



**WHITE DEER**

**SHAC**

## **COMMITTEE MEMBERS**

Miriam Lynch	Principal
Linda Allen	Counselor
Mark Montgomery	Physical Education Teacher
Janie Haiduk	Physical Education Teacher
Mary Ann Roland	Cafeteria Manager
Frank Graham	Nurse

## **ADVISORY COMMITTEE**

Brother Alan Wilson	Minister
Karla Mitchell	Parent
Rosa Bilderback	Community
Stacie Brainard	Parent
Darrell Luster	Law Enforcement
Joe Freeman	Business

# **School Health Advisory Council (SHAC)**

## **Vision Statement**

All White Deer ISD students will reach their full personal, health, and academic potential.

## **Mission Statement**

The mission of the White Deer ISD SHAC is to ensure that all children in the White Deer ISD, grades PreK-12 will have healthy body and minds through sequential health education, practices, and modeling of good health behaviors.

## **Goals**

The goal of the White Deer ISD SHAC is to advise the White Deer ISD decision-makers regarding students' needs and assets related to health knowledge and skills, regarding policies and procedures that impact student health, and regarding the health of the school environment. To accomplish these goals:

- 1) Child Nutrition Programs will comply with federal, state and local requirements. Child Nutrition Programs will be accessible to all children.
- 2) All school-based activities will be consistent with local wellness policy goals.
- 3) All foods and beverages made available on campus (including vending machines, concessions, a la carte, student stores, parties and fundraising) during the school day will be consistent with the current Dietary Guidelines for Americans.
- 4) All foods made available on campus will adhere to food safety and security regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines will be implemented.

## ***Statement of Purpose:***

Statute and Policy. Each school district in the State is required in Chapter 28, Subchapter A-K, and Chapter 38.01.3 of the Texas Education Code, to establish and maintain a district level school health advisory council. The SHAC shall be an advisory committee.

## ***Responsibilities:***

According to state law, and the direction of the Board of Trustees, the SHAC shall have the following responsibilities:

- A. To hold regular meetings.
- B. To provide recommendations regarding health education curriculum, a coordinated school health program through coordination of health education, physical education, nutritional services, parental involvement, staff wellness, and health services.
- C. To consult with the Superintendent and/or his designee in advance of submitting issues, concerns, reports, and recommendations to the Board of Trustees.
- D. To advise and consult with the district in the development of a comprehensive health education curriculum.
- E. To assist the school district in any other capacity that falls within the guidelines of health, wellness or physical activity of our students.

## **Regular Meetings:**

At the first meeting of the year, the members of the SHAC will determine the number of regular meetings, time of meetings, dates for meetings. A sign in sheet will be used at all meeting to keep track of attendance.

The membership composition of the SHAC shall comply with the following:

- A. Parents must live within the district, and must be a custodial parent or guardian of a student currently enrolled in this district school. Parents may not be employees of the district.
- B. The majority of the SHAC will consist of a parent of students currently enrolled in the district.

## **TEXTBOOKS**

### **High School**

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Textbook Title: **Health & Wellness, Texas Edition**

### **Middle School**

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Textbook Title: **Macmillan/McGraw-Hill Health and Wellness, Grade 8**

### **6th Grade**

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Textbook Title: **Teen Health, Course 1, Texas Edition**

### **5th Grade**

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Textbook Title: **Macmillan/McGraw-Hill Health and Wellness, Texas Edition**

## **ANCILLARY MATERIAL**

**Choosing the Best Life, 3<sup>rd</sup> edition  
Game Plan**

7<sup>th</sup> grade Abstinence Based Curriculum  
8<sup>th</sup> grade Abstinence Based Curriculum

# Goal #1 Physical Activity

At a minimum, students will have 30 minutes of physical education class daily. Students will be given the opportunity for physical activity during the school day through PE classes, and recess. The following activities will be conducted by District personnel

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<b>List of Activities:</b>	<b>Time of Year</b>	<b>Person Responsible</b>
1. Field Day	May	Mark Montgomery Janie Haiduk
2. Jump Rope for Heart	Spring	Yvette Bryan
3. Catch K-8 Curriculum	Annually	Mark Montgomery
4. Fitness Gram	Annually	Mark Montgomery, Janie Haiduk, Frank Graham, and Jerry Bass

# Goal #2 Nutritional Services

Nutrition will be integrated into the health education curriculum or core curriculum (e.g. math, science, language arts),

Nutritional meals will be provided to students, staff and community through the following activities:

<b>List of Activities:</b>	<b>Person Responsible</b>
1. Breakfast with parents	Linda Allen and Mary Ann Roland
2. Grandparent's Luncheon:	Linda Allen and Mary Ann Roland
3. Nutritional meals provided daily by cafeteria staff	Mary Ann Roland

# Goal #3 Staff Wellness

Staff will be given the opportunity to participate in the District Wellness Program. This program is designed for individuals to make life long commitments for a healthy life change. The program is coordinated by the District's Wellness staff.

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<b>List of Activities:</b>	<b>Person Responsible</b>
1. Healthy You	Debbie Brame
2. Newsletter for Health	Workman's Comp.

**Revised 12/1/2010**