

## A Quick Guide to Understanding CSH and SHAC

### Coordinated School Health (CSH)

- [What is CSH?](#)

A systematic approach of advancing student academic performance by promoting, practicing and coordinating school health education and service for the benefit and well-being of students in establishing healthy behaviors designed dot last their lifetime.

- [CDC's 8 Component Model of CSH](#)

- Nutrition Services
- Health Services
- Health and Safe School Environment
- Counseling and Mental Health services
- Staff Wellness Promotion
- Parent and Community Involvement
- Physical Education
- Health Education

- [Whole School, Whole Community, Whole Child \(WSCC\) Model](#)

Expands on the 8 elements of CDC's CSH approach and is combined with the whole child framework. This model was developed to strengthen an approach designed to improve learning and health in our nations schools. The expanded model integrates the 8 components of a CSH program with the tenets of a whole child approach to education.



\*Click to enlarge image

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- **Law:** All Texas school districts are required by law to implement a CSH program in grades K-8.
- **Approved CSH Curriculums**
  - [SPARK](#)
  - [CATCH \(K-8\)](#)
  - [Bienestar \(K-8\)](#)
  - [The Great Body Shop \(K-8\)](#)
  - [Approved School Created Curriculums](#)
- **Law:** Goals and objective for CSH program will be based on
  - A) Student fitness assessment data
  - B) Student academic performance data
  - C) Student attendance rates
  - D) Percentage of students who are educationally disadvantaged
- **Law:** The use and success of any method to ensure that students participate in moderate to vigorous physical activity
- **Law:** Any other indicator recommended by the local school health advisory council. Check with your district SHAC or administration.

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a program of   The Cooper Institute



## Campus Improvement Plan Checklist

### Does your current CIP...

- Identify your coordinated school health program?**  
*Name MS is implementing CATCH as our designated CSH program. We will implement through..*
- Have goals and strategies stated in CIP?**  
*Our goal is to improve physical activity by incorporating physical activity breaks into classrooms.*
- Cite resources you reviewed prior to developing these goals and strategies? (fitness data, academic data, % disadvantaged)?**  
*We have reviewed fitnessgram data, academic data and student population data as we developed our plans or based on our campus data we will implement steps to improve nutrition by..*
- State how you are ensuring PE class time has 50% MVPA?**  
*Our PE teachers will incorporate activities that keep all students active during PE class.*

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- Mention policies regarding food for fundraising?**  
*We will encourage use of non-food fundraisers on our campus*
- Mention policies regarding physical activity as a behavior management strategy?**  
*Students will not be removed from physical activity time for disciplinary action or for academic tutoring.*
- Address student and community access to school outdoor/indoor facilities for leisure/physical activity?**  
*Our school will investigate ways to encourage community use of our outdoor/indoor facilities after school hours for physical activity.*
- State there will be alternatives to food as rewards?**  
*Teachers will be prohibited from using food as a reward in the classroom. Information on alternatives will be provided to staff.*
- Include any strategies for increasing physical activity (including physical activity breaks, open gyms, etc.)?**  
*We will provide open gym on XX days; we will include physical activity breaks during XX*
- State how you are communicating policies and practices for physical activity, nutrition and obesity prevention?**  
*Policies on physical activity and nutrition will be shared (in student handbook/on website/at back to school night?)*
- State the involvement of parents on wellness team.**  
*The school wellness team will have at least 1 parent involved in planning and promoting activities.*

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## School Health Advisory Council (SHAC)

### What is a SHAC?

- Mandated by state law.
- A school board appointed advisory group of people who represent different parts of the community.
- A district-level advisory council that “assists the district in ensuring that local community values are reflected in the district’s health education instruction.”

[\\*Texas Education Code, Title 2, Chapter 28, §28.004](#)

### Who does it include?

- By law, the 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 Chair or Co-Chair must be a parent and must be comprised of at least 5 members appointed by the School Board. SHACs must meet at least 4 times annually and must report to the School Board at least once annually.

### What do they do?

- Reviews all health education curriculum and components of CSH programs.
- Makes recommendations on health related topics.
- Makes recommendation on District Coordinated School Health plan.
- Must review and recommend recess policy.
- Must review and recommend on Joint use agreements or school district & community collaboration strategies.

### Why do schools need a SHAC?

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

### How to Implement a SHAC

- Assess school’s health status: assess the school’s environment, as well as its PE program, physical activity and nutrition policies, by using the CDC’s School Health Index
- Make relevant policy recommendations.  
*Examples include:*
- Healthy vending machines
- Ensure that school policy does not allow physical activity to be withheld as punishment
- Encouraging parents to bring healthy foods for celebrations.
- Evaluate what is being sold in school fundraisers and in the cafeteria

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- Keep tabs on health related issues
- Create a healthier environment: Once current strength and weaknesses are identified, the SHAC can begin the process of creating a healthier environment. The CDC's guide "[Make a Difference at Your School: Key Strategies to Prevent Obesity](#)", can help.

### 2016 Texas State Requirements: SHAPE America

- **Fitness Assessment:** The state requires student physical fitness assessment via FitnessGram in grades 3-12.
- **Class Size:** The state's required student-teacher ratio for PE is 45:1. If a district establishes ratio greater than this, it must specify how it will maintain student safety. Certified PE teacher, not certified PE teacher, classroom teacher or teacher aid all count as part of the teacher ratio.
- **State Standards:** The state has adopted standards for physical education that all school districts are required to comply with "The Texas Essential Knowledge and Skills for Physical Education".
- **Physical Activity:**
  - Elementary: The state does not require elementary schools to provide daily recess, but does require a minimum of 30 minutes/day or 135 minutes per week of physical activity for elementary students.
  - Middle School: The state requires a minimum of 30 minutes/day for four semesters or 225 minutes/two school weeks of physical activity time.
  - High School: The state does not require a minimum weekly/daily amount of physical activity for high school students. Classroom physical activity breaks are not required.
- **Amount of Required Physical Education:**
  - K-8: The state requires students to take physical education in grades K-8, but not have a requirement for the number of minutes.
  - High Schools: Required to provide students with physical education and students must earn credits for graduation.
- [Read More on Texas State Requirements](#)

### [Helpful Resources: It's Time Texas: SHAC tools and resources](#)

\*Access a collection of best practice resources, SHAC-focused training opportunities and more.

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## Click below to access additional resources

- [State School Health Policy Data Base](#)
- [Whole School, Whole Community, Whole Child — CDC](#)
- [Guide for Improving School Food and Beverage Environment](#)
- [CDC Assessment Tool for Schools SHI:](#)
- [SHAC Guide](#)
- [Texas Education Agency, School Health](#)
- [Healthy Lifestyles Chair, Texas PTA](#)
- [Texas Child Nutrition Policy](#)
- [IT'S TIME TEXAS SHAC](#)
- [Texas Education Laws and Rules](#)
- [Coordinated School Health Requirements and Approved Programs](#)
- [CDC Coordinated School Health 10 Component Model](#)
- [CDC Assessment Tool for Schools SHI](#)
- [State School Health Policy Data Base](#)