School Health Advisory Council Special Meeting Minutes 05/12/2025

-Meeting start time – 4:45p.m.

Opening Statements:

- Meeting called to order by Sara Humphrey, KISD Healthcare Coordinator
- Prior meeting minutes were presented and agreed upon

SHAC Roles and general talking points:

- Chair, Co-Chair, and Secretary roles were reviewed:
    - Discussed ways to engage students and parents since there were not enough members during meetings to make nominations or vote.
- Dr. Devlin gave approval for application for TCPH community free education programs for next year
    - Healthy eating, Stress management, Healthy sleep habits, Tobacco and vaping education
    - Counselors looking at when in the schedule they can work in those programs this fall
- District wellness plan
    - Nutrition Health - Meeting with booster club for snacks and food during games to have healthy options, Healthy options for campus lunch, making sure lunches are long enough to allow students time to get proper nutrition
    - Physical Health - Encouraging students to be active

SHAC District Goals for 2026-26:

- Partnership with Tarrant County Public Health to cover a variety of topics from healthy eating to physical activity to smoking education for free. Education available to all age levels: Parents, students, and staff members.
- Work with HOSA to increase participation
    - "Health Occupation Student Association"- Future health professionals
    - Students interested in medical careers would compete in health-related activities to earn extra credits and grading in the classroom
    - HOSA students could attend SHAC meetings, take bps's at events, hand out brochures, assist TCPH with their presentations, and assist elementary / Jr high health screenings
    - Ask teachers will implement "bonus point" options if students come to SHAC meetings and extra points for bringing their parents, etc.

Closing Remarks/Q&A:

- It is important to grow attendance count to vote to make changes in the district.
- Thank you to everyone that continues to attend and support this and last year

– 5:05 p.m. Meeting adjourned per Sara