

To: ECISD Board of Trustees  
From: ECISD School Health Advisory Council  
Re: SHAC Updates and Recommendations  
Date: April 18, 2012

#### Human Growth and Development

The SHAC committee wishes to thank you for allowing The Texas Tech Health Science Center and Dr. Brown and the Life Center to cooperate in their presentations to enhance and broaden information in elementary (5<sup>th</sup> and 6<sup>th</sup> grades) and secondary grades (7<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup>). We would like the designation of “pilot” to be removed and this to be a continued program in our district. In addition to this we would like permission to find a way to provide more medically specific education such as Anatomy and Physiology/Normal Growth and Development to our 5<sup>th</sup> and 6<sup>th</sup> grade students during their presentations with the Life Center.

#### Teen Parent Services

We recommend that a specific program be created to help our teen parents with contraception education as well as health, nutrition, and safety for young mothers and their children.

#### Nutrition and Exercise

The SHAC supports the nutrition department of the district to sign on to “Healthier US School Challenge”. We support that the menus are continuously tweaked not only for what our students eat but that they are in line with what is recommended by the federal government. We also recommend nutritional education in classrooms and more physical activity during the school day, as well as activities that can be practiced outside of the school environment.

#### Relational Violence and Wellness

The SHAC will further investigate and encourage curriculum development for ECISD students.

The ECISD School Health Advisory Council thanks you for your dedication and service, and we ask that you take the aforementioned recommendations into consideration for the 2012-2013 academic year.