

---

**2024-2025  
School Health Advisory Council (SHAC)  
Meeting #2  
Agenda, Recording and Minutes  
December 3, 2024**

A meeting of the Midlothian ISD School School Health Advisory Council will be held December 3, 2024 beginning at 9:00 AM via TEAMS. [Link to recording of meeting](#). The subjects to be discussed or considered or upon which any formal action may be taken are as listed below. Items do not have to be taken in the order shown on this meeting notice.

**1. CALL TO ORDER**

A. Announcement by the presiding officer that a quorum of members is present, that the meeting has been duly called, and that notice of the meeting has been posted in accordance with the Texas Open Meetings Act, Texas Government Code Chapter 551

**2. PUBLIC COMMENT**

Members of the public may address the SHAC during the public comment portion of the meeting in accordance with Board policy BED (LOCAL). Individuals wishing to speak shall email [krista.tipton@midlothianisd.org](mailto:krista.tipton@midlothianisd.org) by 4:00 pm the day prior to the scheduled SHAC meeting. Failing to meet this requirement will forfeit the requested public comment. According to the Texas Open Meetings Act, committee members will listen to the comments but will not conduct an interchange with the speaker. Speakers are limited to one minute each and if multiple individuals are speaking on the same item not listed on the agenda, a spokesperson must be appointed to speak.

**3. INFORMATION ONLY**

- Call to Order
- YES Antibullying program updates
- MBF Teen Safety Matters updates
- Lion's Club Mobile Vision Clinic
- Pregnancy Related Services
- School Nutrition and MISD Menu Items
- District Wellness Plan

**4. DISCUSSION/ACTION ITEMS**

- None

**5. ADJOURNMENT**

On this, the 2nd day of December, 2024, this Notice posted an original copy was posted in the window of the School District Administration Building at 8:00am on said date.

*Krista Tipton*

Krista Tipton, M. Ed

Executive Director of Administration and Student Services

---

The SHAC Meeting Minutes

12/03/24

1. Welcome– Krista Tipton called the meeting to order at 9:02 am and welcomed everyone. Krista reviewed the agenda for the meeting.
  
2. YES Antibullying program updates- Krista shared about the YES bullying program that occurred in September and October. She shared some of the survey results from the students which included their opinions on the programming and comments on what they learned during the program.
  
3. MBF Teen Safety Matters updates- Krista updated SHAC on our Monique Burr Foundation- Teen Safety Matters Update which meets the legislative requirements regarding trafficking, exploitation, digital dangers, all types of abuse and healthy relationships. We had 445 students who were opted into programming this year. This is up from 137 opt in from last year. Leslie Deen from the Ellis Co. CAC updated on behalf of Katie Tackett regarding the curriculum and videos that are coming from Monique Burr to keep information up to date for students and families.
  
4. Lion’s Club Mobile Vision Clinic- Wendy reported on the Mobile Vision Clinic and the help MISD received including the addition of another doctor who was able to help provide exams for students. Currently, the Lions Club is working with America’s Best to help support the needs of students with vision care.
  
5. Pregnancy Related Services- Wendy shared about our Pregnancy Related Services in MISD. We do not have students in this programming at this time, but if needed students could be provided with resources including free daycare, counseling transportation, educational support for pregnancy. This programming is open for pregnant teens and teen parents in our district. These services help us identify students to get them the health that they need while continuing to complete with K-12 education.
  
6. School Nutrition and MISD Menu Items- Patti Hill reported on our Child Nutrition services including Health Meals, Healthy Minds and the importance of helping support students who need Free or Reduced meals. Students who are hungry struggle with learning, so helping meet this need can help our students learn in the classroom. This is a confidential service for families. There are other benefits for the students/families on Free or Reduced meal programming such as technology discounts within the district, testing fee waivers, college application fee waivers, etc.

The MISD website has a link for Menus. All menus are posted. There are links for menu items which take you to NutriSlice which is an external link that tells you nutritional information such as calories, sugars, ingredients.

Healthy snacks- MISD does serve snacks but the nutritional of the snacks are different from other store bought. Snacks have to meet certain parameters such as sugar limits, brown rice, wheat, low fat, etc. to meet the government regulations.

All students will be able to participate in National Cookie day- with a whole wheat cookie as a healthier option. Mrs. Hill provided information about holiday meals and nutritional information regarding these meals.

Krista shared about an upcoming opportunity for food tasting for potential upcoming food items. Mandie Tucker is working with Krista on getting this date set. Students will be invited to participate in the tasting as well as families at an evening event.

Patti reported a new event tomorrow which is a taco meat tasting at MHS during lunch. Students will be given a QR code to help determine best choices for taco meat.

7. District Wellness Plan- Wendy shared information on the District Wellness Plan which needs to be updated every few years. We are due for an update. Wendy stated we will be reviewing nutrition guidelines, promotion, education, physical activity, and school based activities at a future meeting and will need to make any updates.

8. Future Meetings Dates- Krista presented the future meeting dates and future topic of an update with REACH Council which will include the Drug and Alcohol Education Programs. The next SHAC meeting is scheduled for February 4, 2025.

9. Krista Tipton adjourned the meeting at 9:29.

### **Representatives in attendance:**

Krista Tipton  
Sabra Golden  
Wendy Hein  
Amanda Jenson  
Patti Hill  
Susie Rouw  
Blane Rogers  
Alexis Valentine  
Lori Cook  
Maria Nicolas  
Johnna Stinchcomb  
Rachel Bryant  
Karlee Ramsey  
Olivia McDonald  
Beth Stokman

Leslie Deen  
Tim Perkins  
Jason Milholen  
Cassie Street  
Brooks Williams  
Bryce McKee  
Jessican Chambon  
Mandy Berry  
Katie Tackett  
Emma Adair