



# Building Healthier School Environments: The Power of School Health Advisory Councils (SHACs) & Local Wellness Policies

Spring 2026



INSTITUTE FOR ADVANCING  
HEALTH THROUGH AGRICULTURE



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER



# Today's Presenters



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Action for Healthy Kids



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# Texas HART Ambassadors Changing Environments and Systems *(TX Team Nutrition FACES)*

*Partners providing Local  
Wellness Policy & SHAC Training*



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**ACTION** FOR  
HEALTHY  
KIDS 

# Today's Learning Objectives

- **Learn** what School Health Advisory Councils (SHACs) are and how they help improve student health.
- **Explore** Local Wellness Policies- what they are and how it drives district-wide health efforts.
- **Take action** by identifying common gaps in SHAC engagement and wellness policy implementation
- **Share** details about upcoming workshops!



# Why Schools?

- Schools reach most children and adolescents.
- Teachers, school staff and parent volunteers are key role models.
- Curriculum standards for health include nutrition and physical education.
- School teach kids what we value and what is important in our community.



# Healthy Kids = Better Learners!




**1 in 3** U.S. children are overweight or obese.  
Overweight kindergartners had significantly lower math/reading scores than those at a healthy weight.<sup>2</sup>

Eating school breakfast positively affects student attendance, which leads to high academic achievement.<sup>3</sup>

Children who ate school breakfast increased their math grades by **+0.3 points** based on a 4.0 scale.<sup>3</sup>

Participation in breakfast programs is associated with:

- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement!<sup>1</sup>



High quality diets (and increases in micronutrients<sup>1</sup>) improve cognition and the ability to perform well during short-term memory tests.<sup>5</sup>

Children with increased cholesterol intake had poor performance on short-term memory and cognition testing.<sup>6</sup>




Physical activity is positively associated with students' cognitive functioning<sup>1</sup> which includes ability to pay attention, memory, and IQ test scores.

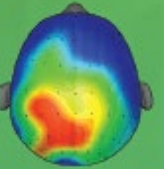


Participation in PE class is associated with better grades, test scores, and classroom behavior.<sup>1</sup>

A 20-minute walk demonstrates a brain that is activated and primed to learn.<sup>4</sup>



after 20 minutes of sitting quietly



after 20 minutes of walking

# Healthy Kids are in School More!

- Obese and overweight kids miss school 2 to 4 times as much as healthy weight kids – due to illness and social concerns, like bullying. **If kids aren't in school, they can't learn.**

## Absent Students = Lost Revenue (Example)

- There are 86,000 students in District A, 30% are overweight or obese.
- Student absence in District A costs \$45 per day.
- Obese children miss an average of 12 days of school per year, two more days than normal weight students. That adds up to over **\$13 million** in lost revenue just for the obese children.



# The Role of School Health Advisory Councils (SHACs)

“There is no limit to what we can achieve when we combine with the right people. Together we can really make a difference in the health of our nation’s children.”

**Dr. David Satcher, MD, PhD**  
16th U.S. Surgeon General, Action for Healthy Kids Founding Chair



# What is a SHAC?

A **School Health Advisory Council (SHAC)** is a group appointed by the school district to serve at the district level. Members of the SHAC come from different areas of the community and from within the school district.

The majority of members must be parents who are not employed by the district. Texas law ([Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)) requires the establishment of a SHAC for every school district.

SHACs are:

- A voice for parents and the community
- A way to share importance of health to ISD, Board

# SHAC Rules: What does the Law Say?

- The SHAC Chair or Co-Chair must be a parent.
- A majority of SHAC members must be parents who are not employed by the district.
- SHAC must report to the School Board at least once annually.
- SHACs must meet at least 4 times annually.
- SHACs must post a recording of their minutes on school website after each meeting.



[Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)

# Who Are SHAC Members?

- A majority are parents of students and not employed by the district
- School/District administrators
- School Board members
- School staff working in the eight components of coordinated school health (or WSCC model)
- The business community
- Local domestic violence programs
- Health care professionals
- Law enforcement
- The clergy
- Senior citizens
- AgriLife Extension agents
- Nonprofit health organizations
- District students

# Why SHACs Need YOU?

## Your Expertise = Better Policies

- Meal Patterns
- Student Preferences
- Operational Realities
  - Food availability and costs
  - Ability to prepare foods from scratch
  - Limited serving time/options



# SHAC Resources

## Research and Recommendations developed by TSHAC

Research and Recommendations (R&R) documents are created to support school districts in implementing coordinated school health. R&Rs are developed by the TSHAC and revised as needed to help districts comply with legislative mandates and navigate prevailing health issues. Schools are permitted to utilize or modify the documents listed below to meet the needs of the individual school.

### Research and Recommendations

[Recess and Physical Activity: Impact on Student Health and Academics, Social, and Emotional Development](#) - This R&R document was prepared to support local school districts in their efforts to comply with [S.B. 530](#), 80th Legislature, Regular Session, 2007.

The [Sample ISD Resolution: Recommendations on Recess for Elementary School Students \(9/2018\)](#) is provided for use with local school health advisory councils (SHACs).

[Health Education for all Texas Students K-12 Grade](#) - This document was prepared to provide resources to local school districts in their efforts to recommend a half credit of health education as a graduation requirement for all high school students.

The [Sample Resolution: Research and Recommendations on Health Education for All Texas Students K-12 Grade \(9/2019\)](#) is provided for a SHAC to use in making this recommendation to their local school board.

[Physical Education](#) - This R&R document explains the importance of teaching Physical Education to students in Texas.

[Expanding Physical Activity Opportunities Outside of the Classroom](#) - This R&R document was created to assist school districts in the development of comprehensive physical activity programs.

[School Bus and Automobile Idling](#) - This R&R document was created to provide districts with resources for developing policies that limit school bus idling.

[Benefits of Supporting Healthy Physical Activity Behaviors in School Districts](#) - This R&R document was developed to assist SHACs in revising or updating local Wellness Policies or other district policies/regulations to prohibit the use of physical activity as punishment.

[Improvement of the Coordinated School Health Program](#) - This document was developed after the Texas Education Agency provided a data analysis of the student fitness assessment conducted in Texas schools during the 2007-2008 school year. [This recommendation was required by law.](#)

[Promoting Positive School Climates to Improve Student Outcomes](#) - This document was developed to emphasize the importance of promoting positive school climates.

[Late Start of School Activities for Students in High School](#) - This document was developed to emphasize the importance of sleep for teenagers.

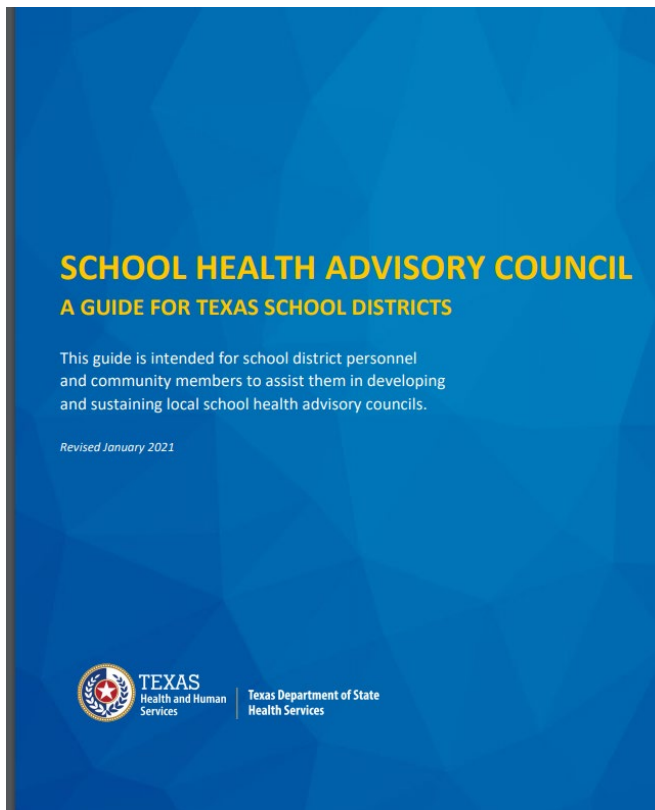
[Health Issues and Parent Involvement and Engagement in Student Academic Success](#) - This document was developed to emphasize the importance of parent involvement and engagement. The [Dual Capacity: Building Framework for Family-School Partnerships](#) flowchart from the U.S. Department of Education provides additional information.

[Instruction in Public Schools to Prevent the Use of E-Cigarettes \(4/2018\)](#) - During 2017, 85th Texas Legislative Session, [Senate Bill 489](#) passed into law and instructed local SHACs to recommend policies, procedures, and curriculum related to the instruction to prevent the use of e-cigarettes.



## TEXAS Department of State Health Services

<http://www.dshs.texas.gov/schoolhealth/sdhac.shtm>



## TEXAS School Health Advisory Committee

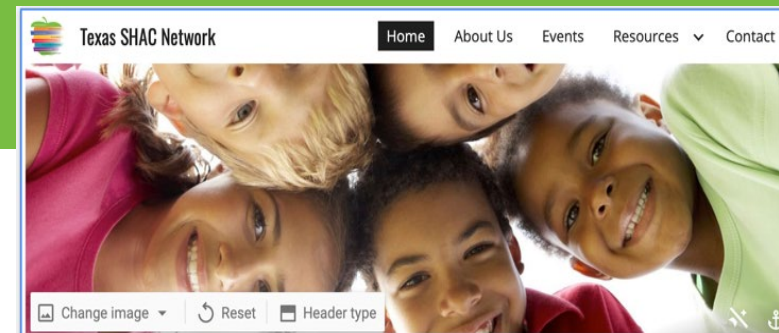
<http://www.dshs.texas.gov/schoolhealth/shadvise>



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## TEXAS SCHOOL HEALTH ADVISORY COUNCIL (SHAC) NETWORK

### Welcome to the Texas SHAC Network Web Page!

Texas law requires every School District to have a School Health Advisory Council (SHAC)—with board appointed members, primarily parents—who review health-related issues and provide recommendations to the Districts. These SHACs keep children's health as a top priority and ensure that local community values are considered in decision-making. But SHACs need family and community support to function at optimal levels!

SHACs are one of the best ways to make sure parents and community members have a voice in how health issues are addressed in schools. As we continue to face the evolving COVID pandemic, we cannot lose sight of all the other health issues our children face outside of the actual virus. If you are concerned about recess, or school meals, bullying, SEL or reviewing sexuality education, you need to be involved with your SHAC. [Click for more details >>](#)

[www.txshacnetwork.com](http://www.txshacnetwork.com)

[Join the TX SHAC Network](#)

# SHAC Resources

- Texas Dept. of State Health Services – School Health Advisory Council Guide  
<https://www.dshs.texas.gov/sites/default/files/schoolhealth/SHAC/SHACGuide.pdf>
- Texas Education Agency, School Health  
<https://tea.texas.gov/texas-schools/health-safety-discipline/coordinated-school-health>
- Texas Education Agency FAQ on SHACs:  
<https://tea.texas.gov/academics/subject-areas/health-and-physical-education/shac-faq-final.pdf>



Local School Wellness Policies  
(LSWP)

Local Wellness Policies (LWP)



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# Wellness Policy Video

# Benefits of a Strong Policy

## Policy is the foundation for health and wellness initiatives

- Demonstrates commitment to health
- Establishes expectations and guidelines
- Influences decisions and behavior
- Educates and informs all about important health challenges and opportunities



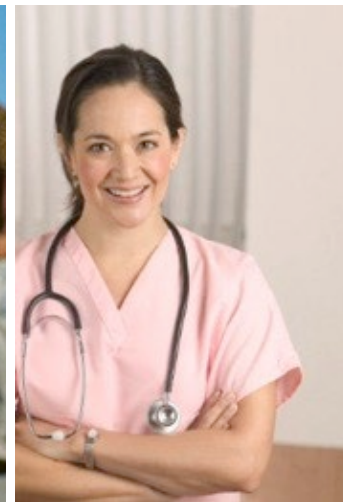
# Why Do We Have LSWPs?

“A LSWP or local school wellness policy (“wellness policy”) is a written document that guides a local educational agency’s (LEA) or school district’s efforts to establish a school environment that promotes students’ **health**, **well-being**, and **ability to learn.**”

<https://www.cspi.org/resource/model-local-wellness-policy-lwp>

# School Wellness Policies

Wellness policies must be developed and implemented by “local parents, teachers, administrators, school food service, school boards and the public.”



# Elements of LWP – Nutrition Promotion/Education

- ❑ Specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness.
- ❑ Standards and nutrition guidelines for all foods and beverages sold to students on the school campus during the school day.
- ❑ Standards for all foods and beverages provided, but not sold, to students during the school
- ❑ Policies for food and beverage marketing that allow marketing and advertising of only those foods and beverages that meet the Smart Snacks in School nutrition standards.

<https://www.fns.usda.gov/tn/wellness-policy>

# Components of the School Nutrition Environment



<https://www.cdc.gov/healthyschools/npao/schoolmeals.htm>

# BEST PRACTICES: SCHOOL NUTRITION



“Change the food in schools and we can influence how children think.”

– Alice Waters

Author and Founder of the Edible Schoolyard Project

# Encourage School Meals



Media Credit: Canva Stock

<https://www.cdc.gov/healthyschools/npao/schoolmeals.htm>

- Provide meals that are nutritious and appealing
- Obtain input from students and parents about items they would like to see served in the meals
- Ensure that students have adequate time to eat their meal (at least 10 minutes for breakfast and 20 minutes for lunch)
- Prevent the overt identification of students who are eligible to receive free or reduced-price meals
- Offer alternative breakfast models such as Breakfast in the Classroom, Grab n Go or Second Chance
- Practice Smarter Lunchroom strategies

# Tools for Developing/Revising Wellness Policies



# Resources for Developing Wellness Policy

## Web Page with Resources

- <https://www.squaremeals.org/Programs/National-School-Lunch-Program/Local-Wellness-Policy-Requirements>

## Checklist for Local Wellness Policies

- <http://www.squaremeals.org/Programs/NationalSchoolLunchProgram/NSLPAdministration&Forms.aspx>
- Scroll to bottom of page for LWP checklist

## LWP and Stakeholder Engagement

[https://www.squaremeals.org/Portals/8/files/ARM/ARM\\_Section29\\_LWP\\_250214.pdf?ver=4dHc35CsYtEuiz5tbxmrg%3d%3d](https://www.squaremeals.org/Portals/8/files/ARM/ARM_Section29_LWP_250214.pdf?ver=4dHc35CsYtEuiz5tbxmrg%3d%3d)

# WellSAT 3.0 Federal Requirements

FR3 - District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	
	The National School Lunch Act puts restrictions on how much information can be shared from participants. The United States Department of Agriculture states "school food authorities must assure that a child's eligibility status is not disclosed at any point in the process of providing free or reduced-price meals, including notification of the availability of free or reduced-price benefits, certification and notification of eligibility, provision of meals in the cafeteria, and the point of service."
N/A	District/school/institution qualifies for community eligibility
0	Not mentioned
1	Vague/suggested  Example: "The district should take steps to ensure that students qualifying for free or reduced priced meals are not overtly identified in any way."
2	District has implemented plans to protect student privacy which include methods used (in addition to following relevant regulations) OR district provides universal free school meals  Example: "The cafeterias are cashless—all students, regardless of the type of payment they make for school meals, or the food being purchased (meal or a la carte) are given a code to enter at the cash register."

WellSAT Question and scoring

## WellSAT: 3.0

Wellness School Assessment Tool

[www.wellsat.org](http://www.wellsat.org)

Model Local School Wellness Policy

*Free and reduced-price meals.* We work to ensure that families of students who qualify for free or reduced-price meals complete the necessary state application so the students can receive these meals. We do this by sending the application home to all families at the beginning of the school year and providing the application on the district website [NES3]. Students pay for meals and snacks using an electronic ID. One benefit of this system is that it protects the privacy of students who are receiving a free or reduced-price meal [FR3].

### District Contact Information

District:

County-District number:

Your name:

The federal Healthy, Hunger-Free Kids Act (HHFKA) of 2010 amended the Child Nutrition and WIC Reauthorization Act of 2004 to expand the requirements for local school wellness policies. Under federal law, each district that participates in the National School Lunch Program and/or the School Breakfast Program must adopt a wellness policy. The United States Department of Agriculture's Food and Nutrition Service, charged with developing regulations to implement the HHFKA, adopted [final regulations](#) effective August 29, 2016. Districts must meet the requirements of the federal regulations by June 30, 2017.

Texas state law distinguishes between the role of the school board to oversee the management of the district through adoption of policies and the role of the superintendent to manage the day-to-day operations of the district through development of administrative regulations that implement board-adopted policies.

For this reason, TASB Policy Service has drawn a distinction between the required wellness *policy*, which is coded at FFA(LOCAL) in the policy manual, and the recommended wellness *plan*, which may include administrative regulations as well as forms and other exhibits to implement the wellness policy. This worksheet provides guidance addressing specific *policy* text required for compliance with federal law, as well as a variety of options regarding other issues that must be also be included in the policy.

Instructions for using this **Wellness Policy Starting Points** worksheet are provided in the column to the right.

- **Select, revise, or add to the policy language** found in this worksheet to reflect district choices in these policy areas. Please revise the text as needed to reflect your district's intentions and append any locally developed material that you may want reflected in the policy.
- **Please be aware** that this text, based on your responses to this worksheet and any unique text you submit, will form the basis for a new FFA(LOCAL) policy to be adopted by your board.
- **Please make certain** you have identified your district on the worksheet, as well as the name of the person your policy consultant should contact if clarification is needed.
- **Send** the completed worksheet and any necessary attachments to TASB Policy Service so that your [policy consultant](#) can clear up any questions and prepare a draft before the policy is presented to your board for adoption.
- **After adoption of the policy**, arrange for development of a *wellness plan* to implement the policy and for communicating the new policy and plan to your staff, students, and community. Be sure to adjust your administrative procedures to harmonize with these new policy provisions.  
  
Address: <https://tasb.bdx.com/Wellness>  
Password = "wellness2016"
- **Call** your policy consultant at 800-580-7529 or 512-467-0222 if you have any questions.

<https://www.tasb.org/resources/local-wellness-policy-resources>

# Developing a Wellness Policy



# Translate a Local Wellness Policy to an Implementation Plan

Page one of this document outlines the components of a local wellness policy and a wellness implementation plan. Page two demonstrates how to engage school and community stakeholders to develop a detailed wellness implementation plan with targeted strategies that support a healthy school environment.

## WELLNESS POLICY

A local school wellness policy is a board adopted document that guides a local educational agency (LEA) or school district's efforts to establish a school environment that promotes students' health, well-being and ability to learn by supporting healthy eating and physical activity.

[www.fns.usda.gov/school-meals/local-school-wellness-policy](http://www.fns.usda.gov/school-meals/local-school-wellness-policy)

Every Texas Department of Agriculture Contracting Entity participating in the National School Lunch Program and/or the School Breakfast Program must establish and follow a local wellness policy (LWP). The LWP is intended to be a useful tool in establishing, evaluating, and maintaining a healthy school environment and promoting transparency to the public on key areas that affect each school's nutrition environment.

## WELLNESS IMPLEMENTATION PLAN

The implementation plan describes how the LEA will implement the written policy. The plan for implementation should be updated to meet emerging needs and priorities of the community in addition to addressing local, state, or federal requirements.

Texas Department of Agriculture's *Administrator's Reference Manual, ARM Section 19 - Other Operational Issues for the Local Wellness Policy Topic*

## WELLNESS POLICY

Identifies "WHAT" the wellness policy requirements include at the school district level



- Outlines broad goals for the entire school district to establish a school environment that promotes student health, well-being, and ability to learn by supporting healthy eating and physical activity
- Adopted by a school board as a requirement for schools participating in federally funded Child Nutrition Programs including the National School Lunch Program and/or the School Breakfast Program
- Reviewed every three years as part of the School Food Authority Administrative Review conducted by the Texas Department of Agriculture (TDA)

## WELLNESS IMPLEMENTATION PLAN

Generates a strategy that describes "HOW" the wellness policy requirements will be implemented into the school environment to address the goals and objectives identified



- Developed for the entire school district or unique to each individual school
- Includes descriptive objectives, action items, timelines and measures of success that explain the wellness policy's broad goals
- Customizable to each school's available resources and needs, allowing for creative implementation (All activities must comply with state and federal regulations)
- Approved by the respective school administration

## STAKEHOLDER ENGAGEMENT

Developing the policy and implementation plans require effective communication and collaboration between the school board, administrators, child nutrition staff, school health professionals, school staff, parents, students, School Health Advisory Council (SHAC) and community members to ensure the district is building a cohesive school health environment that incorporates local community values.

- Stakeholders share responsibility for translating and implementing the vision of the policy into an action-based plan.



## TRANSLATE POLICY TO PLAN

The example below demonstrates how one required wellness policy topic is described in the implementation plan. The goal originates from the wellness policy. In the implementation plan, the objectives provide detailed strategies to explain how each goal will be achieved. Objectives should be SMART (Specific, Measurable, Achievable, Relevant and Timely). Depending on the design and intent of the implementation plan, objectives can be focused on the school district or the individual school. Following each objective, the plan should list the following: action steps, school and community stakeholders, resources required and measures of success.

### Example of a Wellness Implementation Plan Outline

#### Required Policy Topic: Nutrition Promotion



**Goal:** The District shall share educational nutrition information with households and the general public to promote healthy nutrition choices and positively influence the health of students.



**Objective:** In the 2019 – 2020 school year, the District's food services department will increase nutrition communication to school households and the general public from one to four times per year by developing a nutrition newsletter for households and the community, then posting it on the District's webpage.

<b>Action Steps to Achieve the Objective</b>	<ul style="list-style-type: none"> <li>Designate a food service employee to write or find nutrition content</li> <li>Gather healthy recipes appropriate for each season from SHAC members</li> <li>Contact District's communications team for approved newsletter template</li> </ul>
<b>School and Community Stakeholders</b>	<ul style="list-style-type: none"> <li>District's food services department</li> <li>District's communication team</li> <li>School Health Advisory Council (SHAC)</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>Fact-based nutrition information and sources for recipes</li> <li>Newsletter template</li> </ul>
<b>Measures of Success (How will you know you have completed your objective?)</b>	<ul style="list-style-type: none"> <li>SHAC members will review posted newsletters during meetings</li> <li>SHAC members will survey families via email at the end of the school year to gather feedback on newsletter content and target future communication to the needs of the school community.</li> </ul>

## LOCAL WELLNESS POLICY RESOURCES

- Resources for creating an implementation plan, best practices and LWP assessment tools are available at [SquareMeals.org/LocalWellnessPolicy](http://SquareMeals.org/LocalWellnessPolicy)



Food and Nutrition Division  
National School Lunch Program



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Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711  
Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Updated 2/15/2022  
[www.SquareMeals.org](http://www.SquareMeals.org)

This product was funded by USDA.  
This institution is an equal opportunity provider.



Food and Nutrition Division  
National School Lunch Program



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# Developing a Wellness Plan

## STUDENT WELFARE WELLNESS AND HEALTH SERVICES

## FFA (REGULATION)

### WELLNESS PLAN

This document, referred to as the "wellness plan" (the plan), is intended to implement policy FFA(LOCAL), which has been adopted by the Board, to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b]

### STRATEGIES TO SOLICIT INVOLVEMENT

Federal law requires that certain stakeholders be involved in the development, implementation, and periodic review and update of the wellness policy. The District has chosen to use the local school health advisory council (SHAC) to work on behalf of the District to review and consider evidence-based strategies and techniques in order to develop and implement nutrition guidelines and wellness goals as required by federal law. The SHAC will permit the following persons to work with the SHAC on the District's wellness policy and plan: parents, students, District food service provider, physical education teacher, school health professionals, Board members, administrators, and members of the public. The SHAC will solicit involvement and input from these other interested persons by:

1. Posting on the District's website the dates and times of SHAC meetings at which the wellness policy and plan are scheduled to be discussed.
2. Listing in the student handbook the name and position of the person responsible for oversight of the District's wellness policy and plan along with an invitation to contact that person if the person is interested in participating in the development, implementation, and evaluation of the wellness policy and plan.

### IMPLEMENTATION

Each campus principal is responsible for the implementation of FFA(LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation.

The federal programs director is the District official responsible for the overall implementation of FFA(LOCAL), including the development of this wellness plan and any other appropriate administrative procedures, and ensuring that each campus complies with the policy and plan.

### EVALUATION

In accordance with law, the District will periodically measure and make available to the public an assessment on the implementation of the District's wellness policy, the extent to which each campus is compliant with the wellness policy, a description of the progress made in attaining the goals of the wellness policy, and the extent to which the wellness policy compares with any state- or federally designated model wellness policies. Absent federal regulations to

## FOODS SOLD

The District will comply with federal requirements for reimbursable meals. For other foods and beverages sold to students during the school day, the District will comply with the federal requirements for competitive foods. Competitive foods and beverages are not part of the regular meal programs and occur through sales such as

## Wellness Plan template

## STUDENT WELFARE WELLNESS AND HEALTH SERVICES

## FFA (REGULATION)

a la carte options or vending machines. For purposes of this plan, these requirements will be referred to as "Smart Snacks" standards or requirements. The following websites have information regarding meal and Smart Snacks requirements:

- <http://www.fns.usda.gov/school-meals/nutrition-standards-school-meals>
- <http://www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks>
- <http://www.squaremeals.org/Publications/Handbooks.aspx>

*[If the District has stricter standards/guidelines that are not prohibited by the federal meal program requirements or Smart Snacks standards, such as a prohibition on the sale of diet sodas or on the preparation of food by deep fat frying, include those restrictions here.]*

## EXCEPTION— FUNDRAISERS

State rules adopted by the Texas Department of Agriculture (TDA) allow an exemption to the Smart Snacks requirements for up to six days per year per campus when a food or beverage is sold as part of a District fundraiser. [See CQ(LEGAL)]

*[Determine whether exemptions will be allowed for fundraisers involving food that is not Smart Snacks compliant.]*

The District will allow the following exempted fundraisers for the 20\_\_-\_\_ school year:

Campus or Organization	Food/Beverage	Number of Days

## OR

The District will not allow exempted fundraisers; all fundraisers will include non-food items, foods that meet the Smart Snacks standards, or foods that are not intended to be consumed at school.

# Assess & Track Progress

Home

My School/District

Assessments

Learning Library ▾

More ▾



## AFHK School Health Index (SHI)

### Complete a new SHI

Select Your School

Select an Option... ▾

Start SHI

Unable to find your school? Make sure you have [connected](#) with the correct school.  
Unable to select your school? The SHI might have been previously started – check the list below.

### Are you a district level administrator?

Request district level access to unlock the ability to manage SHIs for multiple schools in your district.

Request District Level Access

### Complete a new SHI for an individual school

Select Your School

Select an Option... ▾

Start SHI

Unable to find your school? Make sure you have [connected](#) with the correct school.  
Unable to select your school? The SHI might have been previously started – check the list below.

### Complete district-level SHI questions for multiple schools

Select your schools to access district-level SHI questions that focus on district wide policies, practices and strategies.

Select Your Schools

[School Portal log in link](#)

[School Health Index Page](#)

[CDC School Health Index Page](#)

# The Problem

## **Most wellness policies sit on a shelf!**

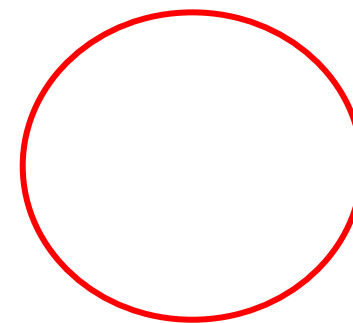
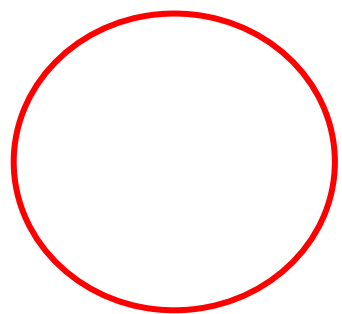
- Districts develop a policy... but not a plan!
- Goals are not measured.
- People doing the work are not always at the table.

# The Solution

## A Hands-on Workshop for District Teams!

- Understand SHAC requirements
- Assess and Strengthen Local Wellness Policy
- Evaluate current practices
- Set realistic goals
- Build an implementation plan your District can use!
- Resources to share with administrators and boards

**You leave with: Tools, templates, and the start of a District-Ready Plan!**





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# Thank You!

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INSTITUTE FOR ADVANCING  
HEALTH THROUGH AGRICULTURE



TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

