

## **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

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#### **1. Call to Order**

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

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#### **2. Roll Call / Establishment of Quorum**

The following members were present:

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

*Ann Marie Garcia-Zum-Aff*  
A quorum was established.

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#### **3. Pledge of Allegiance**

The SHAC Coordinator led the Pledge of Allegiance.

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#### **4. Public Comments**

No public comments were presented.

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#### **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

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## **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**.

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## **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