

College Station ISD School Health Advisory Council

ANNUAL REPORT TO THE BOARD OF TRUSTEES

APRIL 17, 2018

Co-Chairperson-Alyssa Locklear, MPH
Instructional Associate Professor
Texas A&M University

Co-Chairperson-Elisa “Beth” McNeill, Ph.D.
Coordinator of Health Teacher Certification
Texas A&M University

Member-Elicia Larkin, MD
PTO Board Member

School Health Advisory Council

Every Independent School District is required by law to have a School Health Advisory Council (SHAC) of which the majority of members must be parents who are not employed by the school district. The SHAC is annually appointed by the local education agency Board of Trustees. All CSISD Administrators are invited to submit names to serve on SHAC. Required to meet four times, this group has met **five** times in 2017-2018.

Texas Education Code

Title 2, Chapter 28, Section 28.004

Wellness Policies Priorities

- Safety of our Students
- Physical Activity
- Curriculum
- Mental Health



CSISD School Health Advisory Council

Three Focus Areas for 2017-2018

- Recess
- Health Curriculum
- Electronic Device Use

Recess

Concern: Denied or restricted access to recess

Justification: Academic, social/ emotional, and physical benefits of recess participation

Recommendation: Implement a policy that prohibits the removal or restriction of recess as a punishment for elementary students.

Include consistent faculty and staff consequences for failure to enforce.

Health Curriculum

Concern: Outdated instructional materials

Justification: Characteristics of an Effective Health Education Curriculum

<https://www.cdc.gov/healthyschools/sher/characteristics/index.htm>

- ❖ Teaches functional health information (essential knowledge)
- ❖ Shapes personal values and beliefs that support healthy behaviors
- ❖ Shapes group norms that value a healthy lifestyle
- ❖ Develops the essential health skills necessary to adopt, practice, and maintain health-enhancing behaviors.

Recommendation: Revised 7th Health Education curriculum

Health Curriculum Strategies

Strategy 1: CSISD will work with TAMU Health teacher certification program to design and pilot tailored instruction to promote health with the first module addressing mental health.

Strategy 2: If successful, subsequent modules will be developed to generate a consistent 7th grade Health Education curriculum for CSISD. Module topics will be approved by the SHAC.

Electronic Device Regulation

Concern: Students' mental health

Justification: Research linking mental health concerns with increased electronic device use and anecdotal evidence

Recommendation: Implement a stronger, more comprehensive approach to regulate electronic device use on campuses

Electronic Device Regulation: Strategies

Strategy 1: Revise electronic device policy to restrict cell phone use on campuses to approved educational use only

Strategy 2: Consistent application of policies

Strategy 3: Strengthened Wi-Fi filters

Strategy 4: K-8 Technology Safety Curriculum

Strategy 5: Parent Education

Questions

