

School Health Advisory Council (SHAC)

Meeting Minutes

Date: Tuesday, September 23, 2025

Time: 3:05 PM

Location: FHS Room

Attendance

Present:

- Ms. Sara Montes – Parent, elected **Chair**
- Ms. Marisa Garza – Co-Chair
- Ms. Kadrian Perez– Secretary
- Ms. Anna Saldana – SHAC Coordinator
- Ms. Carolyn Stanfield – Cafeteria/Child Nutrition Services
- Cameron [Last Name] – Student (led Pledge)
- Additional committee members and parents present

Absent:

[List any absent members if known]

Guests:

- ESC Representative (scheduled to review wellness plan at next meeting)

1. Call to Order

The meeting was called to order at 3:05 PM. Roll call was completed, and quorum was acknowledged.

2. Pledge of Allegiance

The Pledge of Allegiance and the Texas Pledge were led by Cameron. A moment of reflection followed.

3. Public Comments

The floor was opened for public comments. None were noted.

4. Election of Officers

- **Chair:** Ms. Sara Montes was nominated and unanimously approved.
- **Co-Chair:** Ms. Marisa Garza was nominated and unanimously approved.
- **Secretary:** Ms. Kadrian Perez was nominated and unanimously approved.

5. Program Updates

- **Youth Empowerment Services (YES) Program:**
 - Sex education program to be offered grades 4–12.
 - Parent opt-in process is underway, primarily collected during student registration.
 - Further discussion scheduled for February meeting.
- **Wellness Policy & Plan Review:**
 - District wellness policy has been approved by the school board; SHAC will review and provide input on gaps.
 - The wellness plan (separate from policy) is due for renewal every three years. ESC support staff will assist with review.
 - Plan and policy updates will be communicated to parents and staff, with emphasis on accessibility.

6. Communication & Parent Involvement

- Discussion of improved communication methods, including:
 - QR code surveys for parents to identify SHAC priorities.
 - Newsletter updates under the Health Services section of the district website.
 - Ensuring access for cafeteria and health staff to SHAC resources for audit compliance.
- Parent involvement highlighted as critical for Title I requirements. Opportunities exist to align SHAC initiatives with parent engagement programs (e.g., ACE).

7. Future Goals & Suggestions

- Exploration of campus health goals related to:
 - Nutrition
 - Physical activity
 - Staff wellness
 - Parent wellness

Emphasis was placed on addressing student, staff, and parent health in an integrated manner.

8. Next Steps / Action Items

- ESC representative to assist with wellness plan review.
- Coordinator to confirm SHAC website access for cafeteria staff.
- Development of QR code survey for parent feedback.
- Identification of campus health and wellness goals for the year.

- SHAC Night
- Organization Showcase

9. Adjournment

The meeting adjourned at 3:23 pm

Approved by:  Date: 9-29-25
Chair:  Date: 9-29-25
Secretary:  Date: 9.29.25