



SHAC FAQs

Thank you for volunteering to be on the Richardson ISD School Health Advisory Council (SHAC). To better prepare you for the responsibilities and expectations of the SHAC, please see below for answers to frequently asked questions:

1. What is the main role of a SHAC? *SHACs are required, by law, to assist the district in ensuring that local community values are reflected in the district's health education instruction. The most effective SHACs create recommendations that speak to the Whole School, Whole Community, Whole Child (WSCC) approach to health and learning. The SHAC has many roles that include but are not limited to: assisting in program planning; promotion; fiscal impact; collaboration with district and state agencies; liaise with district school board; evaluation, accountability, and quality control. **

2. What are the main duties of a SHAC? *The SHAC's duties include recommending: 1) the number of hours of instruction to be provided in health education; 2) curriculum appropriate for specific grade levels designed to prevent obesity, cardiovascular disease, and Type 2 diabetes through coordination of: health education; physical education and physical activity; nutrition services; parental involvement; and instruction to prevent the use of tobacco; 3) appropriate grade levels and methods of instruction for human sexuality instruction; 4) strategies for integrating curriculum components with a coordinated school health program; 5) if feasible, joint use agreements; 6) strategies to increase parental awareness regarding risky behaviors; and 7) appropriate grade levels and curriculum for instruction regarding opioid addiction and abuse. **

4. Who facilitates the meeting? *The SHAC is required, by law, to have a parent serve as a co-chair. The chair and co-chair will provide the agenda and facilitate the meeting with guidance from the district.*

5. Can I serve on a sub-committee? *Yes, there are content-specific sub-committees, voted on by the SHAC, that you can choose to serve on.*

6. How often does the SHAC meet? *The general SHAC meets 4 times a year (sub-committees meet outside of general meetings). Attendance is expected and appreciated for continuity throughout the year, but e-communication will be provided after every meeting in case you are unable to attend. The meeting time is usually at 11:30 – 1:00 or members may provide input at the first meeting.*

7. How long do the meetings last? *Depending on what is decided at the first annual meeting, the length of a meeting is typically an hour and a half.*

8. Where does the SHAC meet? *Meetings are held at the Professional Development Center. If they do meet off-site or by zoom, prior notice will be provided.*

* = taken from TEC 28.004 and the Department of Health and Human Services - School Health Advisory Council: A Guide for Texas School Districts

If you still need more information:

Please contact Kellie Sellers in the Health and Physical Education Department:

- Kellie.Sellers@risd.org

Or check out these helpful websites:

- <http://www.dshs.state.tx.us/schoolhealth/sdhac.shtm>
- <http://www.dshs.state.tx.us/schoolhealth/csh.shtm>
- <https://web.risd.org/healthpe/shac>