

# **Treetops School International - School Health Advisory Council**

02-12-2026

## **Agenda**

Call to Order

Documentation of attendance and determination of quorum

Approval of minutes from 11-20-2025 meeting

### **Items:**

#### **Election of Officers**

- Nomination and election of Chairperson
- Nomination and election of Vice Chairperson

#### **Finalization of Health Education Recommendations:**

##### **Physical Health and Hygiene**

- Daily recess and outdoor learning recommendations
- Free play benefits and physical activity integration
- Age-appropriate health topics per grade level

##### **Mental Health and Wellness**

- Emotional regulation and coping skills (with increased specificity)
- Conflict resolution education
- Resources for recognizing mental health conditions and suicide risk
- Modeling behavior and age-appropriate resources

##### **Healthy Eating and Physical Activity**

- Guest speakers and school-wide nutrition events
- Meal planning and food label education
- Nutrition research projects for 5th and 6th graders
- Integration with science curriculum

### **Injury and Violence Prevention and Safety**

- Update from subcommittee (Missy, Kara/Hayley, Cheri, Haley, McKenna)
- Age-appropriate safety resources
- Parent resources for recognizing signs of violence
- Communication strategies for safety discussions

### **Alcohol, Tobacco, and Other Drugs**

- Opioid awareness and Narcan education
- Substance abuse prevention by grade level
- Age-appropriate resources and messaging

### **Adolescent Development and Reproductive Health (Grades 4+)**

- Age-appropriate resources within legal constraints
- Abstinence and sexual harassment education
- External organization partnerships and resources
- Review of legal requirements and compliance

### **Opt-In Procedures and Parent Communication:**

- Written consent requirements via Google Forms
- Parental awareness and notification procedures
- Alternative assignments for opt-out students
- Sexual reproduction portion opt-out specifics

### **Timeline for Curriculum Development and Implementation:**

- Completion deadline for all recommendations (before end of school year)
- 6th grade curriculum implementation (second semester)
- K-5 integration timeline
- Teacher resource development and distribution

### **Open Discussion/Questions**

### **Final Recommendations to be brought before Board**

- Comprehensive K-6 health education curriculum framework
- Grade-level specific recommendations across all six health domains
- Parental opt-in procedures and communication plan
- External partnership recommendations (Women's Center of Tarrant County, etc.)
- Implementation timeline and resource allocation needs
- Teacher professional development and support recommendations

Schedule date for next SHAC meeting (3rd of 4 required annual meetings)

Motion to Adjourn