



## **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 AISD SHAC meetings the first Wednesday night of every month from 6:30 p.m. to 8:00 p.m. in the AISD Board Room at 1111 West Sixth Street.

For information: Contact Tracy Lunoff, AISD School Health Coordinator at 414-9778 or [tdiggs@austinisd.org](mailto:tdiggs@austinisd.org) or go to: [www.austinisd.org/schools/shac/](http://www.austinisd.org/schools/shac/)