

School Health Advisory Council
Annual School Board Report
April 2020

The School Health Advisory Council met four times during the school year. The final meeting was held via email and telephone communication due to the Coronavirus social distancing measures.

The **Mission Statement** was expanded to include both physical and mental health due to the charge for schools to incorporate mental health education and awareness as part of the health education curriculum.

The following School Health Advisory Council recommendations were made to the Board during the November meeting:

- **Recess Policy:** That the current amount of structured P.E. time continues as well as the 2 -20 minute per day recess periods for elementary students. It was also recommended that the practice of withholding recess should not be used for punitive reasons when possible. The recommendation was made with the understanding that there are times that a teacher needs areas in which to motivate students to complete their daily academic requirements or behave in an appropriate manner. Withholding recess is often a consequence used for motivating these students. We recommended that students be allowed to walk during the recess time instead of having free play time with their peers when feasible instead of withholding physical activity altogether.
- **Other Policy Recommendations:** The following recommendations were made which allows the District to comply with recent health legislation requirements.
 - The Council recommends that the district continue to use the *Great Body Shop* curriculum for K-8th grades. This is an approved Comprehensive Health Education curriculum. The Council recommends that the curriculum be used a minimum of 1 hour monthly.
 - The Council recommends that the Abilene Recovery Council's *Positive Action Curriculum* be used for 2nd-9th grades along with their age appropriate Substance Abuse Prevention Education. It is recommended that this program will be presented in the ARC's usual 8-10 weekly sessions at least one semester a school year.
 - The Council recommends that Puberty Education classes will be presented to the 5th grade students yearly and that the CHOICES program from Stephenville provide Sexuality Education at a minimum of every other year for 7th-12th grades or at the administrator's discretion.
 - The Council recommends that the following training is conducted annually as required by law for teachers: suicide prevention, bullying prevention, grief and trauma strategies, recognizing signs of mental health conditions and substance abuse, establishing and maintaining positive relationships among students including conflict resolution. We recommend that the training is based on relevant best practice-based programs and research-based practices which have been recommended by the Health and Human Services Commission and/or Regional 14 Education Service Center.

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

- **Flu Immunization Clinic**- Vaccines were provided at Gustine ISD on October 8, 2019 by Comanche County Medical Clinic. Vaccines were provided free of charge to employees to help reduce absenteeism.
- **Stop the Bleed Training**-a new training requirement was conducted on October 15, 2019 by Comanche County EMS and Lisa Connel R.N., school nurse, for all students in 7-12th grades. Students learned how to treat a severe bleed by applying pressure, packing a wound and also by applying a tourniquet.
- **Safety City**- 3rd grade students participated in *Safety City* on October 17, 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)
- **Turkey Walk**- the annual community wellness event was held on November 21, 2019 which involved approximately 90 participants. A drawing for 15 turkeys was held as well as numerous door prizes which were donated by school personnel. Coach Tom McVey was the announcer for the event assisted by Ms. Miranda Hicks who handled the music for the event. The popular "Turkey tags" and lanyards were awarded for walking laps.
- **Maintain-No-Gain Challenge**- 14 staff members participated in the challenge which began prior to the Thanksgiving holidays and ended when the staff returned on January 7, 2020. The object of the challenge was for participants to gain no more than 2 pounds over the holiday season. A drawing for prizes was held for those who "maintained" during the challenge.
- **Sweetheart Breakfast**- The 4th annual Sweetheart Breakfast was held on February 14, 2020. The purpose of the breakfast was to promote the importance of eating a healthy breakfast. 45 parents participated in the event. Informational material was provided to the parents concerning the importance of eating a healthy breakfast.
- **Cowtown Kids 5K**- A grant was received for Gustine ISD students to participate in the 5K in Fort Worth on February 29, 2020 for the 3rd year. The grant included half of the entry fee and also provided new running shoes for each of the students. 54- 3rd through 12th grade students participated in the race as well as 11 employees and 3 parents. Several parents provided breakfast the morning of the race. We are very grateful for the grant and the generous community financial assistance which covered the remainder of the entry fee, a meal after the race and transportation costs for this awesome opportunity for our students.
- **Secondary Breakfast**-A change occurred in the High School and Junior High Breakfast schedule due to a survey conducted by the 2018/2019 SHAC which determined that a later breakfast time would be well received by students. According to cafeteria manager, Peggy Martin- there has been a considerable increase in participation in the breakfast program with the schedule change.

The following areas were identified as areas for improvement as identified through the *School Health Index* self-assessment.

Module 2: Health Education:

Discussed the need for professional development in delivering the Great Body Shop curriculum. The cost of the training is the main limiting factor.

Module 9: Employee Wellness and Health Promotion:

The Council recommends promoting the Comanche County Medical Center's *Wellness Program* with the district employees to meet the needs in this area. The program is free of charge and covers many facets of employee health promotion.

Module 10: Family Engagement:

1. Discussed the addition of placing an invitation to serve on the SHAC on the community Facebook page to reach more families.
2. Belief that the Youth Mental Health Training that all school staff will be required to attend during the summer months will meet an area of need.
3. Health information will be placed on the school website concerning chronic health conditions to provide up-to-date information for our families.

Module 11: Community Involvement:

Research to find the available local out-of-school programs that promote health.

Submitted by Lisa Connel RN SHAC Coordinator/School Nurse

Adopted by the School Health Advisory Council: 4/17/2020

Approved by School Board: 5/13/2020