



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 2024-2025 school year.

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

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

SHAC Highlights:

- Subcommittees:

- Recess Guidelines Committee

Recess serves as essential unstructured playtime during which children engage in choice-driven, imaginative activities, establish social rules for play, and release physical energy and emotional stress. It is a critical part of child development and supports both academic and behavioral success.

The Recess Guidelines Committee recommends Garland ISD elementary schools should implement daily schedules that include a minimum of 30 minutes of supervised recess for all students in grades Pre-Kindergarten through Fifth Grade. This recess time should be distinct from and not replace physical education classes.

Recess should be recognized as a necessary educational support, not a reward.

Under no circumstances should recess be withheld for disciplinary reasons, academic interventions (such as tutoring), or other competing priorities.

- NEW [SHAC Recess Guidelines](#)

- Proposed Recess Surveys:

- [Teacher Recess Survey](#)
 - [Parent Recess Survey](#)

- Screen Time Committee

The School Health Advisory Council (SHAC) recommends screen time guidelines that promote a healthy, balanced approach to digital device use in schools. These evidence-based recommendations support student well-being, academic focus, and

physical health. Key strategies include adopting the 20-20-20 rule to reduce eye strain and scheduling movement or mindfulness breaks every 30 minutes. Classrooms should follow ergonomic best practices like proper lighting, screen height, and posture training, while occupational therapists should support students with special needs.

The guidelines emphasize age-appropriate screen limits aligned with the American Academy of Pediatrics with examples that include no more than one hour daily for ages 2–5 and two hours for ages 6+ for recreational use. Schoolwork screen time should be balanced with physical activity and offline learning, especially for younger students. To reduce distractions, the district should adopt device-free policies during school hours, similar to other large Texas school districts. Tools like GoGuardian or Lightspeed Systems can be utilized to filter content and monitor online activity, with instruction in digital citizenship embedded across the curriculum.

Annual professional development should be required for teachers to ensure effective and mindful tech integration. Additionally, the district must partner with families by sharing digital wellness tips, promoting screen-free bedtimes, and encouraging consistent practices at home to support students' long-term health and success.

- [Screen Time Guidelines 2025-2026](#)

- Schrade will pilot the Outdoor Adventures PE class for Grade 8 for the 2025-26 school year.
 - Teachers were Outdoor Adventures trained Spring 2023-24 and Summer 25-26.
 - This course provides students with recreational and outdoor components for physical education credit.
 - The Outdoor Adventures course was implemented in Grades 9-12 at Sachse and North Garland High Schools for the 2024-25 school year.
 - The SHAC will review and consider recommending the course at the elementary and middle school levels in the future

- Legislative Updates:

- [SB 12 \(TEC 26.001\)](#) School board shall...provide to a parent of a child on the child's enrollment in the district for the first time and to the parent of each child enrolled in the district at the beginning of each school year information about parental rights and options, including the right to withhold consent for or exempt the parent's child from certain activities and instruction, that addresses the parent's rights and options concerning: (Deadline: September 1, 2025)

SB 12 - “Parent Rights” Bill: Requires written parental consent for instruction on human sexuality and health services; Prohibits public schools from promoting DEI (diversity, equity, inclusion) initiatives unless required by law; Bans school-sponsored LGBTQ+ clubs, such as GSAs, though private off-campus groups are still allowed; Mandates greater transparency in school operations and expands formal grievance procedures for parents. **Status on 6/23/2025:** Passed House and Senate and sent to the Governor on June 3. **Signed into law** by Governor Greg Abbott on June 20, 2025; effective September 1, 2025.

- (C) health education instruction under Section 28.004;

- (D) instruction regarding sexual orientation and gender identity under Section 28.0043;
- (L) health care services, including notice and consent under Section 26.0083(g)

SHAC Ongoing Initiatives:

- The Student Health Advisory Council will continue to model a comprehensive, open, and collaborative approach with the district, community, and Board of Trustees for the purpose of collaboration and cohesion.
- Outlined Student Health Advisory Council Membership, Recruiting, and Board Requirements.
SHAC membership included 31 persons for the 2024-25 school year including 4 Board appointed members (6 appointed, 4 accepted), 2 community members, 8 district members, and 17 parent members. SHAC membership decreased by 4 from the previous year.
 - The SHAC utilizes a google form to receive SHAC Member applications.
 - The 25-26 SHAC Membership Application was released on Monday, May 19, 2025 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 29, 2025.
 - The first SHAC meeting of the year will take place on September 17, 2025.
- 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 expired 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 18, 2025 via the Skyward messaging system.

Links: [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 additional distribution of paper copies of the Human Sexuality & Responsibility Parent Opt-in Form to increase parent response for student HSR instruction participation.

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 health classes beginning Spring 2024 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 utilize instructional resources provided by EverFi. Middle school HPE teachers have the option to use GISD created resources or EverFi.

The EverFi impact report shows GISD student enrollments increased overall with resources used for Health Human Sexuality & Responsibility alternative SEL instruction and Drug Safety instruction in 2024-25.

(See images below)

EVERFI in Garland ISD

Each year, your district receives unlimited access to EVERFI's platform of hundreds of life skills lessons and personalized support, all at no cost.

Review the data in this report to determine if your schools are taking full advantage of the award-winning resources provided to them.

Garland ISD Snapshot

	2023-2024 School Year	2024-2025 School Year
Unique Active Students	3,719	4,310
Sum of Student Enrollments	8,609	12,183
Curricula	29	28
Active Teachers	56	49
Active Schools	16	22



Most Popular Resources

Character Playbook: Healthy Relationships (Grades 6-9)	1
Healthier Me: Intro to Wellness (Grades 4-6)	2
Prescription Drug Safety (Grades 8-12)	3

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Health & Wellness



Resource	2023-2024 (EOY) Student Enrollments	2024-2025 Student Enrollments	2024-2025 Modules Completed	2024-2025 Hours of Learning	2024-2025 Teachers	2024-2025 Schools
The Compassion Project: Lower Elementary(Grades 2-4)	50	163	292	47	5	4
The Compassion Project: Upper Elementary (Grades 4-5)	67	281	518	86	6	3
Healthier Me: Intro to Wellness (Grades 4-6)	0	1,594	3,611	903	22	10
Ignition: Digital Wellness & Safety (Grades 6-9)	412	754	2,881	960	12	5
Character Playbook: Healthy Relationships (Grades 6-9)	1,449	1,797	6,179	2,060	29	10
Honor Code: Bullying Prevention (Grades 8-10)	121	233	1,019	152	9	2

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Health & Wellness



Resource	2023-2024 (EOY) Student Enrollments	2024-2025 Student Enrollments	2024-2025 Modules Completed	2024-2025 Hours of Learning	2024-2025 Teachers	2024-2025 Schools
Understanding Mental Wellness (Grades 8-12)	838	714	1,621	328	20	9
Vaping: Know the truth (Grades 8-12)	770	946	2,387	597	16	6
Prescription Drug Safety (Grades 8-12)	1,296	1,289	3,967	1,322	19	7
AlcoholEdu (Grades 8-12)	182	816	1,560	520	16	8

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- The Student Health Advisory Council conducted a technology review for all K-12 physical education classrooms to make appropriate recommendations for digital equity and access in physical education. [SB 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.*
- SHAC worked with the Technology department to conduct an audit of current technology assigned in gymnasiums for K-12 physical education instruction at each campus. The Health & PE Coordinator reviewed teacher and campus feedback of the current technology housed in K-12 gymnasiums for physical education instruction for usability and alignment to the technology report.
 - 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.
 - The report will help to determine if technology is new, broken, in good working condition, under warranty, and aligned to technology provided in all GUSD 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 equitable technology available as other K-12 core instructional classrooms have access to digital technology for 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 Technology TipWeb report found that physical education technology equipment was not identified or up-to-date.

Projected 2025-2026 SHAC Meeting Dates:

September 17, 2025

November 12, 2025

February 11, 2026

April 8, 2026

Listed below are the agenda items that were discussed in the 2024-2025 School Health Advisory Council Meetings with meeting minutes links.

September 11, 2024

[9.11.24 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
- EverFi Presentation
- Department Updates

November 6, 2024

[11.6.24 SHAC meeting minutes](#)

- Reviewed SHAC purpose and responsibilities
- SHAC Membership
- Legislative Updates
 - Human Sexuality & Responsibility
 - Screen Time
- Fitnessgram Presentation
- Hazel Health Presentation
- Department Updates
- Executive Session:
 - Approved new members
 - Confirmed SHAC 24-25 SHAC membership

February 12, 2025

[2.12.25 SHAC meeting minutes](#)

- Membership Update
- Legislative Updates
- SHAC Sub-committees confirmed
- Department Updates

April 9, 2025

[4.9.25 SHAC meeting minutes](#)

- Accessibility and HB18 Scope Act Presentation
- Subcommittee Reports: Recess and Screen Time
- SHAC Membership
- Department Updates
- SHAC Membership Application 25-26
- Annual SHAC Report
- School Health Survey