

**School Health Advisory Council**  
**Meeting**  
**January 29, 2026**  
**4:15-5:15**

**AGENDA**

1. Welcome and Introductions
2. Our mission is to implement a coordinated school health program to prevent Obesity, Cardiovascular Disease, and Type II Diabetes in students through a combined effort of the school district and community.
3. Read and approve minutes from the December 11, 2025, meeting
4. Reports from each Committee:
  - A. Nutrition
  - B. Physical Education
  - C. Health Services
  - D. Health School Environment
  - E. Health Education
  - F. Counselors
  - G. Family and Community Involvement
  - H. Health Promotion for Staff
5. Discuss and possibly take action on prohibiting energy drink consumption on school grounds by adding the restriction to our district wellness plan.
6. Discuss and possibly take action on any changes or updates that need to be made to the district wellness plan.
7. Discuss any recommendations for possible health initiatives for students and staff.
8. Open discussion.