

**YOU ARE INVITED!!**

**Chester Independent School District**

**School Health Advisory Council “SHAC” Meeting**

Date: January 15, 2019

Time: 1pm

Location: Chester ISD Board Room

We would love to have you volunteer to be on this committee. We have short meetings four times yearly. See the information about “SHAC” below.

### **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 Austin 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 is a state mandated advisory council appointed by the school board. It 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 • Schools play an important role in teaching healthy habits • 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 • Healthy school environment • Health promotion for school staff

How can I help? Join PTA. Form a campus wellness committee. Become active in supporting district initiatives to create healthy learning environments for all of our children. Attend CISD SHAC meetings..

For information: Contact Becki Byrd, CISD School Health Coordinator at 936-969-2211 x108 or [beckib@chesterisd.com](mailto:beckib@chesterisd.com).