

Parents - join our Smyer ISD School Health Advisory Council - we need you!

The following information will be helpful to you in finding out more about our SISD School Health Advisory Council (SHAC).

What is a SHAC?

In May 2001, the legislature passed Senate Bill 19. It requires each school district to implement a Coordinated School Health Program and to establish a School Health Advisory Council (SHAC) to make recommendations regarding that program. The SHAC must consist of at least 50% parents of current students, and school personnel are also on the council.

These councils serve in an advisory capacity and do not have any legal responsibilities within the school system. The SHAC members must be approved by the school board, and comply with written by-laws of the organization. Our SMYER ISD SHAC is currently chaired by the School Nurse, and meets at least four times per year.

There is an orientation for new members, and each person has an opportunity to contribute to the agenda and to bring forth suggestions and concerns regarding school health issues.

What is a CSHP?

A Coordinated School Health Program (CSHP) model consists of eight interactive components. Schools by themselves cannot—and should not be expected to—solve the nation's most serious health and social problems. Families, health care workers, the media, religious organizations, community organizations that serve youth, and young people themselves also must be systematically involved. However, schools could provide a critical facility in which many agencies might work together to maintain the well-being of young people.

Eight Component Model of a Coordinated School Health Program



In our SHAC meetings, we have reports from each of these eight areas. What a wonderful way for you as a parent to gain insights into the resources available at your child's school, and to have the opportunity to be involved in a very positive way. You're always invited to attend and see what is happening; the meeting schedule is available on the

district health services website.

Here are some helpful websites regarding SHACs and CSHPs if you are interested in finding out more information:

<http://www.dshs.state.tx.us/schoolhealth/sdhac.shtm>

<http://www.cdc.gov/healthyyouth/cshp/#8#8>

This site explains the Texas laws and the importance of having a SHAC

http://www.cancer.org/docroot/PED/PED_13.asp?sitearea=PED

The American Cancer Society knows that cancer prevention efforts must begin at an early age if we want to reduce cancer incidence and mortality. We know that health related habits learned in childhood carry through to adult life and if we can teach our children to make healthy choices when they are young, their chances of becoming an active, healthy adult increase. Nearly 15,000 school systems in the United States serve over 50 million children and youth - by far the largest and most organized system to reach our youngsters. Furthermore, the school system's goal to enrich the lives of students makes it a natural avenue for giving young people the knowledge, attitudes, and skills they need to start, stop, or change health behaviors. For those reasons, the American Cancer Society has been an advocate for school health for many years, encouraging schools to embrace student health as a critical component to student success. It is one of the most promising means of ensuring healthy children today and decreasing cancer illness and death in the future.

<http://www.nationalguidelines.org/introFull.cfm>

The purpose of *Health, Mental Health and Safety Guidelines for Schools* is to help those who influence the health and safety of students and school staff while they are in school, on school grounds, on their way to or from school, and involved in school-sponsored activities. The guidelines recognize that the primary mission of schools is to educate students. Schools also have a responsibility for students' health and safety while they are at school. By addressing health, mental health, and safety issues (including transportation and motor vehicle safety), schools can improve students' academic performance today and contribute to their increased longevity and productivity long after they leave school.

<http://www.schoolhealth.info/>

This is where you can learn how important quality school health programs are for children. Learn what you can do as a parent, school personnel, or as community leaders to make sure that all children get the information they need to grow up healthy.

If you are interested in becoming a member of the Smyer ISD SHAC, please contact Summer Stracener, RN, School Nurse at SISD. Email is best- summer.stracener@smyer-isd.net. The

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district spam filter may not allow some emails to come through, so you may also call Health Services at 806.234.2935 Ext 108 to obtain more information.