

SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

Fit, Healthy and Ready to Learn!

Research shows that healthy children do better in school - from attendance and behavior to academics and overall performance. The Crandall School Health Advisory Council (SHAC) works with the district to help school communities support good health and academic achievement.



What is a SHAC?

A SHAC (School Health Advisory Council) is a school board appointed advisory group of individuals who represent different segments of the community. By law, a majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district. The CISD SHAC is made up of parents, community members, students, and school staff working together to improve the health of all students and families through coordinated school health programs.

Why do we need a School Health Advisory Council (SHAC)?

- It's Texas law
- Healthy children learn better
- Healthy homes and healthy schools support healthy children

What is included in a coordinated school health program (CSHP)?

The components of a coordinated school health program include:

- Family and community involvement
- Nutrition services
- Physical education
- Health education
- Counseling, psychological & social services
- Health services
- Health promotion for school staff

How can I help?

Become knowledgeable about district efforts to create healthy learning environments. Read the CISD wellness policies and work with your school's PTO and principal to help implement the policies. Attend SHAC meetings.

Meeting dates 2013-14:

November 19, January 28, February 25, March 25

For information:

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