**Hunt ISD**

**School Health Advisory Council**

**(SHAC)**

**2019-20**

**Mission Statement:**

The mission of the Hunt Independent School District School Health Advisory Council (SHAC)is to promote the overall life-long

The Board shall appoint at least five members to the council. A majority of the members must be parents of the students enrolled in the District.

SHAC will meet at least 4 times throughout the school year. We will meet at a time determined to allow our nurse, athletics director, and cafeteria manager to attend. The first meeting will be **September 3, 2019** at 1:15 p.m. in the counselor’s office. Meeting dates are as followed:

Tuesday, November 5, 2019 (Joy Team and food drive planning)

Tuesday, February 4, 2020 (Hunt Healthapallooza Wellness Day)

Tuesday, April 14, 2020 (summary and outcomes of programs/incentives)

**SHAC Goals:**

1. **Proper student physical fitness/health**
2. All students become more active with 30 minute classes daily
3. Students make better food/drink choices (i.e. have a “give up” week, give up sodas, sugar, etc.)
4. Encourage athletics participation, West Kerr County Youth Sports (WKCYS), and other healthy-wise choices
5. Model healthy choices in front of students
6. Offer suggestions for healthier snacks/drinks
7. Explore coordination of Garden Harvest Day with Bridget’s Basket or cafeteria “fresh” offering
8. Maintain “silver” or above rating in cafeteria utilizing *Smarter Lunchrooms Self-Assessment*
9. Encourage all Pre-K students to participate in free breakfast and lunch per waiver for this year approving all pre-K despite income qualifications
10. *Blessings in a Backpack* to provide weekend meals for students in need
11. Continue with 3 recesses per day for K-2 students. Each recess will be at least 10 minutes long.
12. **Employee wellness**
    1. After-school exercise opportunities and access to the weight room will be made available
    2. Participants in AFLAC will benefit from incentives for wellness check-ups.
    3. Participation in outside wellness programs & initiatives through AETNA will be shared
13. **Proper nutrition/wellness education for students, staff, and community** 
    1. See attached Nutrition/Wellness Plan
    2. Explore continuation of Ag Extension nutrition curriculum for 3rd grade this year
    3. Provide alcohol/drug information and education through Red Ribbon Week activities focusing on “vape” avoidance activities
    4. Child abuse prevention & recognition training for staff via Eduhero
    5. Suicide Prevention training for new staff via Eduhero
    6. Explore staff incentives for wellness activities.
    7. Child Abuse hotline/information posters posted around school
    8. *Child Lures Prevention* program presented by counselor for grades k-5 in October during guidance days.
    9. *Child Lures Prevention* information to be sent home to parents
    10. Elizabeth Thomas (Wesley Nurse) offering services through referrals
    11. *Hunt Healthapallooza Wellness Day* will be student/family-centered activities to take place during the school-day.
    12. Google *BeInternetAwesome* Internet-safety and bullying prevention curriculum presented to students

**4. Bully Prevention as measured through office referrals**

1. Counselor and admin presentation on bullying prevention planned for the fall
2. *Bullying Reporting* availableanonymously online (David’s Law criteria)
3. October Bullying Prevention Month activities provided by the counselor
4. Staff in-service training on bullying prevention during inservice. Counselor provided resource to staff to help identify bullying, as defined by the law.
5. Guidance lessons delivered by counselor for bullying prevention
6. Informational posters around the school
7. **Abstinence instruction/education**
8. Lindy Wellbourne with First Choice to present *Worth the Wait’s* 6th grade foundational and 7th & 8th grade curriculum this year during 2nd semester.
9. Cindy Taylor’s abstinence presentation in the spring for 8th grade students

**SHAC 2019-20**

**Staff**

Jane Furbush, nurse

Lee Pool, coach

Verlene Wallace, counselor

Teresa Carrillo, cafeteria manager

**Parents**

Wendy Mieske(chair)

Bridget Symm

Chae Spencer

Deanna Pfeffer

Corey Chilton

Maria Garcia

Asha Ramirez

**Students**

Teddy Muscievicz, 8th grader

Becca Mieske, 8th grader

**Community Members**

Liz Thomas, Wesley Nurse

Bill Booker

**At-Large Member**

Angela Fiedler, County Extension Agent