

School Health Advisory Council
Annual School Board Report
April 2022

The School Health Advisory Council met two times during the school year as determined by the *District of Innovation Plan*. Meetings included in-person attendance as well as the option of attending via Zoom which was incorporated to enhance parental attendance.

Members: Carmen Landman and Cynthia Newton parent co-chairs, Lyndsi Hussey, parent; Fabiola Patino, parent; Cathy Shaw, student guardian; Patti Blue- Superintendent; Kenny Eudy- Principal and Lisa Connel R.N. Coordinator.

No changes were made to the Mission Statement.

Wellness events that were held for Gustine ISD students:

- **Annual Turkey Walk**-wellness event was held on November 18, 2021 for students and also included family and community members.
- **Jump Rope for Heart**- Pre K- 5th graders participated in the *American Heart Association* program that is designed to increase awareness of heart health and to help raise funds for the organization.
- **Safety City**- 3rd grade students learned fire, pedestrian, bicycle, and vehicle safety at the Melvin Martin Center for Children's Safety in Abilene Texas on April 5, 2022.

Wellness events that were held for Gustine ISD staff:

- **Flu Immunization Clinic**- Vaccines were provided at Gustine ISD on October 12, 2021 by Comanche County Medical Clinic. Vaccines were provided free of charge to employees to help reduce absenteeism.
- **Winter Wellness Challenge**- staff members participated in the challenge January 4, 2022 through March 3, 2022. The theme was "Get Back to the Basics" and encouraged daily exercise, eating fruits/vegetables, drinking water and staying away from caffeine and sugar. The challenge focused on reducing your health risk.

An evaluation of the **Wellness Implementation Plan** was conducted and the results included:

Nutrition Promotion Goals:

1. **Increase in participation in Federal Child Nutrition Program-**
A snapshot of the participation rates showed that rates held steady for breakfast participation at 85% and a small increase in lunch participation at 87%. Met goal.
2. **Score at least at the bronze level on the Smarter Lunchroom Scorecard:**
Scored Silver level- met goal.
3. **Protecting the privacy of students receiving free and/or reduced meals.**
(New goal added) Met goal

4. **Make available the monthly breakfast and lunch menus which include educational nutritional information:**

It was recommended that this goal be removed since the computer program which generates the menus no longer includes nutritional information. Goal removed.

5. **Increase awareness of healthy life choices through the Great Body Shop Curriculum.**

Goal updated (Nutritional information through monthly menus removed) Met goal

6. **Encourage students to drink water with meals.**

(New goal added) Met goal.

7. **Ensure that nutrition service staff meet continuing education training requirements.**

(New goal added) Met goal.

Nutrition Education Goals:

1. **Nutrition Education through a TEA approved CSHP taught at the Elementary and JH:**

The Great Body Shop curriculum provides nutrition education to meet this goal.
Met goal.

Physical Activity Goals:

1. **Moderate to vigorous physical activity for grades K-8:**

All students participate in daily P.E. classes. Met goal.

2. **Regular inspection of playground equipment:**

Andy Hesbrook- maintenance supervisor completes the monthly inspection checklist.
Met Goal

3. **Elementary students have scheduled recess times.**

(New goal added) Met goal.

4. **Annual physical activity event for parents and students:**

The annual Turkey Walk was held. Met Goal

5. **Encourage use of recreational facilities outside of the school day:**

Due to limited available facilities the goal was unmet

School-Based Activity Goals:

1. **Share educational information for promoting healthy living through the District Website and ParentSquare:**

Goal met

2. **Schedule will allow sufficient time for students to eat meals in the cafeteria:**

The goal was met as evidenced by students consistently having free time after finishing their meal.

3. **Classroom celebrations will encourage at least one Smart Snack compliant item:**

Letters promoting Smart Snack compliant snacks were not sent prior to Christmas and Valentines parties. One Smart Snack compliant snack was provided by school.
Goal was partially met.

Triennial Assessment:

The WELLSAT 3.0 and WELLSAT-I assessment tools were used to evaluate the Wellness Policy Plan. The WELLSAT is a nationally recognized assessment tool developed by the University of Connecticut's Rudd Center. The WELLSAT deals with policy whereas the WELLSAT-I is our perceived compliance with the policy. The purpose of scoring our district policy is to identify areas of strength and areas that can be improved. The purpose is not meant to showcase our inadequacies but rather to show areas for improvement.

(See attached Triennial Assessment)

House Bill 1525 compliance:

The SHAC made following changes to accommodate the new requirements of House Bill 1525:

- 72 hours of notification prior to all meetings was made in the school office and on the District website
- Meetings were audio or video recorded
- Meeting minutes and recordings are posted to the district website

The SHAC was informed of the new requirements regarding the district Human Sexuality Curriculum as a result of House Bill 1525

- The SHAC should give a recommendation for a Human Sexuality Curriculum to the board of trustees
- The SHAC will recommend the suitable grade levels for instruction
- Curriculum must be abstinence based
- Curriculum should reflect the values of the community
- Before each school year, the District will provide written parental notice of the Board of Trustees' decision regarding whether the district will provide human sexuality instruction.
- Give a detailed description of the content of the human sexuality instruction.
- Receive written permission from the parent for their child to take part in the class
- Parent has the right to:
 - Review the curriculum and purchase a copy
 - Remove the student from any part of the instruction with no penalty to the student's grade

TEA has approved only one Middle School textbook that meets the updated TEKS requirements for Human Sexuality Curriculum. Due to the uncertainty and absence of guidance for implementing HB 1525 in regard to the Human Sexuality Curriculum, it is the recommendation of the SHAC that the District continue using the *Great Body Shop Curriculum* in grades Pre-Kindergarten through 8th grade until further guidance has been received from TEA. The School Health Advisory Council also feels that Human Sexuality Education is appropriate for 6-8th grades.