




# College Station Independent School District

*Success... each life... each day... each hour*

To: Greg McIntyre, Deputy Superintendent for Curriculum and Instruction   
From: Becky Burghardt, Director for Curriculum *BB*  
Date: April 9, 2011  
Subject: Annual Report from the School Health Advisory Council

The School Health Advisory Council (SHAC) annually reports activities and recommendations to the Board of Trustees. Members of the council include community health professionals, community health agency officials, district teachers and administrators, district child nutrition staff, district nursing staff, and parents.

This year the council heard reports on district and community activities promoting healthy lifestyles including: Healthier US School Challenge, Asthma Education, Childhood Obesity Prevention, Dairy Council grant opportunity – Fuel Up to Play 60, and Wellness Express Family Outreach grant.

Board will receive the following SHAC reports from Katie Womack, SHAC Chairperson:

- Healthier U.S. School Challenge Awards: Seven College Station ISD elementary campuses recently earned awards through United States Department of Agriculture's (USDA) Healthier U.S. School Challenge (HUSSC). The Healthier U.S. School Challenge is a voluntary national certification initiative for schools participating in the National School Lunch Program. Student participation in the National School Lunch Program was required to meet or exceed an average of 70% at campuses to earn the Gold or Gold with Distinction and 60% to earn the Silver award. No participation level is required to meet the Bronze award. Student lunch participation was the only difference between CSISD campuses applying for this award. The other criteria to meet this challenge at the Gold with Distinction level was met by all schools and included: at least half of the grades receive nutrition education in the classroom, a minimum of 150 minutes per week of physical education/activity is provided school policies support a wellness environment.
- Wellness Express: Improve overall access to current evidence-based health information for all CSISD faculties, students and their families through a mobile wellness booth-Wellness Express. The specific focus for the 2012-2013 school year, will be childhood obesity prevention. The Wellness Express will be utilized to increase awareness of behaviors and choices that will help prevent childhood obesity.
- Asthma Education: Asthma education in elementary schools with outreach to parents will be initiated in the 2012-2013 school year.

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