

Join Our Lamar Consolidated ISD School Health Advisory Council - We Need You!

The following information will be helpful to you in finding out more about our LCISD School Health Advisory Council (SHAC) and Coordinated School Health Programs (CSHP).

What is a SHAC?

In May 2001, the Texas 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 with school personnel also on the council. The council serves in an advisory capacity and does not have any legal authority within the school system. The SHAC members must be approved by the school board and comply with written by-laws of the organization. Our SHAC is currently chaired by an all parent Executive Committee and meets every other month. There is a brief orientation for new members. 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 can provide a critical forum in which many stakeholders 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 many of these 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 are always invited to attend and see what is happening; the meeting schedule is available on the district website.

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

<http://www.lcisd.org/Athletics/HealthCouncil.aspx>

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

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

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. It is one of the most promising means of ensuring healthy children today and decreasing illness in the future.

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

This site 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.

<http://www.sboh.wa.gov/Pubs/docs/Health&AA.pdf>

This September 2009 research review from the Washington State Department of Health summarizes the links between good physical and mental health and the academic achievement of students. The research is very clear and very strong that students who are physically active and make good choices for their health do better in school and are more successful in life.

If you are interested in becoming a member of the Lamar CISD SHAC, please contact Nikki Nelson, Athletic Director at LCISD, at nnelson@lcisd.org or visit the LCISD SHAC on Facebook.