

SLIDELL INDEPENDENT SCHOOL DISTRICT

"On track and leading the pack"



SHAC 2026-2027 Meeting Minutes

10/13/2026

Slidell Independent School District will hold a meeting at **6:00 pm on Tuesday, October 13th, 2026 at the Slidell High School, #1 Greyhound Ln, Slidell, TX 76267**. At the meeting, the committee may deliberate or act on any of the subjects listed on the following agenda. The superintendent, or superintendent designee, may change the order of items listed below for the convenience of the council.

I. Welcome & Introductions

- **Meeting called to order by Theresa Stevens at 6:19 pm**
 - Welcome new SHAC members
 - ***Introductions and member roles

Chair: Kaily Espedal; Co- Chair Whitney Lynn
- **Motion to approve: Amberly Carter; Second Lauren Luig; All in favor.**
 - Review SHAC purpose and responsibilities

II. ***Approval of Previous Meeting Minutes

- **Motion to approve: Kailey Espedal; Second: Haley Wilson; All in favor.**

III. District Health Updates

A. District Nurse Update (will discuss at next SHAC)

- Review Slidell ISD standing orders for health services
 - With parent permission
- Student health trends
- Common health concerns
- Chronic health conditions/health plans
- Screenings and immunization updates
- Health-related attendance concerns
- Current health services and areas of need

B. District Counselor Update

- Student counseling trends
 - Conducted a screener/ feedback to teachers/ administrators to help identify needs.
- Mental health and social-emotional needs
 - Suicide Prevention lesson was only with parent permission.
 - Increased signs of anxiety amongst student population.
- Student referrals
- Crisis response and support
- Community resources/referrals
 - Feeding Wise Kids- provides snack bags, based on new restructuring/ guidelines only 9 students total will qualify to receive the weekend snackbags.
 - Thanksgiving meal kits will be provided. Partnering with Grace Fellowship. Based on sign-ups.

- Christmas meal kits- Live Thankfully
 - The district must do a food drive, organize, pack, and coordinate with families to pick up.
- Areas of identified need
 - None at this time.

V. District Wellness Plan Review

- Review current District Wellness Plan
 - Staff members are sent a questionnaire regarding how they are taking care of themselves for incentives.
 - Reimbursement of up to \$50 per month for health/ fitness memberships or apps.
- Review progress toward existing goals
- Identify areas needing revision or additional action
 - None at this time.

VI. SHAC Priorities for 2026–2027

Discussion of potential priorities related to:

- Physical health
- Mental health
- Nutrition
 - CEP district (all students eat for free breakfast and lunch); good through next year.
- Physical activity
- Substance-use prevention
- School safety and healthy environments
- Parent/community involvement
- Employee wellness

VII. SHAC Discussion & Member Input

- What health-related needs are we seeing in our students, families, and community?
- What should SHAC prioritize this school year?

VIII. Action Items & Recommendations

- ***Approve 2026 – 2027 District Wellness Plan
 - **Motion to Approve: Halee Wilson; Second: Amberly Carter; All in agreement**

IX. Announcements & Next Meeting

- Review upcoming SHAC meeting **DATE AND TIME TBD**

X. Adjournment

- **Motion to Adjourn: Lauren Luig; Second: Mason Maynard; All in agreement**
- **Time: 6:40**
- **Minutes taken by Gina McCollough**