

**Seguin ISD
School Health Advisory Council
2015-2016 Annual Report**

The Seguin ISD SHAC led by co-chair Julie Steele (Parent) and Pete Silvius (Seguin ISD), has an honorable history of achievement and a clear focus rooted in an evidence-based approach for all programming recommendations and assessments. During the 2015-2016 school year the SHAC placed additional efforts toward recruiting and engaging more parents while providing support to our existing programs and attention to our standing SHAC goals of:

- 1.) Promoting student nutrition**
- 2.) Increased opportunity and access to physical activity for all students, staff and community.**
- 3.) Increase parental/community involvement to include support of coordinated school health and the SHAC.**
- 4.) Educate the whole child with health and wellness at the center of academic achievement.**

Notable achievements-

Expanding the 3 E's Nutrition Grant Program Award. The Seguin ISD SHAC was awarded a grant of \$49,490 to create, supplement or expand nutrition education programs in our schools. Funds are to be used to supplement or extend our adopted coordinated school health curriculum, CATCH (A Coordinated Approach to Children's Health). Funding will be used for staff training for campus wellness teams, PE staff and after-school staff (JAAM) at all K-8 campuses **(SHAC Goal 1, 2, 3, 4)**

TPWD CO-OP Grant Award. Seguin ISD SHAC has historically had a strong interest in supporting outdoor recreation and education. Seguin ISD was awarded \$38,000 in April 2015 to expand the opportunities for students, staff and the community to participate in lifelong outdoor recreation. The grant will fund the purchase of kayaks and mountain bikes to be used to provide year-round programming for the Seguin ISD community. This grant has supports programs and activities that have included family camping events at Garner and Palmetto State Parks, evening family kayaking and biking events in local Seguin city parks, as well as ongoing programming for students at the HEB camp, SOLC and summer camp programs. **(SHAC Goals 2, 3 & 4)**

Increased parent involvement in SHAC. The Seguin ISD SHAC has been actively seeking increased participation from parents. In the spring of 2016 the SVPO was invited to designate one representative from each campus to be the SHAC representative. This model has proven successful and the 2016-2017 SHAC membership shows an increase in the representation of parents. **(SHAC Goal 3)**

2016-2017 SHAC goals-

Utilizing SHAC sub-committee the SHAC will:

-Continue efforts to promote a healthy, high quality school nutrition program; with special efforts to increase the use of the salad bars and offering of fresh fruits and vegetables.

-Continued efforts to support increased opportunities for physical activity in and out of the school day, including a high quality physical education program.

-Updated sexual health curriculum and teacher training to better meet the needs of our students.

-Encourage campus gardens at all SISD schools.

-Continue to seek out opportunities for staff training and resources to support social and emotional health programming to address bullying, suicide prevention and stress management.