

A stack of several books is visible on the left side of the image, partially cut off by the edge of the frame. The books have various colored spines, including white, yellow, and blue. The background is a dark green chalkboard.

# School Health Advisory Councils

Missouri Department of  
Health and Senior Services

If schools do not deal with  
children's health by design, they  
deal with it by default.

Health is Academic, 1997

# Objectives

- Understand the Whole School, Whole Community, Whole Child approach to school health
- Understand the role and function of School Health Advisory Councils
- Discuss criteria for council membership and successful recruitment of community partners
- Develop 3 action steps to get started in developing your school's School Health Advisory Council

# Whole School, Whole Community, Whole Child (WSCC) Model

- Effective school health programs go beyond the classroom
- The WSCC Model expands on the Coordinated School Health approach
- WSCC includes 10 components
  - 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

# Whole School, Whole Community, Whole Child (WSCC) Model




A stack of several books is visible on the left side of the frame, partially cut off. The books have various colored spines, including white, yellow, and green. The background is a dark green chalkboard.

How?

School Health

Advisory Councils (SHACs)

# What are School Health Advisory Councils (SHACs)

- Advisory group composed primarily of individuals selected from segments of the community and school
  - The group acts collectively in providing guidance and leadership to the school system on all aspects of the school health program
- 

# Why Have a SHAC?

- Schools can't do it alone
- Research endorses community connections and involvement for children and youth
- Changing systems requires infrastructure to support that change over time



# Benefits of a SHAC

- Increase parent and community involvement
- Link schools with community health and social services and resources
- Educate the community about the school and health issues
- Increase effectiveness and sustainability of school-community initiatives

# Role of a SHAC

- Program planning
- Advocacy
- Fiscal planning
- Liaison with district and state agencies
- Direct intervention
- Evaluation, accountability and quality control



# Developing a Council

- There may be existing councils that could function as a SHAC
- If not:
  - Review any established school district procedures for advisory councils
  - Prepare a brief proposal on the formation of a SHAC
  - Gain support of the school district
  - Hold an initial meeting to determine interest in serving on a SHAC

# SHAC Membership

## Pair and Share

- What types of people would make good council members?
- Brainstorm a list of at least 5 criteria for selection.

# SHAC Membership

Membership should include:

- Representatives with awareness of all segments of your community
- Those with a passion and interest in youth
- Those with professional ability
- People with a willingness and ability to commit time
- Both those key players and influences as well as the least powerful

# Suggested Members

- Administrators
- Parents
- Students
- Medical professionals
- Attorneys
- Law enforcement officials
- Government officials
- Recreation professionals
- And other interested citizens

## Other representatives include:

- Social services agencies
- Business/industry volunteer
- Public health agencies
- Churches/synagogues
- Hospitals/clinics
- Service organizations
- Colleges/universities
- School youth groups
- Professional societies

# Recruitment

## Before

- Be able to articulate your purpose
- Draft SHAC roles and responsibilities
- Have a meeting structure in mind

## During

- Put yourself in their shoes
- Help them understand what they can contribute and how they can benefit
- Be sensitive to constraints on their time and resources

# Youth as Partners


To have successful youth participation:

- Discuss stereotypes
- Share power and responsibility
- Clearly define roles and responsibilities
- Ensure youth decision making
- Consider logistical needs



# Youth Involvement

Youth can be involved by:

- Prioritizing needs
  - Developing strategies/program activities
  - Promoting program/activities to other youth
  - Providing TA on youth culture
  - Participating in research
  - Presenting results
- 

# Youth Involvement

Examples of Current Youth Advisors in MO

- Youth Tobacco Clubs
- Teen Advocates for Sexual Health (TASH)
- Others?

Do you currently have youth involvement?

# What's Your Pitch?

Based on the information we just discussed, create a 30 second "pitch" your team could use to invite key individuals to be part of your SHAC.



# Now What?

- Operating Guidelines/By-Laws
- Strategic Planning
  - Mission
  - Goals
  - Objectives

# Assessment

- School Health Index (SHI)
  - Identify strengths and weaknesses of health and safety policies and programs
  - Develop an action plan for improving student health
  - Engage teachers, parents, students and the community in promoting health enhancing behaviors and better health

# Assessment

- Health Program Assessment
  - Health Education Curriculum Analysis Tool (HECAT)
  - National Sexuality Education Standards (NSES)

# What We've Learned

Factors that help a SHAC work:

- Active support from school administration
- Carefully plan member selection
- Involve the entire school and community, especially youth
- Set clear goals and objectives for your SHAC
- Assess and improve your school

# Next Steps

What else do you need to know to support a school health advisory council?

Develop a list of potential SHAC members and identify how they can benefit from being involved.

Set 3 action steps you can accomplish in the next month to start up or revive your school's SHAC.



# Resources

- SHAC Guide from MCSHC
  - [http://www.healthykidsmo.org/resources/docs/SHAC/SHAC\\_Guide.pdf](http://www.healthykidsmo.org/resources/docs/SHAC/SHAC_Guide.pdf)
- School Health Index
  - <https://www.cdc.gov/healthyschools/shi/index.htm>
- HECAT
  - <https://www.cdc.gov/healthyouth/hecat/>
- NSES
  - <http://www.futureofsexed.org/nationalstandards.html>

# Questions and Contacts

Questions?

Missouri Department of Health and Senior Services

Bureau of Community Health and Wellness

School Health and Adolescent Health Program

[shs@health.mo.gov](mailto:shs@health.mo.gov)

Adapted from Oregon Dept. Of Education