetime Recreation and Outdoor PE course. Teachers began Outdoor Adventures training during the spring semester of the 2023-24 school year. This course provides high school students with course options for physical education that more align to their interests and fulfills their PE graduation requirement.
 - The Outdoor Adventures course is for grades 9-12 and will be implemented in the Lifetime Recreation and Outdoor Pursuits physical education course beginning 2024-25.
 - The SHAC will review and consider a recommendation to pilot the Outdoor Adventures course in elementary and middle school in the future.
- The Student Health Advisory Council is reviewing technology for all K-12 physical education classrooms in the district to make appropriate recommendations for equity and access in the future. **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 highlights:

- 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 for usability and alignment to the technology report.
- Requested Technology department support to conduct an audit of current technology assigned in gymnasiums for K-12 physical education instruction at each campus.

- The technology audit was conducted and concluded during the spring semester of the 2023-24 school year.
- The technology department created a report to outline equipment assigned to physical education on each campus on TIPWeb.
- A review of this report will help to review and determine if technology is new, broken, in good working condition, under warranty, and aligned to technology provided in all GISD classrooms for instruction.
- For reference, seven 65 inch televisions on rolling carts with sound bars and 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.
 - Sound bars were purchased for middle school physical education classrooms that did not have sound on their rolling televisions.
 - Screen covers were purchased for each high school and middle school physical education classroom.
- The Student Health Advisory Council updated the District Wellness Plan. No changes are needed to FFA local. Changes to our Wellness Plan included removing repetitive goals and events to allow for a more robust evaluation process.
[Wellness Plan RegsFinal23-24](#)

Listed below are the agenda items that were discussed in the 2023-2024 School Health Advisory Council Meetings with meeting minutes links.

October 6, 2023

[10.6.23 SHAC meeting minutes](#)

- Welcome & Introductions
- Presentation of the purpose, laws, and responsibilities of the SHAC
 - Components of Coordinated School Health
 - SHAC Meeting Schedule
 - SHAC Communication
 - SHAC Membership
 - Review NEW SHAC laws and updates
- Department Updates

November 15, 2023

[11.15.23 SHAC meeting minutes](#)

- Fitnessgram Presentation
- American Heart Association Presentation
- House Bill 3908 - Tucker's Law
- Fentanyl Presentation
- EverFi Presentation
- Department Updates
- Parent Input

February 14, 2024

[2.14.24 SHAC meeting minutes](#)

- Department Updates
- District Wellness Plan

April 10, 2024

[4.10.24 SHAC meeting minutes](#)

- Wellness Policy
- School Health Survey
- SHAC Membership
- Annual SHAC Report
- Department Updates

Projected 2024-2025 SHAC Meeting Dates:

September 11, 2024
November 6, 2024
February 12, 2025
April 9, 2025