



**Asheville-Buncombe NC School Health Advisory Council –SHAC
2012-2013 and 2013-2014 and 2014-15
ANNUAL REPORTS**

Our local SHAC has had a very productive three years supporting Asheville City and Buncombe County School Districts in creating and implementing healthy and well environments, students, staff and administration in all 49 schools. We know that this process is one that will continue for years to come, however, with the highly effective members of this council, we have the insight to create and implement action steps from year to year that will help create a health and wellness foundation in every school that will support our school systems in setting the stage for the future.

It is SHAC's goal to help the school administration and the community to stay updated on SHAC's goals and progress for the past three school years (2012-2013, 2013-2014, 2014-2015) by writing this document. Please pass this information on to your Boards or anyone else who might be interested in our progress.

Thank you.

Meg Hanshaw Ph.D. and Cameron Edmonds Raley MPH
SHAC Co-Chairs

2012-2013 SHAC Goals (See the 2012-2013 SHAC Working Action Model Attached)

Co-Chairs: Sara Green and Meg Hanshaw

Secretary: Sarah Bennett

Administrative Team: Debbie Bryant , Michele Lemell, Ameena Batada,

SHAC Will:

1. Support the schools and districts in making updates in the school wellness policies (or any other health and wellness initiatives needing approval this year) and when needed, bringing them forward to the School Board or Administration to be "approved".
2. Create and implement a *SHAC Working Action Model* that includes a depiction of the steps in how to reach our goals and communicate them with the community and Board Members when necessary in order to change or support health and wellness policies, initiatives and services in our schools.
3. Support all schools in creating a Wellness Team.
4. Help motivate the Wellness Teams to take the School Zone Health Assessment.
5. Encourage every school to set at least two health and wellness priorities/goals for the school year and move forward with those goals into the 2014-2015 year.
6. Increase student participation at SHAC meetings and with their school's wellness team.

Results 2012-13

1. SHAC created and implemented a SHAC Working Action Model (See Attached) that included the yearly goals and the how to communicate those goals with the community and School Board Members when necessary in order to change or support health and wellness policies or agreed upon SHAC/school initiatives.
2. SHAC supported Debbie Bryant and Michele Lemell in furthering the changes and recommendations of their own district Wellness Policies.
3. SHAC supported all schools in creating Wellness Teams and taking the Zone Health Assessment in each school. (See attached *2012-2013 Working Action Model* and our *Communication and Support Process Document*.) Debbie Bryant and Michele Lemell were key stakeholders in achieving these goals.
4. SHAC hosted a Zone Health Training (Prevention Partners) in the Fall of 2012, where 80 administrators/teachers attended to learn why and how to get their schools started in the Zone Health plan by taking their assessment and creating wellness teams. It was very successful.
5. SHAC helped encourage every school to set at least two health and wellness priorities/goals for the school year and move forward with those goals into the 2014-2015 year based on the Zone Health Assessment. They helped the schools do this by hosting a Wellness Celebration.
6. SHAC came up with a plan (Working Action Model 2012-2013) to increase student participation at SHAC meetings. This plan was carried out by a SHAC Task Force. We did have two high school students from AHS attend. But the meetings were not really designed for students to participate and even when we asked them to talk in our meetings, they were not involved enough with health and wellness to give much feedback, so they did not attend that much. SHAC was given funds from ACS and BCS to pay these students with gas gift cards to attend SHAC meetings. i.b.mee. Enterprises (501(c)3) which is a non-profit in Asheville that supports creating W.E.L.L. environments in schools, was voted by SHAC to hold SHAC moneys. So by Spring 2014, SHAC began brainstorming about ideas for increases in student involvement on their school wellness teams and how they can help move their schools forward with goals and initiatives. SHAC will continue these discussions and make a new plan in the next two years.
7. SHAC started a plan in spring of 2013 to host the 1st annual *W.O.W.* in October 2014. (*Wellness Opportunity Workshop*) This 2-1/2 a.m. hour workshop will be for 3 members of each school's Wellness Team. *W.O.W.* will be hosted at UNCA's Sherrill Center. SHAC highly encourages these 3 members to attend this

workshop to gain health and wellness ideas and program development skills, increased motivation and confidence to take the next steps forward towards learning and implementing their Health and Wellness Policy. At W.O.W., SHAC will hand out a survey to get feedback on how SHAC can truly support the schools in the upcoming year.

8. SHAC developed a Facebook Page and a Website Template for SHAC. (i.b.mee. bought the web-site for SHAC and will pay for the domain name every year until 2020.) Our SHAC name is Asheville-Buncombe NC School Health Advisory Council and our web-site domain name is www.ashevillebuncombencSHAC.org

2013-2014 SHAC Goals (See the 2013-2014 SHAC Working Action Model Attached)

Co-Chairs: Meg Hanshaw and Sarah Bennett

Secretary: Cameron Edmonds Raley

Administrative Team: Debbie Bryant , Michele Lemell, Ameena Batada

SHAC WILL:

1. Create and implement a Wellness Team Celebration April 2014.
2. Receive feedback from the Celebration 2014 and other Surveys to plan and implement the Wellness Opportunity Workshop -W.O.W. for the Fall of 2014.
3. Continue working with Michele and Debbie on the updated District Wellness Policies.
4. Continue working on increasing the occurrence of functional School Wellness Teams in every school in Buncombe County and Asheville City Schools. (We found out that not all schools created the teams.)
5. Revisit and plan how to increase student involvement in the SHAC.
6. Determine how to reassess School Wellness at each school in a new way since Zone Health lost its NC funding.

Results

1. SHAC hosted their 1st *School Wellness Team Celebration* in April 2014 from 4:00-5:30 at the Asheville High School cafeteria for wellness teams to showcase their health and wellness achievements for the year, share some best practices with each other and be honored for their work. Some schools received a school wellness award from SHAC and the Prevention Partners (creators of the Zone Health Assessment). (\$1000 dollars was awarded each for North Buncombe and Cane Creek Middle Schools, and Jones Elementary). The SHAC School Wellness Team *Celebration* will continue to grow every year as the districts' wellness teams become more and more functional. We received good information and feedback from the participants of the Celebration. We had around 49 attendees from both districts. (Our goal is around 100, 2 from each school.)

2. In May 2014, SHAC adopted the most up-to-date Coordinated School Health Model created by the ASCD and approved by the CDC called the *Whole School, Whole Community, Whole Child Model*. It takes the place of the 8 Components of the Coordinated School Health model. (See attached)
3. SHAC worked all school year to prepare for the W.O.W. The goal was to bring information and clarity about health and wellness activities, philosophies and practices (based on what the schools needed and wanted from the Celebration Surveys that were distributed at the Spring 2014 Celebration), that their Wellness Teams could bring back to their schools to support them in bringing to life their Wellness Policies.
4. SHAC began the creation of a SHAC manual, which includes a variety of documents including their By-Laws.
5. SHAC completed the first phase of their Web-site using UNCA Students and has a FaceBook page and started the process of creating their own LOGO. The website is due to be up in the Summer of 2015.
6. SHAC came to a stand still on the goals of increasing student participation. No progress was made. But, SHAC still continued to build its presence in the community with its own members. We have active members from ASAP, Mission Hospital, YMCA, YWCA, Buncombe County Social Services, and many other non-profits, parents (3) and teachers (1) in the community. SHAC however, would like to still further its diversity in its membership to include more parents, students and teachers/administrators at their meetings.
7. SHAC furthered the development of our *Communication and Support Process Document* and encouraged schools to put students on their Wellness Teams. SHAC proposed that one student and teacher from different schools attend one SHAC meeting during the year so they can bring highlights from their schools.
8. SHAC researched different Health and Wellness Assessments but were not successful in finding one that fit our needs yet.
9. SHAC updated their By-Laws.
10. Both District's School Wellness Policies were turned in for review in the Summer before the 2014-15 school year started.

2014-2015 SHAC Goals

Co-Chairs: Meg Hanshaw and Cameron Raley

Secretary: Alice Elio

Administrative Team: Debbie Bryant , Michele Lemell, Ameena Batada

1. Implement the 2014 Fall School Wellness Team Opportunity Workshop –W.O.W.
2. Implement the 2015 2nd Annual Spring Wellness Team Celebration
3. Evaluate and implement a new school wellness assessment tool (WSSC Model)
4. Support CHIP measures. (Did not get clear on this goal.)
5. Using input from W.O.W. and SHAC Goal Setting Worksheet determine next SHAC goals.
6. Support child nutrition efforts. (Didn't get clear on this goal.)
7. Continue to develop the SHAC *Communication and Support Process Document* of how the community and school populations learn about and implement their school's wellness policies, as well as make their Health and Wellness Teams more productive and viable.

Results

1. Because of the new WSSC Model, SHAC decided to call the teams in the schools, *Health and Wellness Teams* to encompass all the dimensions of the model.
2. SHAC served as a reviewer of the ACS School Wellness Policy and offered substantive input on the role of SHAC in ACS decision-making on health.
3. Both ACS and BCS Wellness Policies were approved. The policies made great headway in making schools more healthy and well. (See school wellness policies.)
4. In October of 2014, SHAC hosted its first Wellness Opportunity Workshop on a Friday morning during school hours. 90 school teachers, administrators, and nurses attended. (See W.O.W. brochure and final evaluations of the workshop.)
5. On April 9th, SHAC hosted its 2nd Wellness Celebration at Buncombe County School's Minitorium. It was a wonderful place to host this. Whole Foods provided the food. (excellent meal) Prizes were handed out. SHAC loved the agenda for this Celebration and it seemed to be a success. (We forgot to hand out evaluations). All schools that participated got to talk a little about one thing their school accomplished, big or small, towards their health and wellness goals. We look forward to the 2016 Health and Wellness Celebration.

6. Zone Health (Prevention Partners) created a new assessment and came to us during the W.O.W. and said that they would be willing to let ACS and 10 of BCS take their new Learn Health America Assessment for free in the Fall of 2014. All 9 ACS took Learn Healthy America by the Spring of 2015. BCS did not participate for various reasons.
7. SHAC created a School Health and Wellness Team SHARE DOCUMENT after the W.O.W. so SHAC could use their information to set new goals and support schools with their challenges, and keep abreast of the school's goals.
8. SHAC took part in filling out (as a group) their Goal Setting Worksheet covering all 10 areas of the WSCC Model. From this, they have some good information of what to focus on for the 2015-16 school year.
9. By the last meeting in June 2015, SHAC decided to put the W.O.W. on hold for the Fall of 2015 because of the recognition that there needs to be a strong Health and Wellness Leader and/or team that is a liaison at each school to help create the plan for policy communication within their school. There is still a lack of attention to creating strong Health and Wellness teams in many of the schools. In addition, getting teachers out of school to learn ways to implement policy (which is what they want) is challenging during school hours with Buncombe County schools limited in sub money and ACS NOT allowing teachers to leave school for workshops and education. In the future we could consider it being on a weekend like the *Farm to School Conference*, or we could partner with them in some way.
10. In January 2014, SHAC sent a letter to the Buncombe County Public School System Chair and Superintendent to encourage and endorse Buncombe County Schools to consider both bike and pedestrian infrastructure in the construction of the Enka Intermediate School.
11. In May 2015, SHAC Co-Chairs met with the Asheville City Schools Superintendent Pamela Baldwin to discuss SHAC's contributions and to offer assistance to the system.
12. SHAC created its new logo as of October 1, 2014. (See below.)
13. SHAC's new website went live in August 2015

