

Freer ISD School Health Advisory Council (SHAC)

Meeting Minutes

Date: Friday, January 16, 2026

Time: 4:03 PM – 4:41 PM

Location: Hybrid (In-Person with Zoom)

Meeting Type: Regular Open Session

1. Call to Order

The meeting was called to order at **4:03 PM** by the SHAC Coordinator.

2. Roll Call / Establishment of Quorum

The following members were present:

- Jason Cabrera
- Angela Garcia
- Constable Martinez
- Carol Stanfield
- Marisa Garza
- Anna Saldana

A quorum was established.

Ann Marie Garcia - Zoom - Aff

3. Pledge of Allegiance

The SHAC Coordinator led the Pledge of Allegiance.

4. Public Comments

No public comments were presented.

5. Informational Update: Child Nutrition

Ms. Stanfield provided an update regarding upcoming changes to milk offerings in cafeterias:

- Transition back to **whole milk and 1% milk** pending cooperative bid approval
- Addition of **soy milk** and reinstatement of **lactose-free milk options**

- Rationale included student satiety, nutritional adequacy, and student acceptance
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6. Agenda Overview

The Chair outlined the objectives of the meeting:

1. Discussion and action on a **Food Allergy Policy**
 2. Overview of **SHAC Annual Report requirements**
 3. Planning for compliance with **TEC §28.004 and federal wellness mandates**
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7. Action Item: Food Allergy Policy Development

Discussion:

Members discussed the absence of a formal district food allergy policy and concerns regarding inconsistent reporting of student allergies to Health Services and Food Services. Issues identified included:

- Allergies reported directly to teachers rather than through official channels
- Allergies developing mid-year
- Need for parent-facing reporting mechanisms
- Liability and student safety considerations

Motion:

A motion was made to create a **Food Allergy Policy Subcommittee**.

Vote:

- Motion carried unanimously.

Subcommittee Members:

- Carol Stanfield
- Anna Saldana
- Marisa Garza

Action Items:

- Marisa Garza will draft a Food Allergy Policy by **no later than Monday, January 19, 2026**
- Draft will include:
 - Parent reporting procedures
 - Communication protocols between Health Services and Food Services

- Common allergens (e.g., peanuts, milk)
 - Subcommittee will review and refine draft prior to presentation at the **February SHAC meeting**
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8. Annual SHAC Report & Compliance Discussion

Overview:

The Chair reviewed SHAC responsibilities related to the **annual report to the Board of Trustees**, including:

- Documentation of SHAC activities
- Alignment with **Texas Education Code §28.004** and federal wellness requirements
- Transparency requirements (posting meetings, agendas, recordings within 10 days)

Key Points Discussed:

- SHAC annual reporting has not been consistently completed in prior years
 - Importance of proactive compliance versus audit-driven responses
 - Distinction between:
 - **Federal requirements** (nutrition and physical activity)
 - **State-expanded responsibilities** (mental wellness, staff wellness, sex education, trafficking prevention)
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9. Wellness Policy & Wellness Plan Oversight

Discussion Highlights:

- Wellness policies are standardized, but **wellness plans must be customized annually**
- Need for campus-level input to ensure plans reflect actual practices
- Limited principal feedback received on current wellness plan drafts
- Importance of identifying a **campus liaison** to ensure implementation fidelity

Key Compliance Areas Reviewed:

- Physical Activity (PE rosters, bell schedules)
- Nutrition Education (grade-level alignment, classroom integration)
- Mental Wellness (community partner programs, counseling services)
- Staff Wellness initiatives

10. Student & Campus Support Practices

Discussion Topics:

- Hygiene access barriers and student dignity
 - Examples of effective practices:
 - “My Best Friend’s Closet”
 - Hygiene and clothing access points
 - Share tables and food security supports
 - Importance of recognizing existing campus efforts within wellness documentation
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11. Planning for Next Meeting

Next Meeting Agenda Items:

- Review and discussion of **Food Allergy Policy draft**
 - Crosswalk of SHAC activities with the current Wellness Plan
 - Identification of items requiring modification for the **2026–2027 Wellness Plan**
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12. Adjournment

Motion:

A motion to adjourn was made and seconded.

Adjournment Time:

The meeting adjourned at **4:41 PM**.

13. Summary of Action Items

Action Item	Responsible Party	Deadline
Draft Food Allergy Policy	Marisa Garza	Jan 19, 2026
Review & refine draft	Food Allergy Subcommittee	Feb SHAC meeting
Post meeting materials online	Campus/District	Within 10 days
Identify campus wellness liaisons	SHAC / Administration	Pending

Marisa A.

Marisa Garza

1-26-24

Date

FISD SHAC Co-Chair

Anna Saldana

Anna Saldana

1-27-24

Date

FISD SHAC Coordinator