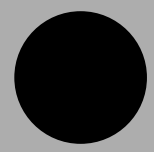
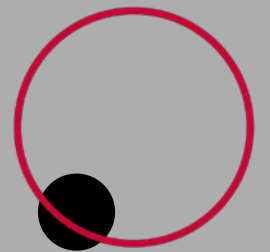
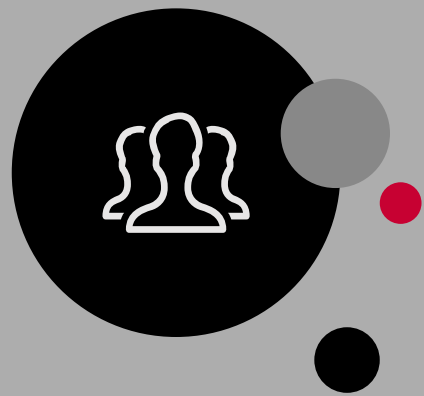


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School Health Advisory Council (SHAC)

Annual Report



Purpose of SHAC

To communicate the connection between health and learning to school administrators, parents and community stakeholders.

As primary partners w/districts, SHACs help parents and community stakeholders reinforce the knowledge and skills children need to be healthy for a lifetime.





SHAC Membership 2018-2019

- SHAC is made up of at least one staff representative and one parent representative from each campus
- District support is provided through Staff and Student Services Department
- Community – American Heart Association, Living Well in Coppell, Coppell Farmer's Market, Coppell YMCA
- Board of Trustee liaisons – Anthony Hill & Nicole Bentley
- 53 members



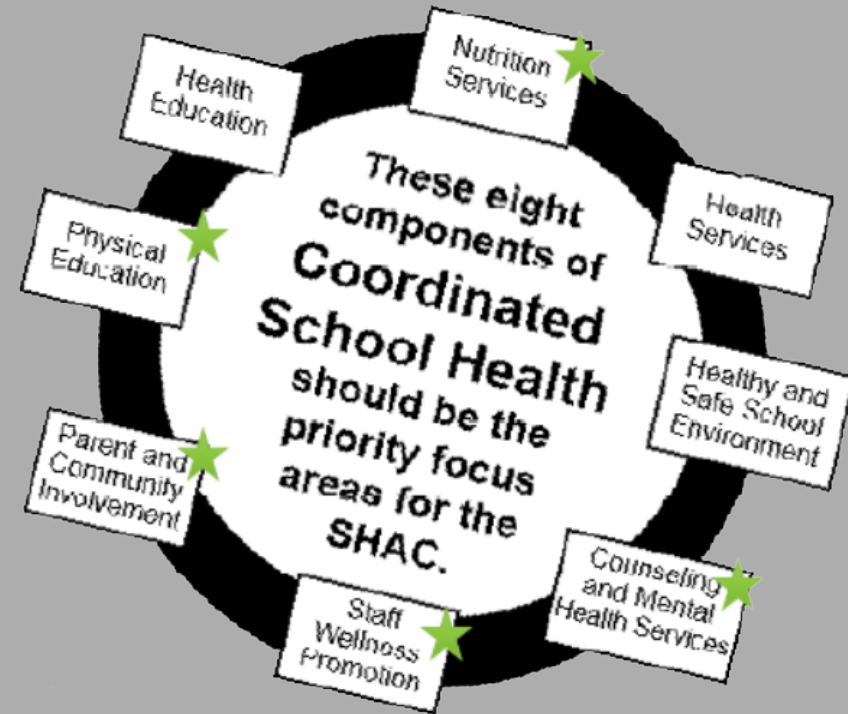
SHAC Meetings

- September 20, 2018
- November 15, 2018
- February 14, 2019
- April 23, 2019



SHAC Committees

1. Nutritional Wellness
2. Physical Wellness
3. Wellness Plan
4. Social/Emotional Wellness





Nutritional Wellness

❖ Goals:

- Continue to investigate available gardening grants
- Farm Fresh Fridays exposure
- Initiate 21-Day Challenge in conjunction with Physical Wellness

❖ Accomplishments:

- Submitted proposal and approved for a \$50,000 3E Garden grant (from Texas Department of Agriculture)
- Staff garden training at Denton Creek for current 3E grant – 30 attended

❖ Looking Ahead:

- Implement 21-Day Challenge for district staff and Cottonwood Creek pilot
- Implement and support the execution of the new garden grant in the remaining elementary schools - Lee, Cottonwood Creek, Valley Ranch, Mockingbird & Lakeside





Physical Wellness

❖ Goals:

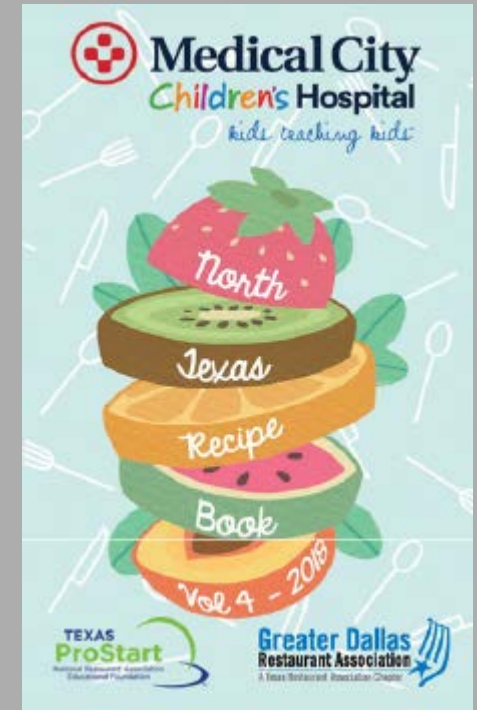
- Continue to support existing projects such as Go Red and new Kids Heart Challenge
- Work with Living Well in Coppell (LWiC) on It's Time Texas Challenge

❖ Accomplishments:

- Worked with LWiC by signing pledge and participating
- Implemented district-wide “Go Red” campaign w/ American Heart Association

❖ Looking Ahead:

- Continue “Go Red” campaign for staff
- Support the 21- Day Challenge along with the Nutrition committee





Wellness Plan

❖ Goals:

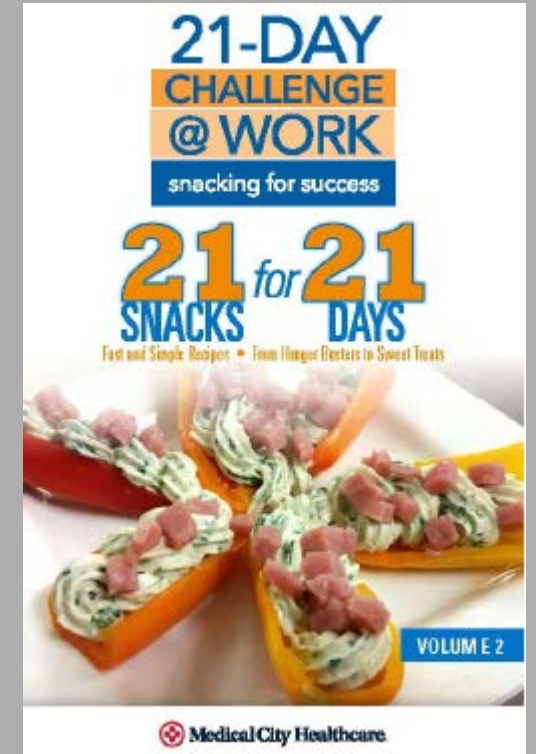
- Update the current Wellness Plan and submit for approval – required every 3 years
- Added Social/Emotional section under Plan

❖ Accomplishments:

- Met as a team to rewrite and update Wellness Plan – approved by SHAC

❖ Looking Ahead:

- Keep Wellness committee in place to continually update the wellness plan
- Format change proposed for 2019-2020





Social/Emotional Wellness

❖ Goals:

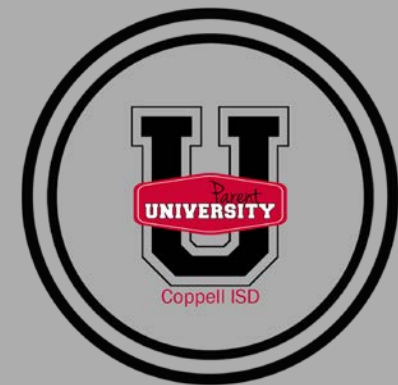
- Look at ways to address high “stress and anxiety” levels
- Continue to promote the Parent Toolkit

❖ Accomplishments:

- Speakers/programs implemented:
 - Video of Tamera Keller with school counselors, first responders and students – talking to teens about drugs and depression
 - “Your Life Matters” by Jeff Yalden (suicide awareness)
 - “Exploring the Myths of Marijuana & Vaping”
 - “Drugs and Opioid Epidemic”
 - Made content from all presentations available on YouTube

❖ Looking Ahead:

- Survey parents on topics of interest and vet future speakers





Celebrations



- 3E Garden Grant awarded – total of \$100,000 from previous garden grant and current grant award
- Tammy Gilstrap, Cottonwood Creek PE Teacher, serves on Texas SHAC
- Updated Wellness Policy for approval – required every 3 years



Opportunities

- Unique role in the district – advisory, not regulatory
- Communication – provided bullet points for SHAC members to report out to PTO's and district staff this year
- Consistency – 14 parent reps are returning and only 6 open spots for parent reps
- Impact of SHAC – How can we best use our members to make a difference?
- Review and update SHAC bylaws (last update June 2017)



School Health Advisory Council (SHAC)



“Go Red” Campaign



Farm Fresh Fridays



Square Foot Gardening

Thank You!