



# The Orange County School Health Advisory Council (SHAC)



In January of 2003, the North Carolina State Board of Education passed a policy, **The Healthy Active Children Policy HSP-S-000** requiring all school districts to “establish and maintain School Health Advisory Councils to represent the eight components of a Coordinated School Health Program”.

# Requirements



- **Safe Environment**
- **Physical Education**
- **Health Education**
- **Staff Wellness**
- **Health Services**
- **Mental and Emotional Health**
- **Nutrition Services**
- **Family/Community Involvement**

# What is SHAC?



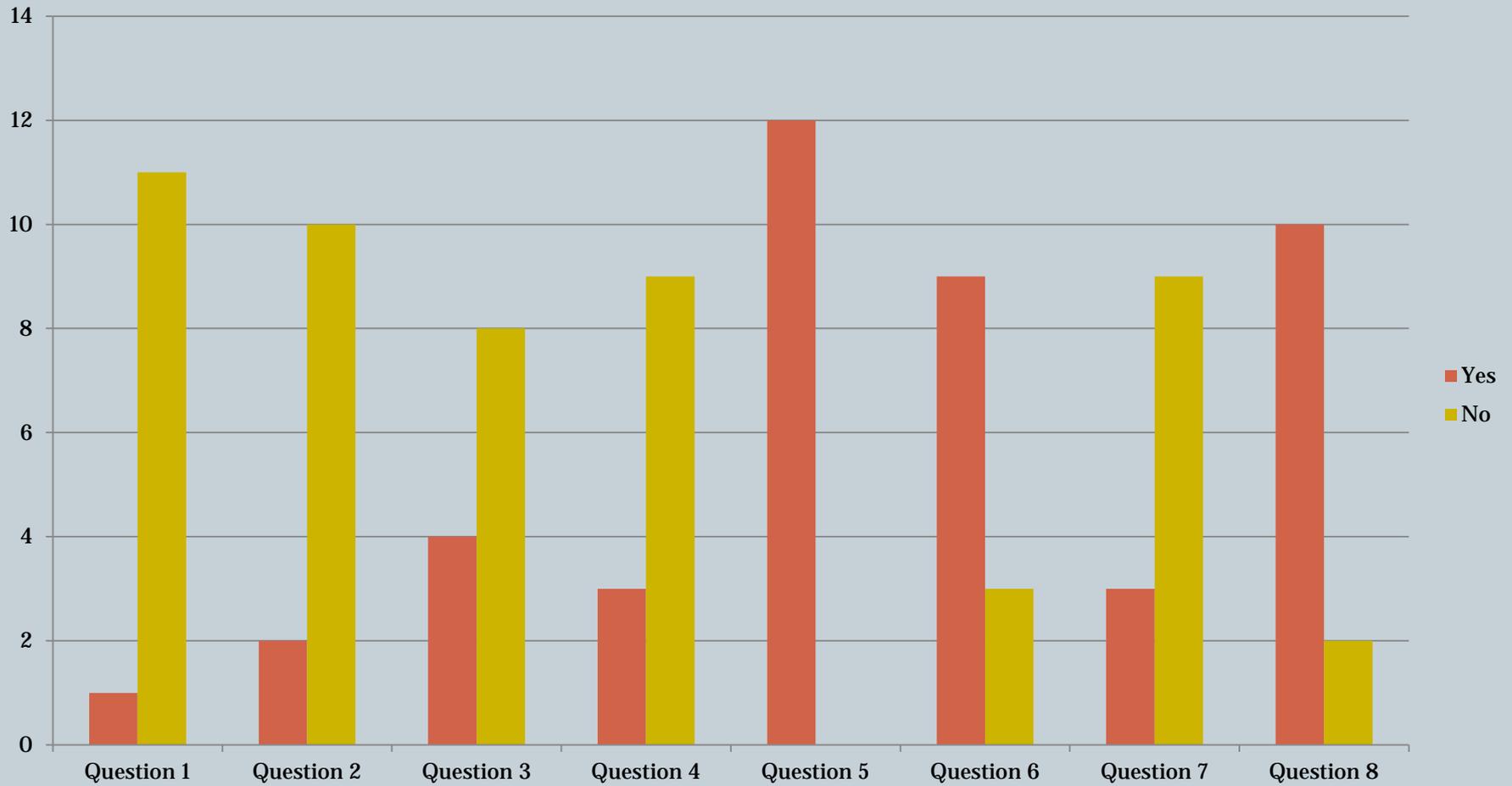
- SHAC is an advisory group composed primarily of school and community representatives who act collectively in advising the school district on a Coordinated School Health Program.
- Functions consist of:
  - Program Planning
  - Parent and Community Involvement
  - Advocacy for Coordinated School Health
  - Recruitment of Community Health Resources
  - Evaluation

# 2014-2015



- **Evaluation**
- **A survey was given in May of 2015 to assess our health and wellness within the schools.**
- **13 out of 13 schools participated**

# Survey Results



# Survey Results Continued



<b>Questions 9 - 17</b>	
Question 9	Curriculum, No Fast Food, Store Bought
Question 10	3 periods to one
Question 11	20 minutes to 1 hour
Question 12	Posters/Notices
Question 13	Not organized physical activity
Question 14 and 15	All schools have qualified PE teacher except Partnership; Students have opportunity for PE
Question 16 and 17	Not used as punishment; Physical Activity at least 20 min/day.

# 2015-2016



- **Ongoing Projects**

**Red Ribbon Week**

**Eat Smart Move More**

**Safe Routes to School**

**Family Success Alliance**

**Health Dept for Food Safety in schools**

**Orange County Food Council**

# Goal for 2015-2016



- **Goal: Reducing obesity in our community through fostering healthy habits**
- **Subcommittees will focus on the 8 components and determine strategies for the goal**
- **Meetings: September 24, December 8, January 28, March 17, May 26**



Questions  
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# Members

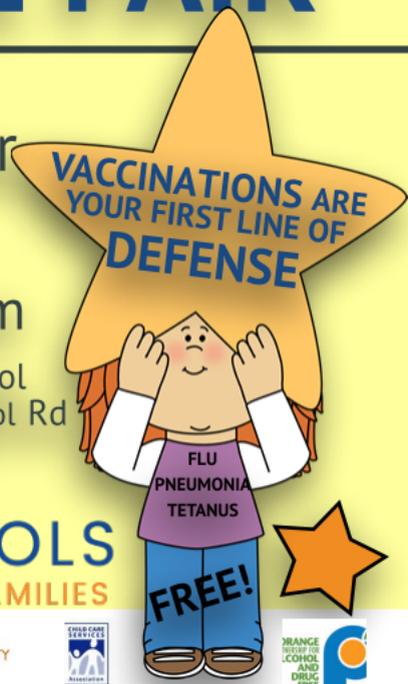


# FREE! FAMILY RESOURCE FAIR



September  
24th  
10am - 2pm

Orange High School  
500 Orange High School Rd  
Hillsborough



## ORANGE COUNTY SCHOOLS FIRST CHOICE FOR FAMILIES

We invite your family to take advantage of this FREE opportunity to meet with Local Community Partners. Join us as we navigate through topics such as: Safety, Nutrition, Wellness, Child Care, Fitness, Fun and More! Immunizations administered on site with proof of insurance compliments of:



AND MANY MORE!

**DRAFT**

**School Health Advisory Council Action Plan**  
Time Frame: \_\_\_ 3 months, \_\_\_ 6 months, \_\_\_ 12 months

<b>LEA or School Name: Orange County Schools</b>	<b>PE Committee</b>	<b>PERSON COMPLETING THE</b>
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**Goal: Prevent or Reduce Obesity by Promoting Physical Activity**

**Objective 1: Increase the percentage of school age youth getting the recommended amount of physical activity**

**Objective 2: Increase the percentage of Elementary and Middle School students who are neither Overweight nor Obese**

**Evaluation: Track time spent in structured physical education, classroom activity, recess, and out-of-school.after-school.  
Track BMI bi-annually**

<b>Steps or Strategies</b>	<b>Team Members' Roles and Responsibilities</b>	<b>Resources</b>	<b>Timeline</b>
Offer high quality physical education taught by certified teachers.			
Train classroom teachers in Energizers, Take 10, or other curriculum-			
Expand physical activity in out-of-school time/after-school time			
Support Joint Use of recreational facilities			
Transfer physical activity skills taught in the classroom to the home environment; Family webpage, PTO promotion, P.E. Home work kits			
Weigh and Measure students twice a year			
Work closely with Child Nutrition Services regarding food and beverage policies			

**LEA or School Name:**

**PERSON COMPLETING THE FORM:** Health Services and Nutrition

**Goal:** Reducing Obesity in our community through fostering healthy habits

**ACTION PLAN TEMPLATE**

**Objective:** Recommend a health/nutrition education program for implementation in an Elementary school as a pilot, to later go system wide, to serve parents, staff and the larger community

Indicate the goal to be addressed. Describe a school health objective that is specific, measurable, appropriate, and realistic and time specific for your district that addresses changes in policy or programs. Include an evaluation for the objective. How will you know when the objective is achieved?

**Evaluation:** Will use various assessment tools and data to track change in healthy Habits, healthy attitudes, and healthy living.

List measurable steps or strategies for accomplishing the objective. Include activities like assessment, partnering, organizing, resource development, information sharing, making available and promoting, seeking alternative funding sources and media promotions.

Delegate roles and responsibilities to council members. Be specific about who will do what.

Determine available resources from the school district or community that could be used to help you carry out the step or strategy or if you need additional resources.

Determine when the step or strategy will be carried out.

Steps or Strategies	Team Members' Roles and Responsibilities	Resources	Timeline
Identify programs and community resources for use and implementation Planning for the Rollout	Guidelines and Project Name Projected date: February 1, 2016 New deadline: TBD	NC EFNEP, Cooperative Extension, Health Dept, OCS- Child Nutrition and School Community Relations, UNC Health Care and OCS Nurses	
Identify School for Pilot			Guidelines- Feb.15 Deadline- Mar. 14 Final Decisions- March Meeting Announcement- April
Implementation in the 2016/2017 School Year			September 2016

<b>Steps or Strategies</b>	<b>Team Members' Roles and Responsibilities</b>	<b>Resources</b>	<b>Timeline</b>

<b>LEA or School Name:</b>	<b>PERSON COMPLETING THE FORM:</b>
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<p><b>Goal:</b></p> <p><b>Objective:</b></p> <p><b>Evaluation:</b></p>
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<b>Steps or Strategies</b>	<b>Team Members' Roles and Responsibilities</b>	<b>Resources</b>	<b>Timeline</b>

LEA or School Name:

PERSON COMPLETING THE FORM:

**ACTION PLAN TEMPLATE**

**Goal:** Reducing obesity in our community through fostering healthy habits

**Objective:** Promote safe activities

**Evaluation:**

Indicate the goal to be addressed. Describe a school health objective that is specific, measurable, appropriate, and realistic and time specific for your district that addresses changes in policy or programs. Include an evaluation for the objective. How will you know when the objective is achieved?

List measurable steps or strategies for accomplishing the objective. Include activities like assessment, partnering, organizing, resource development, information sharing, making available and promoting, seeking alternative funding sources and media promotions.

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Steps or Strategies	Team Members' Roles and Responsibilities	Resources	Timeline
Ensure availability of appropriate equipment	Investigate availability of staff/parents/students		
Ensure availability of needed supplies during <del>activity</del> activities (ie. papers, first aid supplies, appropriate shoes)	Coordinate available training for teachers/staff/parents/		
Utilize community partners to disseminate anticipatory guidance re: safe activity to parents		Consider PTSA, info dissemination to parents, medical providers	

**LEA or School Name:**

**SHAC**

**Subcommittee Members: Kim Kelleher, Charlene Campbell, Maile Williams, Aviva Scully**

**PERSON COMPLETING THE FORM: Aviva Scully**

**Goal: Prevent Obesity and Increase Healthy Living Habits**

**Objective: To incorporate exercise and healthy eating into daily/weekly activities, i.e. walking with friends and family**

**Evaluation: Have an accountability coach or partner or team – Food diaries – Online and/or written journaling documenting exercise and mood.**

<b>Steps or Strategies</b>	<b>Team Members' Roles and Responsibilities</b>	<b>Resources</b>	<b>Timeline</b>
Plan a kickoff event for the community	All Team members	Connecting with schools, community agencies/partners, local gyms (i.e., Planet Fitness, Sportsplex and Millenium), local businesses (i.e, Sports Endeavor) and area businesses and stores.	Plan all this year and kickoff in the fall
Advertise the event	All Team members	Have a student spokesperson talk on Hillsborough Radio Station, newspaper, school newsletters and Alert Now messages. Advertise at the Health Department and doctors' offices. Banner on the Court House Lawn. Last Friday table.	Winter/spring/summer
Locating the journals and apps	All Team members	Research and check with agencies or businesses that might donate journals	Winter/spring/summer
Provide locations where folks can exercise and walk safely. Volunteer Team captains for neighborhoods.	All Team members	Research safe walking areas for community members. Create a document that we can give community members delineating local areas for exercising and walking.	Winter/spring/summer

**School Health Advisory Council Action Plan**  
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<b>Goal:</b>	
<b>Objective:</b>	
<b>Evaluation:</b>	

<b>Steps or Strategies</b>	<b>Team Members' Roles and Responsibilities</b>	<b>Resources</b>	<b>Timeline</b>