

Healthy Lifestyles Newsletter

NOVEMBER 2015



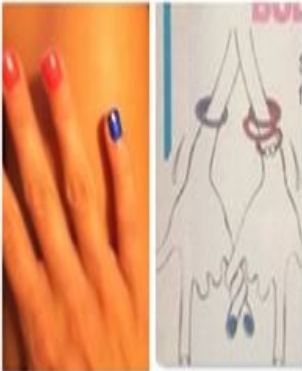
AND THE KUDOS GOES TO.....

WILLIAM P. HOBBY MIDDLE SCHOOL was awarded a \$1,500 grant for their 5K Run/Walk!! Way to Go Hobby, keep up the good work!!!

JOHN MARSHALL HIGH SCHOOL



John Marshall High School stood up to bullying by taking the blue pinky promise. This is where the students paint their pinky blue to show their support. Students also wrote what a friend means to form a paper link chain. Great Job Marshall!!!



THINK GREEN 

Think Green is an environmental awareness website that promotes ways individuals can become more active in issues that impact environmental health and safety. Education is key to raising awareness of environmental challenges and shaping the attitudes and behaviors that can make a difference. PTA Environmental Leaders can assist in preparing and providing our students, staff, and parents with the skills needed for a sustainable and productive future. November 15, 2015 America Recycles Day!!!!



NOVEMBER IS ...

Diabetes Month

Child Safety Prevention Month

National Healthy Skin Month



WHAT IS SHAC?

SHACs are district-level advisory groups whose members must be appointed by the board of trustees, although district administrators may make recommendations. A majority of SHAC members must be non-employee, parents from within the school district. With other members to consider. SHAC members should include all Local and Council PTA Healthy Lifestyles Chairs.

School Personnel (teachers/administrators) • Students • Government • Civic/Non-Profit Organizations • Texas Agri-Life • Extension Agents • Social Services • Faith Community • Business • Law En-

forcement • Local Domestic Violence Program • Medical Community • Senior citizens

SHACS advise and make recommendations to the school district and board of trustees on issues that impact student health. Issues are based on a coordinated school health program which include the eight components of school health as defined by the Center for Disease Control:

- Health Education • Health Promotion for Staff • Physical Education • Healthy School Environment • Nutrition Services • Counseling/Psychological/ Social Services • Health Services • Family/Community Involvement.



Upcoming Events

NOVEMBER

2015-11-06	<u>OLLU CC Championship</u> San Antonio, TX
2015-11-07	<u>Dare to be Powerful 5K</u> San Antonio, TX
2015-11-07	<u>Blanco Vista Wildcat 5K</u> San Marcos, TX
2015-11-07	<u>Texas State Homecoming 5K</u> San Marcos, TX
2015-11-07	<u>Wurst 5 Mile Run</u> New Braunfels, TX
2015-11-07	<u>1st Annual Rattlers Tackling Hunger 5K & Kids Fun Run</u> San Marcos, TX
2015-11-08	<u>John Trotter Memorial Scholarship 5k</u> San Antonio, TX
2015-11-08	<u>The Bull Du</u> Seguin, TX
2015-11-14	<u>Rowdy Rec Run 5K</u> San Antonio, TX
2015-11-14	<u>4 Miles 4 Others</u> Castroville, TX
2015-11-14	<u>Hawk Nation Too HAWK to TROT 5K</u> Canyon Lake, TX
2015-11-14	<u>Barton MS Color Dash 5K</u> Buda, TX
2015-11-14	<u>Grace Race 5K/10K and Family Dash</u> Lockhart, TX
2015-11-14	<u>PurpleStride San Antonio</u> Selma, TX
2015-11-14	<u>Annon Snider Memorial Run</u> New Braunfels, TX
2015-11-14	<u>The Dash for Disabled Vets 5K Run/Walk</u> Seguin, TX

DIABETES BY THE NUMBERS

- **29.1 million** US adults have diabetes—and **1 out of 4** don't know they have it.
- At least **1 out of 3** people will develop diabetes in their lifetime.
- Medical costs for people with diabetes are **twice as high** as for people without diabetes.
- Risk of death for adults with diabetes is **50% higher** than for adults without diabetes.