

School Health Advisory Council  
Annual School Board Report  
April 2019

The School Health Advisory Council met five times during the school year.

Wellness projects which were sponsored by the School Health Advisory Council:

- **Red Ribbon Week/Drug Free Education**-Abilene Recovery Council formerly known as ARCADA, spoke to all grades on October 25, 2018 with age appropriate substance abuse prevention education. In addition, they provided the *Positive Action Curriculum* weekly for 2<sup>nd</sup>-9<sup>th</sup> grades.
- **National School Lunch Week**- a total of 31 parents participated in the special School Lunch Week.
- **Flu Immunization Clinic**- Vaccines were provided at Gustine ISD on October 16, 2018 by Comanche County Medical Clinic. Vaccines were provided free of charge to employees to help reduce absenteeism.
- **T.R.U.T.H. presentation**-a free teen sexuality program for 7-12<sup>th</sup> grades was provided by CHOICES Resource Center in Stephenville on September 28, 2018.
- **Turkey Walk**- the annual community wellness event which was held on November 13, 2018 involved approximately 100 participants. A drawing for 15 turkeys was held as well as numerous door prizes which were donated by school personnel. Coach Rodie Johnston was the announcer for the event assisted by Ms. Miranda Hicks who handled the music for the event. "Turkey tags" and lanyards were awarded for laps walked.
- **Maintain-No-Gain Challenge**- 12 staff members participated in the challenge which began prior to the Thanksgiving holidays and ended when the staff returned on January 7, 2019. The object of the challenge was for participants to gain no more than 2 pounds over the holiday season. Prizes were awarded for those who "maintained" during the challenge.
- **Cowtown Kids 5K**- A grant was received for Gustine ISD students to participate in the 5K in Forth Worth on February 24, 2019. The grant included half of the entry fee and also provided new running shoes for each of the students. 49- 3<sup>rd</sup> through 12<sup>th</sup> grade students participated in the race as well as several employees and parents. Students performed well and enjoyed this wellness opportunity. Community members provided financial assistance which covered the remainder of the entry fee as well as meals for the trip. A local church also provided breakfast the morning of the race. We are very grateful for the support which was given to make this event possible. An article was published by the *Comanche Chief* newspaper detailing the accomplishments of the Gustine runners.
- **Sweetheart Breakfast**- In an effort to promote the importance of eating a healthy breakfast, parents were invited for the 3<sup>rd</sup> year to eat breakfast with their children on February 14, 2019. A nutritious breakfast was served to 47 guest parents. An on-going video presentation titled "The Importance of Eating

a Healthy Breakfast” was presented via the TV monitor during the breakfast in both English and Spanish.

- **High School Breakfast Survey-** A survey was conducted to determine the need for a *Second Chance Breakfast* for High School students. It was determined that over 65% of Gustine High School students do not eat breakfast. The survey was conducted to determine the reasons for the low participation and if a *Second Chance Breakfast* would be beneficial. Currently the administration is looking at the feasibility of adjusting the school schedule to incorporate a later breakfast for the 2019/2020 school year.
- **Safety City-** 3<sup>rd</sup> grade students participated in *Safety City* on March 8, 2019. Students were instructed in a safety curriculum prior to traveling to Abilene to participate in the miniature city set up to practice the skills they had learned. (Pedestrian safety, bicycle safety, vehicle safety, bus safety and fire safety) *Safety City* was well received by the students.
- **Health Fair-** “Humphrey’s Hamster Games and Health Fair” was held on April 15, 2019 from 6:00-7:30 p.m. in conjunction with the *Texas Reads One Book* event. 20 local health organizations participated in the Fair. 35 people took advantage of the free blood screenings which was provided by Comanche County Medical Center. A variety of health information was provided for the community as well as “Hamster Games” and art activities for the students. Approximately 110 people participated in the event.

The Wellness Policy Implementation Plan was evaluated with the following findings:

- ❖ Public Notification
  1. All legal requirements for public notification concerning the Wellness Policy and SHAC are located on the school website.
- ❖ Nutrition Promotion
  1. An average of 56% of Gustine ISD students participate in the School Breakfast Program and an average of 83% participate in the School Lunch Program. There was a slight increase in both meal participation rates, which met one of our goals.
  2. The School Nutrition staff implemented several initiatives during the school year. The overall goal was to promote the importance of eating a healthy diet and teaching students the link between health and nutrition.
    - a. Stressed the importance of breakfast through the National School Breakfast Week which included prizes for those who participated in the program.
    - b. Celebrated National School Lunch Week
    - c. Monthly prizes were awarded to elementary students which included nutrition education.
    - d. Hosted Homecoming Lunch
    - e. Hosted Thanksgiving Lunch
    - f. Hosted the Sweetheart Breakfast on Valentine’s Day.

- g. Began offering a chef salad option to high school students which has been extremely well received.
  - h. Made available a "survey box" soliciting information from the students concerning both breakfast and lunch for which the nutrition department has received valuable feedback.
- 3. The goal of scoring at least in the Bronze Level on the *Smarter Lunchroom Self-Assessment* was set in the Wellness Implementation Plan. Gustine ISD Nutrition Department achieved a **Gold Level** which is an increase over and beyond our goal.
- 4. Nutrition education information was provided via the video monitors in the cafeteria to achieve our second goal for Nutrition promotion and through promotional items awarded to students.
- 5. The District meets federal guidelines which require that exterior displays on vending machines be Smart Snack Compliant. Currently there are no vending machines accessible to students.
- 6. The District meets federal nutritional guidelines for food and beverages sold to students during the school day with the exception of the exempted fundraising events.
- ❖ Nutrition Education
  - 1. The *Great Body Shop* curriculum is currently implemented in grades Kindergarten- 8<sup>th</sup> grade. This curriculum is a TEA approved Coordinated School Health program.
- ❖ Physical Activity
  - 1. Currently the District utilizes the C.A.T.C.H. curriculum for Physical Education classes. The District meets the required amount of physical activity for both Elementary and Junior High Students.
  - 2. The Turkey Walk which is noted earlier under "Wellness Projects", met our goal for an after school event that involved physical activity for parents, students and staff.
  - 3. Cowtown Kids 5K which is noted earlier under "Wellness Projects" provided an additional opportunity for students to be involved in physical activity outside the normal school day.
  - 4. A playground safety check is currently completed monthly which meets one of our goals.
- ❖ School-Based Activities
  - 1. Sufficient meal-time is allowed in the schedule as evidenced by the students having plenty of time to eat and then socialize.
  - 2. Suggestions for Smart Snack compliant foods and beverages were submitted to parents prior to Elementary class parties.
  - 3. The *Maintain-No-Gain Challenge* which is noted under "Wellness Projects", provided an opportunity for employees to be cognizant of the foods eaten during the Thanksgiving holiday until their return from the Christmas break. This enables school personnel to be active role models regarding a healthy lifestyle which meets one of the Wellness goals.

4. An Influenza Vaccine clinic was organized for employees and community members on October 16, 2018. This event met the goal for promoting employee wellness.

The following areas were identified as areas for improvement as identified through the School Health Index self-assessment that were addressed during the 2018/2019 school year. The *School Health Index* is a self-assessment tool developed by the Centers for Disease Control and Prevention. It is an approved evidence-based strategy for setting and evaluating goals and measurable outcomes.

Module 4: Nutrition Services-

- a) Focused on increasing the percentage of students who take advantage of the school breakfast program. As noted under "Wellness Projects", a survey was conducted to determine the reasons why the High School students were not participating in the breakfast program. The survey showed that over 65% of High School students do not regularly eat breakfast, of those 38.7% stated that the typical reason for not eating at school is that they do not get to school in time to eat. 65.7% indicated they would eat at school if there was an option to eat breakfast at the end of 1<sup>st</sup> period. Research shows that eating a healthy breakfast has many benefits, one of which is that students perform better in school when they eat breakfast. As a result of the survey, the school administration is looking at the feasibility of adjusting the school schedule to incorporate a later breakfast for the 2019/2020 school year for High School students.

Module 11: Community Involvement

- a) Building on the need for a community-wide health promotion event, the SHAC planned a Health Fair on April 15, 2019. The Fair that was held in the spring of 2018 was not well attended. Efforts were taken to ensure that the event was well publicized as well as securing free wellness screenings to benefit the community. Children's activities were also planned to entice participation. Details of the Health Fair are noted under "Wellness Projects".

**Conclusion:** The SHAC efforts made positive steps in contributing toward a safer and healthier school and community.

Submitted by Lisa Connel RN SHAC Coordinator/School Nurse  
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