



BOARD OF TRUSTEES

Date: 06/22/2026

Prepared By: S. Abbott

Subject: Annual School Health and Advisory Committee (SHAC) Report to the Board

Information Sheet

PURPOSE OF INFORMATION:

Mr. Scott Abbott and the MISD School Health and Advisory Committee (SHAC) provides an overview of SHAR responsibilities and annual summative report of activities, to fulfill Texas Education Code 28.004(m) requirements.

BACKGROUND INFORMATION:

The board shall establish a local school health advisory council (SHAC) to assist the district in ensuring that local community values are reflected in the district's health education instruction. In addition to its other duties, the SHAC shall submit a written report to the board, at least annually. MISD Board Policy - BDF [LEGAL]

ACTION REQUIRED:

No Action Required – Board Information Only

Millsap ISD School Health Advisory Council

2025–2026 SHAC Highlights

- SHAC information, including meeting agendas and minutes, was updated and maintained on the Millsap ISD website throughout the school year.
- SHAC reviewed and recommended Journey 2 Positive Choices, presented by Doug McWhorter, for junior and senior students prior to prom. Presentations were held at Millsap High School on April 8, 2026.
- SHAC recommended the placement of Narcan at Millsap Elementary for emergency response purposes. This recommendation was implemented during Fall 2025 as a follow-up to prior discussions.
- SHAC analyzed campus emergency preparedness needs and recommended the purchase of a travel AED for Millsap High School.
- SHAC recommended the acceptance of a donated community AED and recommended placement at the baseball concession stand to enhance emergency response capabilities.
- SHAC reviewed methods to increase parent participation in the Senate Bill 9 opt-in process. Improvements were incorporated into the 2026–2027 student registration process.
- SHAC reviewed and recommended Freedom House as a community partner to support Senate Bill 9 requirements. Four presentations were provided to students from April 20–30, 2026.
- SHAC reviewed and recommended the Pure Truth program for Millsap Middle School students. Presentations were delivered during Spring 2026.

Millsap Independent School District

2025–2026 School Health Advisory Council (SHAC)
ANNUAL REPORT TO THE BOARD OF TRUSTEES

Date of Report: June 29, 2026

Prepared By:
Scott Abbott, Assistant Principal - SHAC Facilitator

Presented To: Millsap ISD Board of Trustees

School Year: 2025–2026

Millsap ISD School Health Advisory Council

2025–2026 Annual Report to the Board of Trustees

The Millsap Independent School District School Health Advisory Council (SHAC) continued its commitment during the 2025–2026 school year to support student health, safety, wellness, and academic success. As required by Texas Education Code, the SHAC serves as an advisory committee composed primarily of parents and community representatives who provide recommendations regarding coordinated school health programming and health-related initiatives across the district. Throughout the school year, the committee met regularly to review programs, evaluate student needs, and provide recommendations to district leadership and the Board of Trustees regarding health education, student wellness, safety, and physical fitness initiatives.

A major focus of the SHAC's work was supporting the district's implementation of the Texas Coordinated School Health Program and Senate Bill 9 requirements. This framework promotes the development of the whole child through ten integrated components, including health education, physical education and activity, counseling services, nutrition, family engagement, community involvement, employee wellness, and social-emotional support. Millsap ISD continues to utilize programs and partnerships that align with these components and reinforce healthy behaviors that contribute to both student well-being and academic achievement.

At Millsap Elementary School, students continued to benefit from QuaverHealth•PE, a standards-based program that supports instruction in health and physical education. Through this program, students receive instruction related to physical activity, nutrition, healthy decision-making, mental and emotional wellness, and personal safety. QuaverHealth•PE also promotes family engagement and supports the district's commitment to developing healthy habits that contribute to long-term student success.

At Millsap Middle School, the district continued its partnership with Pure Truth to provide age-appropriate instruction focused on healthy relationships, emotional wellness, social media and internet safety, personal boundaries, human trafficking awareness, and responsible decision-making. These presentations support multiple components of the Coordinated School Health framework while equipping students with the knowledge and skills necessary to make informed choices and maintain positive relationships.

The SHAC also supported the district's implementation of Senate Bill 9 requirements related to abuse prevention and awareness education. During the school year, Millsap High School provided grade-level lessons focused on child abuse prevention, grooming awareness, teen dating violence, human trafficking, online safety, sexting awareness, and healthy relationships. Additionally, the SHAC reviewed and recommended Freedom House as a community partner to assist with Senate Bill 9 requirements and educational presentations. The committee also evaluated methods to improve parental participation in the required opt-in process and supported improvements incorporated into the 2026–2027 student registration procedures. Student health and safety remained a priority throughout the year.

The SHAC reviewed and recommended several initiatives designed to strengthen emergency preparedness across the district. These efforts included recommending the placement of Narcan at Millsap Elementary School, supporting the acquisition of a travel Automated External Defibrillator (AED) for Millsap High School, and recommending placement of a donated community AED at the baseball concession stand. These actions reflect the district's commitment to providing safe learning environments and ensuring rapid emergency response capabilities for students, staff, and community members.

The committee also supported educational programming designed to promote positive decision-making among students. SHAC reviewed and recommended the Journey 2 Positive Choices program, presented by Doug McWhorter, for junior and senior students prior to prom. This presentation provided students with information intended to encourage responsible choices and increase awareness of potential risks associated with high-risk behaviors.

In addition to health education initiatives, Millsap ISD continued implementation of the state's Physical Fitness Assessment Initiative. During the 2025–2026 school year, students in grades 3–12 who were enrolled in physical education or a PE substitute course completed the annual FitnessGram assessment. The FitnessGram provides a non-competitive measure of student health-related fitness, including aerobic capacity, muscular strength and endurance, flexibility, and body composition. Results were reported to the Texas Education Agency as required by state law. Research consistently demonstrates a positive relationship between student fitness and academic achievement, attendance, and school engagement, reinforcing the district's commitment to promoting healthy lifestyles among students.

Throughout the year, SHAC information, meeting agendas, and meeting minutes were maintained on the district website to ensure transparency and community engagement. The committee remained focused on fulfilling all state requirements while providing meaningful recommendations that support the health, safety, and well-being of Millsap ISD students.

Through collaboration among parents, staff members, community partners, and district leaders, the SHAC continues to play an important role in supporting student success and strengthening the district's commitment to educating the whole child. The Millsap ISD School Health Advisory Council appreciates the continued support of the Board of Trustees and looks forward to continuing its work in support of student health, wellness, and academic achievement during the 2026–2027 school year.

Millsap ISD

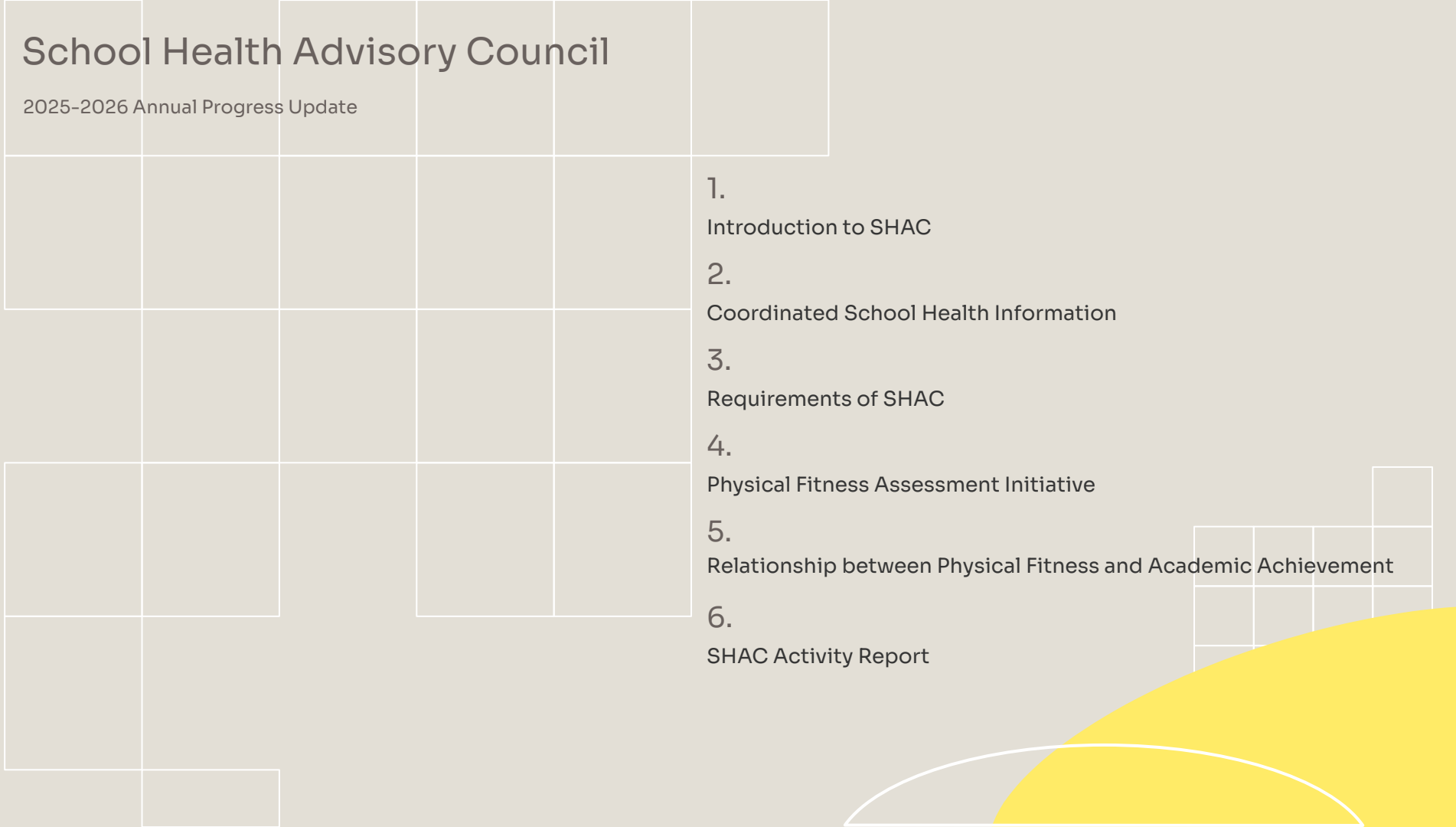
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School Health Advisory Council Annual Board Report

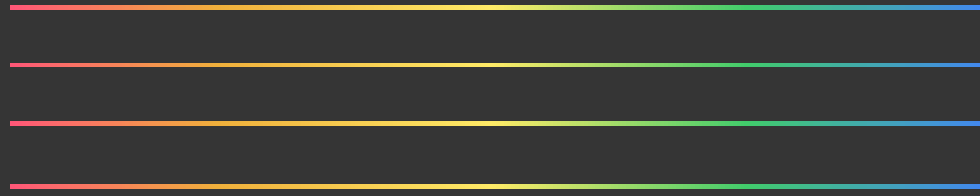
Progress Report to the Millsap ISD School Board on June 22, 2026

School Health Advisory Council

2025-2026 Annual Progress Update

1.
Introduction to SHAC
 2.
Coordinated School Health Information
 3.
Requirements of SHAC
 4.
Physical Fitness Assessment Initiative
 5.
Relationship between Physical Fitness and Academic Achievement
 6.
SHAC Activity Report
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- The background features a light gray grid pattern. A large, bright yellow curved shape is positioned in the bottom right corner, partially overlapping the grid. The text is aligned to the right side of the page.

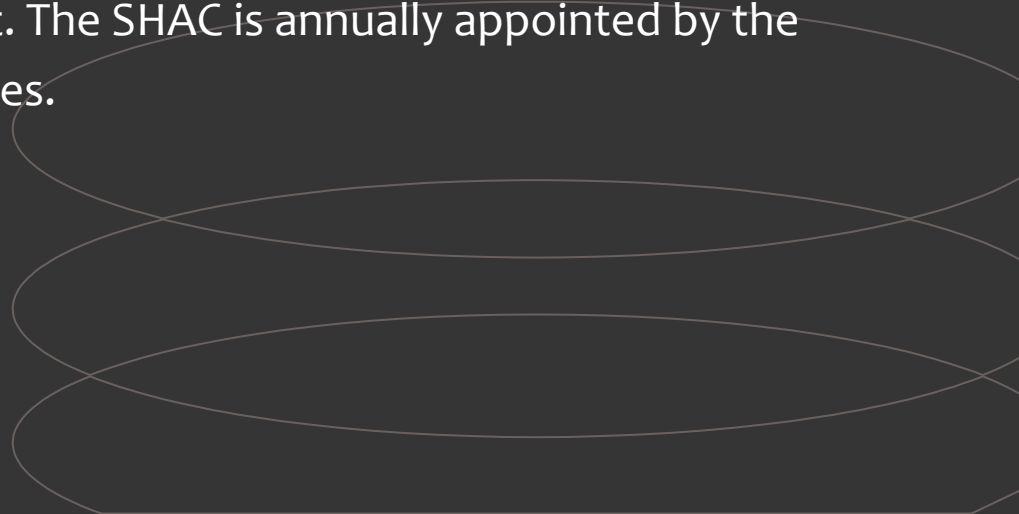
School Health Advisory Council



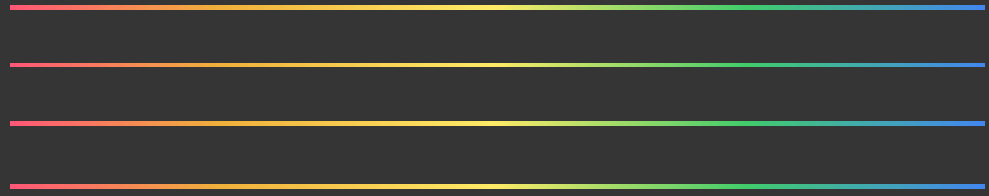
Every independent school district is required by law to have a school health advisory council (SHAC) of which the majority of members must be parents who are not employed by the school district. The SHAC is annually appointed by the local education agency Board of Trustees.

Texas Education Code

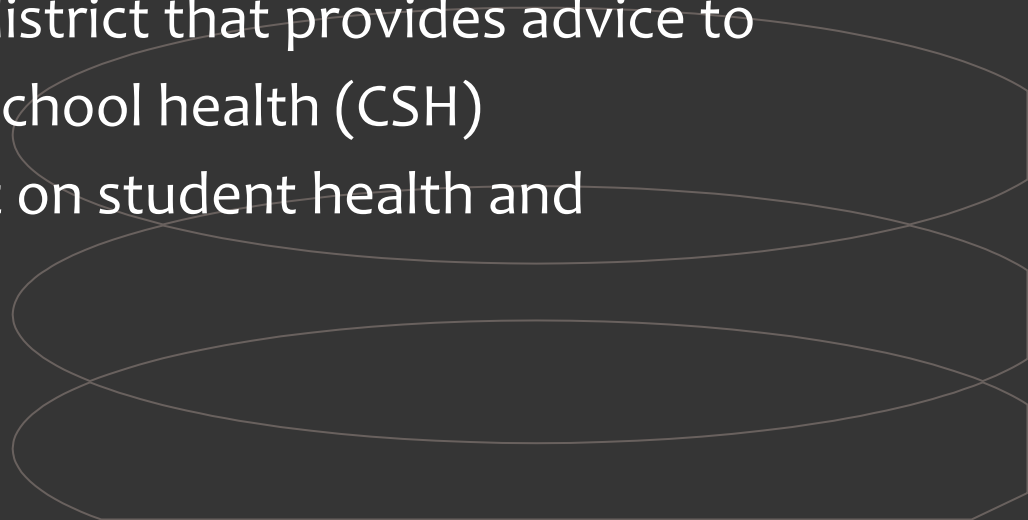
Title 2, Chapter 28, Section 28.004



What is a SHAC?



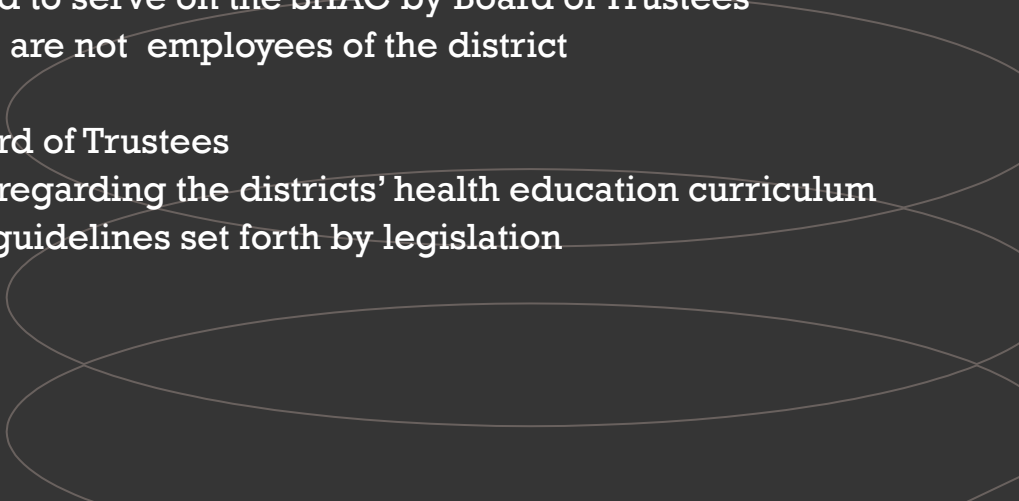
A SHAC is a group of individuals representing segments of the community and school district that provides advice to the district on coordinated school health (CSH) programming and its impact on student health and learning.



STATE LEGISLATED SHAC REQUIREMENTS COMMITTEE-RELATED



The following are requirements of local SHACs per legislation:

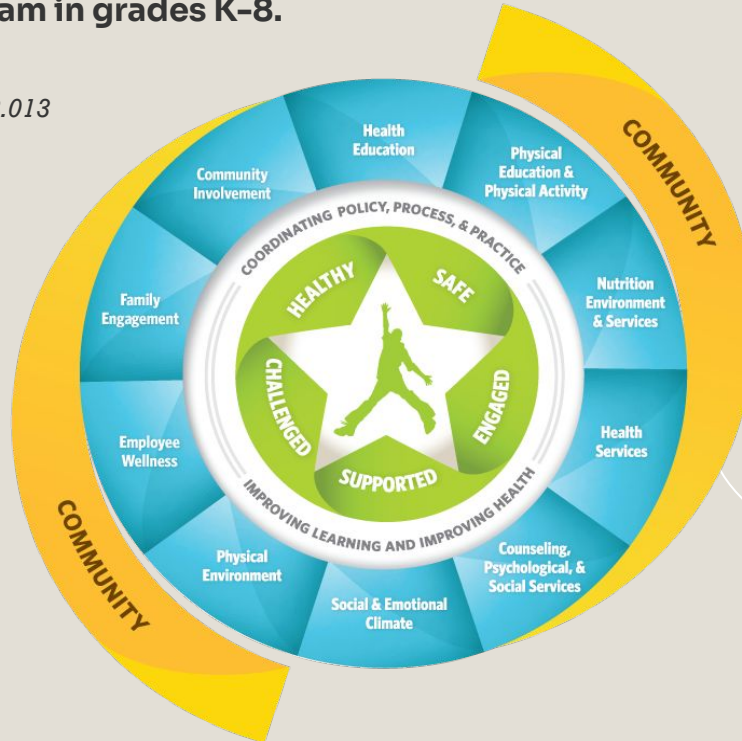
- ✓ A parent must serve as a co-chair
 - ✓ A minimum of five members must be appointed to serve on the SHAC by Board of Trustees
 - ✓ The majority of members must be parents who are not employees of the district
 - ✓ SHAC must meet at least 4 times a year
 - ✓ SHAC must deliver an annual report to the Board of Trustees
 - ✓ SHAC is required to submit recommendations regarding the districts' health education curriculum
 - ✓ SHAC must operate under the open meetings guidelines set forth by legislation
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Coordinated School Health Program

All Texas Schools are required by law to implement a CSH program in grades K-8.

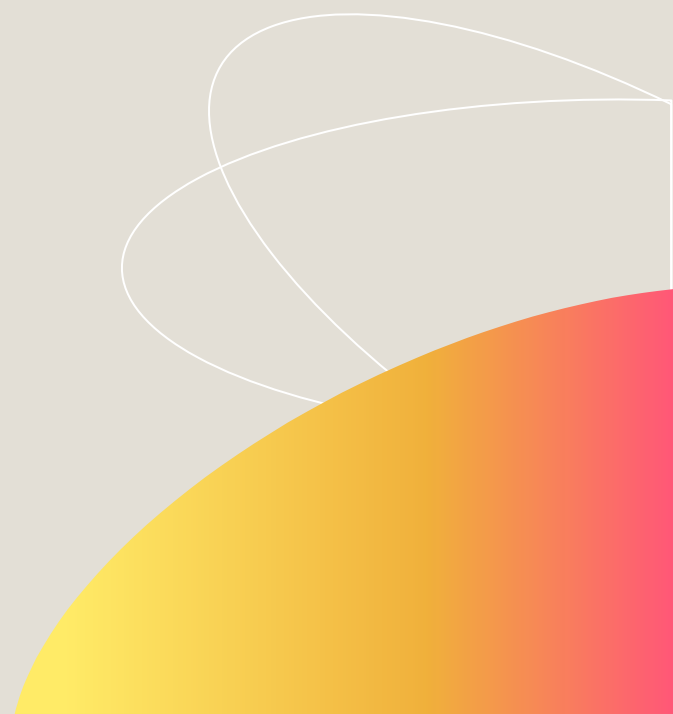
Texas Education Code

Title 3, Chapter 38, Section 38.013



Ten Components of Coordinated School Health

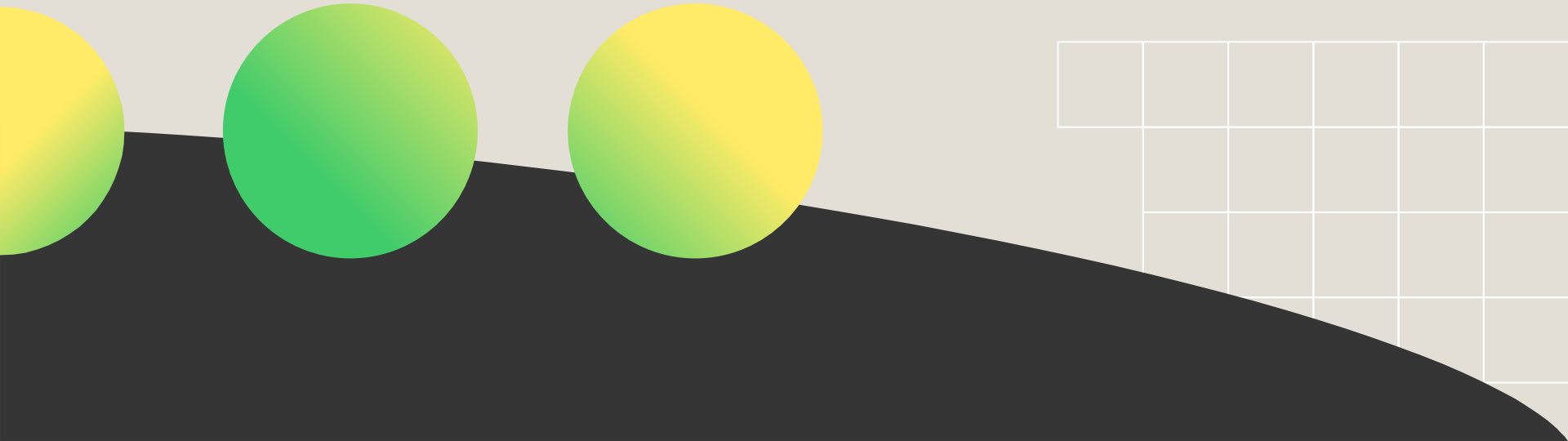
- ✓ **Health Education**
- ✓ **Nutrition Environment and Services**
- ✓ **Employee Wellness**
- ✓ **Social and Emotional School Climate**
- ✓ **Physical Environment**
- ✓ **Health Services**
- ✓ **Counseling, Psychological, and Social Services**
- ✓ **Community Involvement**
- ✓ **Family Engagement**
- ✓ **Physical Education and Physical Activity**



National Health Education Standards

The National Health Education Standards (NHES) outline the expectations for what students should know and be able to do by the end of grades 2, 5, 8, and 12, promoting personal, family, and community health.

The standards provide a framework for curriculum development and selection, instruction, and student assessment in health education.



National Health Education Standards

Standard 1:

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2:

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 3:

Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4:

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

National Health Education Standards

Standard 5:

Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6:

Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7:

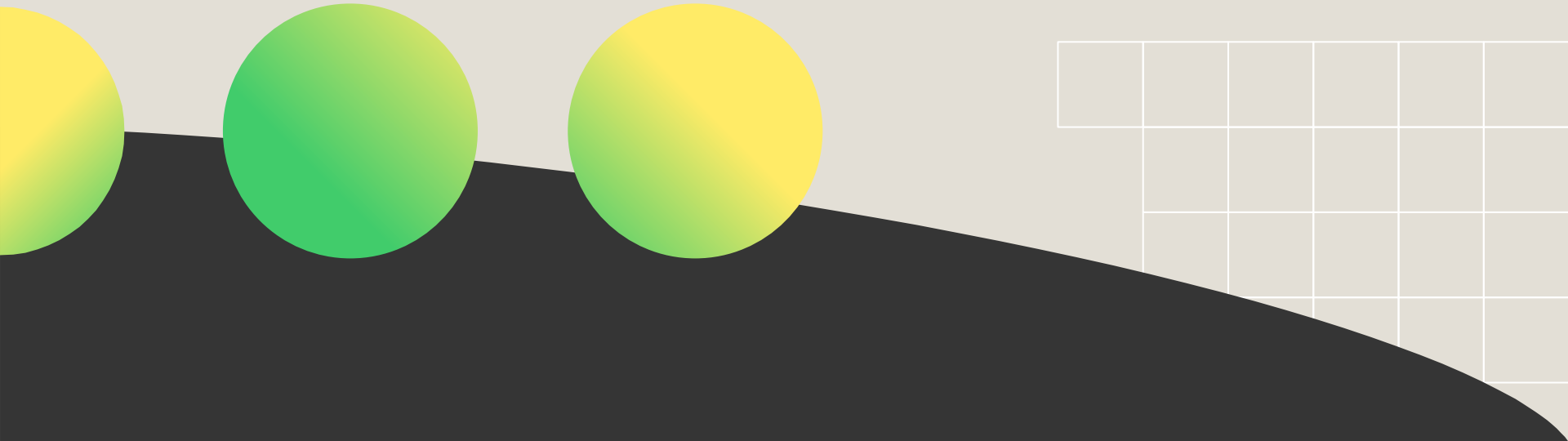
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8:

Students will demonstrate the ability to advocate for personal, family, and community health.

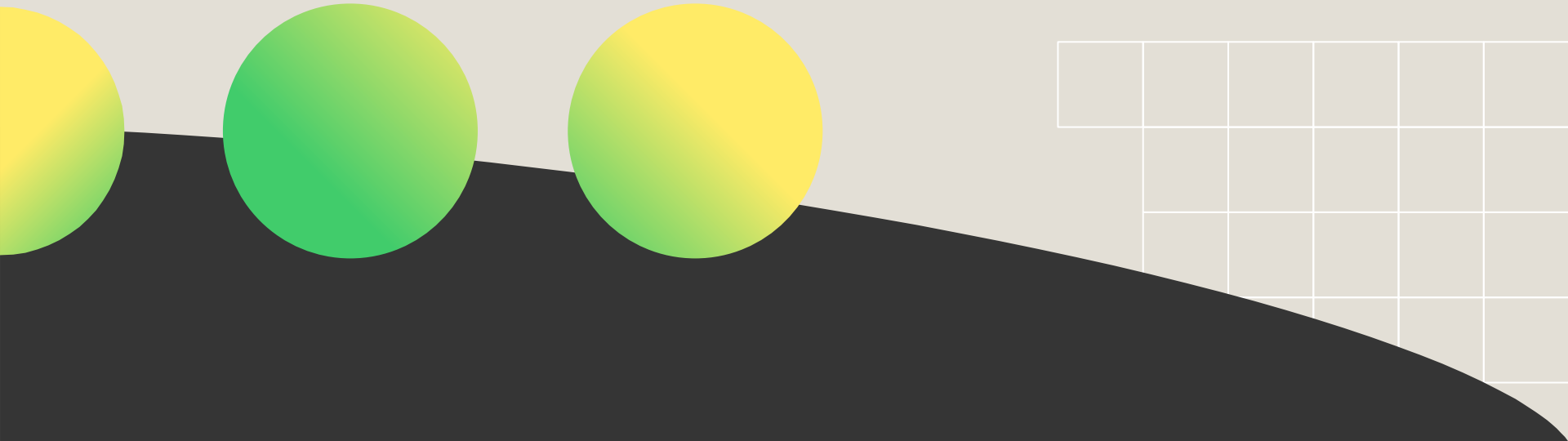
Millsap ISD - Millsap Elementary Coordinated School Health Program

As part of Millsap ISD's commitment to student wellness and the Texas Coordinated School Health Program, the district continues to utilize QuaverHealth • PE to provide standards-based instruction in health and physical education. QuaverHealth • PE supports student learning in areas such as physical activity, nutrition, healthy decision-making, mental and emotional wellness, and personal safety while aligning with Texas TEKS requirements. The program also promotes family engagement through take-home resources and reinforces the district's efforts to support the Whole Child by encouraging healthy habits that contribute to both student well-being and academic success.



Millsap ISD - Millsap Middle School Coordinated School Health Program

The district continues to partner with Pure Truth to provide middle school students with age-appropriate instruction focused on healthy relationships, emotional wellness, social media and internet safety, personal boundaries, human trafficking awareness, and responsible decision-making. Through these presentations, students gain knowledge and skills that support their social, emotional, and physical well-being while encouraging healthy life choices. Pure Truth complements the goals of the Texas Coordinated School Health framework by supporting health education, counseling and mental health awareness, safe and healthy school environments, and parent and community involvement. This partnership reinforces Millsap ISD's commitment to developing the whole child and equipping students with the tools needed to make informed, healthy decisions both in and out of school.



Physical Fitness Assessment Initiative

- **FitnessGram®** establishes a baseline of a healthy fitness zone from which students can set goals and check their progress (non-competitive) to plan for lifelong physical activity and to maintain and improve their fitness level. Health-related fitness assessment measures students' aerobic capacity, muscular strength/endurance, flexibility and body composition.
- **FitnessGram®** provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.
- **FitnessGram®** does not place an emphasis on skill or sports-related fitness such as speed measured by an individual's 40 yard dash time. It does not compare students to other students.

Physical Fitness and Indicators of Academic Achievement

Academic Ratings and Fitness



Schools earning the state's highest academic ratings consistently have a greater percentage of students in the Healthy Fitness Zone (HFZ) for aerobic capacity, compared to schools rated lower.

Test Performance



Students who meet HFZ standards, especially in cardiovascular fitness, tend to perform better on the STAAR test, particularly in reading and math, based on TEA's data.

Attendance



Higher fitness levels are strongly linked to improved school attendance. Students in the aerobic HFZ miss fewer days on average than their less-fit peers.

Discipline



Students who are fitter tend to experience fewer disciplinary incidents. TEA data show an inverse correlation between HFZ achievement and incidents involving drugs, violence, alcohol, and truancy.

STAAR Trends



Counties with higher levels of cardiovascular fitness generally report higher STAAR passing rates. TEA's annual PFAI reports confirm these regional academic benefits.

Physical Fitness Assessment Initiative

- Senate Bill 530 originally required that beginning with the 2007–2008 school year, all students in grades 3–12 participate in an annual physical fitness assessment using the FitnessGram tool. While the Texas Education Agency (TEA) discontinued its statewide FitnessGram contract in 2019–2020, districts are still required to assess student fitness and report results each year to TEA under state law.
- FitnessGram remains a widely used, research-based fitness assessment developed by The Cooper Institute. TEA now allows districts to choose from multiple assessment tools—including FitnessGram, the TEAL-based PFAI system, or other approved platforms—to meet physical fitness assessment requirements.

During the 2025–2026 school year, students in grades 3–12 enrolled in Physical Education or a PE substitute course completed the annual FitnessGram assessment to measure health-related fitness levels. Results were submitted to the Texas Education Agency (TEA) as required by state law.

Senate Bill 9 (Texas - 87th Legislature, 2nd Special Session)

Senate Bill 9 was passed during the 87th Texas Legislature, 2nd Special Session (2021), following the veto of SB 1109. It requires school districts to provide instruction on the prevention of: dating violence, family violence, child abuse, and sex trafficking.

Key Provisions:

- Instruction must be provided at least once in middle school and once in high school.
- Curriculum must include information on dating violence, child abuse, family violence, and sex trafficking.
- Content must cover the district's dating violence policy, warning signs, how to report, and available support resources.
- Written parental consent is required (opt-in model).
- Local School Health Advisory Council (SHAC) must review and recommend curriculum materials.
- Parents must be notified and have the opportunity to review the materials before instruction is given.

Senate Bill 9 (Texas - 87th Legislature, 2nd Special Session)

To support Senate Bill 9 requirements, Millsap High School implemented four grade-level lessons designed to educate students on personal safety, healthy relationships, online safety, and abuse prevention.

8th Grade: Pure Truth

9th Grade: Recognize the Signs (Child Abuse and Grooming)

10th Grade: Teen Dating Violence, Human Trafficking, School Violence, & Online Safety

11th Grade: Human Trafficking and Sexting

12th Grade: Teen Dating Violence

SHAC ACTIVITY REPORT 2025-2026

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- SHAC reviewed and recommended the Pure Truth program for Millsap Middle School students. Presentations were delivered during Spring 2026.

Useful Websites

- **DSHS School Health Program:** <http://www.dshs.state.tx.us/schoolhealth/>
- **TXPTA Healthy Lifestyle Web page:** www.txpta.org/programs/healthy-lifestyles
- **TEA Fitness Data:** http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Physical_Fitness_Assessment_Initiative/Fitness_Data/
- **Youth Risk Behavior Surveillance (YRBS) Survey:** www.dshs.state.tx.us/chs/yrbs/query/yrbss_form.shtm
- **CDC Coordinated School Health:** www.cdc.gov/HealthyYouth/CSHP
- **Texas Department of Agriculture Square Meals:** www.squaremeals.org
- **Regional Education Service Centers:** <http://ritter.tea.state.tx.us/ESC>
- **Texas Legislature Online:** www.capitol.state.tx.us
- **Texans Standing Tall:** <http://www.texansstandingtall.org/>

Millsap ISD

2025-2026 SHAC Annual Board Report

