

## SHAC Minutes for February 3, 2026

Members of the SHAC met on Tuesday, February 3, 2026 at 4:15 pm in the cafeteria on the secondary campus. Those present were Samantha Bentley (Hill Country Council on Alcohol and Drug Abuse, or HCCADA), Rachel Brosz (also HCCADA), Lee Pool, Amy Barnes, Emily Morales, Lydia Nichols, Regena Shirley, Tamie Arnold and Catherine Kern. The minutes from the December meeting had been emailed to all members prior to the meeting for additions and corrections. Amy Barnes made a motion to accept the minutes as presented, Lee Pool seconded the motion, and it was unanimously approved.

### Counselor News-

**IES:** Annie Jones, IES Counselor, emailed updates that were shared at the meeting. As of February 3, there are 662 students enrolled in the elementary school. She is continuing Guidance Lessons for students KG through 4th grade, and the subjects are as follows: KG and 1st grade-emotional regulation, 2nd and 3rd grades-apologizing and making amends, 4th grade-digital citizenship and hoaxing. Fifth graders are participating in a 10 week program from HCCADA called Positive Action. Due to the passing of Senate Bill 12 earlier this year, parents must opt in or opt out of this program. Out of 100 fifth grade students, 98 are participating, and 2 have opted out.

**IMS:** Allison Page, IMS Counselor, also emailed an update to the SHAC. Sixth and seventh graders are also participating in weekly lessons presented by HCCADA. Students are also preparing for upcoming STAAR testing in the Spring semester. Currently, there are 264 students enrolled in grades 6-8.

**ITM:** Tamie Arnold, ITM SEL Counselor, did not have any specific updates for the committee members. Seniors are staying busy with college and scholarship applications, and students in grades 9-11, as well as incoming freshmen, are able to view course selections for the 26-27 school year, in order to decide on classes. The high school has a total of 442 students in grades 9-12.

### Nurse News-

**IES:** Regena Shirley, LVN, has been hired to replace Amber Chavira, who retired in December. Regena stated that the annual Always Changing program will be held for 4th

grade students in April. This program, which is presented to boys and girls separately, provides them with education about the transition from childhood to puberty, and the changes they can expect. Again, this is an opt in or opt out program, and parents will receive notification that will allow them to decide whether they want their child to attend.

**IMS/ITM:** Catherine Kern, LVN reported that Worth the Wait, an abstinence based program, has been scheduled for 7th grade students on Feb 9 and Feb 12. Boys and girls will be separated for the presentation, which will be done by a nurse from the Parenting Resource Center in Kerrville. As this is also an opt in or opt out presentation, letters were mailed to parents of all 7th grade students detailing the topics that will be covered, and are being collected in the office.

**Gym News**-Michelle Fairchild, emailed information to the SHAC regarding the Heart Heroes campaign that students are participating in. The goal of this year's campaign is to raise \$12,000, and IES is halfway to that at this time. There is one week remaining and students will be finished on February 12. Students have been learning about the heart and how Heart Heroes tie into living a healthy life, by getting enough rest, eating right, no vaping or tobacco use, drinking enough water, being kind to one another, and getting plenty of exercise.

**Cafeteria News**-Jenny Carpenter, Food Services Director, was unable to attend the meeting, but reported that she is getting information on a Triennial Assessment that needs to be completed, per Region 20. More details to follow. Mrs Carpenter did not have any updates to share with the committee.

**New Business**-Emily Morales, Community Health Worker with Methodist Healthcare Ministries, reported that she is working on obtaining a grant to assist the district with a clothing closet that would be open to the families of our students, as well as students with needs that arise during the school day. Hayden Dittmar, our ITM Student Representative, presented her idea to the SHAC of a more structured and organized clothing area for students in need. The SHAC will continue to work on this idea, along with Emily and Tammy Amerson-Wilson, Wesley Nurse, with the hope of having something in place for the 26-27 school year.

The SHAC membership list was updated to reflect that Regena Shirley is now the Health Services Representatives committee member since Ms Chavira's retirement. There was no

further new business to discuss and the meeting was adjourned. The last meeting of the year will be on Tuesday, May 5, 2026 at 4:15 pm in the cafeteria on the secondary campus.

**Respectfully Submitted by-**

**Catherine Kern, Secretary**