

**NISD SHAC Report to the Board
2025 -2026**

Focus	Goal	Activity	Next Steps
Local Wellness Policy Wellness Plan Progress Monitoring *Required Committee	The District Wellness Policy Triennial Assessment is a federally mandated evaluation required every three years for Local Educational Agencies (LEAs) participating in the USDA's National School Lunch and Breakfast Programs. It ensures schools comply with, align with model policies, and make progress toward their wellness goals	Collaborate with District stakeholders to review, discuss, and report on progress: The Wellness Plan includes goals, objectives, and methods of measuring implementation for four areas including Nutrition Promotion, Nutrition Education, Physical Activity, and School Based Activities.	In the 2026-2027 School Year the District Wellness Policy Triennial Assessment will need to be updated NISD Wellness Policy Triennial Assessment
Physical Activity & Fitness Planning *Required Committee	Provide classroom teachers with support to be able to incorporate the physical activity minutes in their classrooms to help satisfy legal requirements. Create a culture to support weekly physical activity minute requirements. 135 weekly minutes required	Review K-8 student physical activity minutes for NISD students Review 6th grade Health Habits curriculum and implement active learning to increase movement that allows students to get up and move	Develop learning protocols that include movement for students taking 6th grade Healthy Habits
Effects of Social Media	Research and understanding the effects of social media use for students. Help parents and teachers be aware of new guidelines and rules. Understanding how to set a balance between appropriate usage of cell phones	Attend <i>Screenagers</i> to learn about the impact of social media on the brain Discuss how social media contributes to distracted driving	Continue this committee for next year to start working on: Create social media campaign that includes information that the PTA can disseminate to parents Incorporate facts about distracted driving with a fact sheet