

School Health Advisory Council

September 25, 2025



SHAC Meeting #1 of the 2025-2026 School Year



Why do we
need a School
Health Advisory
Council (SHAC)?

It is Texas Law.

Healthy
children learn
better.

Schools play
an important
role in teaching
healthy habits.

Healthy homes
and healthy
schools
support healthy
children.

Goals of SHAC

- SHAC assists the district to ensure that local community values are reflected in health instruction
- SHAC plays a role in strengthening the connection between health and learning
- SHAC helps parents and community stakeholders to reinforce the knowledge and skills needed to promote healthy habits and behaviors for a lifetime



Components of a coordinated school health program

- Family and Community Involvement
- Nutrition Services
- Physical Education
- Health Education
- Counseling, psychological and social services
- Health Services
- Healthy physical school environment
- Health promotion for school staff



Parent Representatives

- **Parents of students in the district are required to make up the majority of council members** (as stated in TEC, Title I, Chapter 28, § 28.004).
- Please feel free to invite other parents who may be interested in participating.



Appointed SHAC Members for 2025-2026 School Year

Parents/Community Members

- April Hooper-Christenson
- Zoher Bharmal
- Lyat Mizrahi
- Maria A Retiz
- Caleb Rosier
- Lacey Tomanek
- Elizabeth Aviles
- Gwen Perkins
- Melissa Munoz
- Jaclyn Poole
- Josh Carter
- Dr. Lakshmi Ananthakrishnan

CFBISD Staff

Leon Sulak
Rachael Freeman
Sandra Lieck
Sylvia Mazuera
Laura Brookover – Ybarra
Renee Putter
Jonathan Wilk
Kim Graham
Linda Villemarette
Veronica Morales

Board of Trustee Representative

Ileana Garza Rojas

Audience for Guests

- Guests who want to speak to the School Health Advisory Council are welcome to do so by simply completing before the meeting the form below entitled, “Request by Guest for Audience with the School Health Advisory Council (SHAC)” Each person requesting to address the School Health Advisory Council will be allotted a maximum of 3 minutes for their presentation and may speak only once..
- Topics for Audience for guests should relate to at least one of the 10 components of SHAC





SB9 Personal Safety Lessons for SHAC Review

CFBISD Counseling Services Department

Shawne Poplar, Counseling Support Specialist

Sommer Flores, Coordinator of Counseling Services

SENATE BILL 9 (SB9)

Senate Bill 9, from the 87th Legislature, requires school districts to offer curriculum to students in the prevention of child abuse (elementary & secondary), family violence (elementary & Secondary), dating violence (secondary), and sex trafficking (secondary).

Before a student may be provided with instruction relating to the prevention of child abuse, family violence, dating violence and sex trafficking a school district must obtain the written consent of the student's parent, by way of opting-in.

Parent Opt-In & Curriculum Preview

Parent opt-in is included in the enrollment process and can also be collected by counselors any time before the opt-in lessons begin.

Parents may review the Character Strong curriculum by visiting their student's school campus and requesting access. Because the materials are copyrighted, they cannot be printed or shared outside of the review.

Content to be Reviewed

Curriculum	Estimated Time to Review	Intended Use
CFBISD created lesson- Personal Safety: Healthy Choices for the Road Ahead	15 to minutes	This is intended for 12 graders who are preparing to graduate, as an opt-in lesson
Character Strong Personal Safety- Chapter 1: Relationships	1 hour and 20 minutes (20 minutes per lesson)	This is intended for 9-12 graders at each CFBISD high school, as an opt-in lesson.
Character Strong Personal Safety- Chapter 2: Personal Boundaries	1 hour and 20 minutes (20 minutes per lesson)	This is intended for 9-12 graders at each CFBISD high school, as an opt-in lesson.
Character Strong Personal Safety- Chapter 3: Recognizing Risks	1 hour and 20 minutes (20 minutes per lesson)	This is intended for 9-12 graders at each CFBISD high school, as an opt-in lesson.
Character Strong Personal Safety- Chapter 4: Online Safety	1 hour and 20 minutes (20 minutes per lesson)	This is intended for 9-12 graders at each CFBISD high school, as an opt-in lesson.
Approximately 5 hours and 35 minutes total - Content linked here		



Student Guidance Lessons: SB9 Opt-In - SHAC and School Board approved **for Counselors and CFB staff only**

MANDATED SB9 Personal Safety Student Lessons

MANDATED SB9 Personal Safety Student Lessons for Elementary:

ES (Pre-K) Personal Safety **opt-in**- Pantosaurus: [Lesson](#) [Book](#) [Craft](#)

ES (K-2) WHO Curriculum **opt-in** [Activities](#) [Lessons](#) [Portal](#)

ES (K-2) Personal Safety TSP English **opt-in**: [Script](#) [Story Posters](#) [Student Handout](#) [Parent Information](#)

ES (K-2) Personal Safety TSP Spanish **opt-in**: [Script](#) [Story Posters](#) [Student Handout](#) [Parent Information](#)

ES (Kinder) Personal Safety **opt-in**- More Than Fluff: english: [Lesson Plan](#) [Craft](#) [Spanish Lesson plan](#)

ES (Kinder) Personal Safety **opt-in**- No, Go, Tell: English: [Lesson Plan](#) [Slides](#) [Feelings Poster](#)

ES (Kinder) Personal Safety **opt-in**- Don't hug the Quokka: [Lesson Plan English](#) [Craft](#)

ES (1st) Personal Safety **opt-in**- Can I Give you a Squish?: [English Lesson Plan](#) [Craft](#) [Spanish Lesson Plan](#)

ES (1st) Personal Safety **opt-in**- Safe and Unsafe Touches: [Lesson Plan English](#) [Slides](#)

ES (2nd) Personal Safety **opt-in**- Rissy No Kissies: [English Lesson Plan](#) [Craft](#) [Spanish Lesson Plan](#)

ES (2nd) Personal Safety **opt-in** NEW No, Go, Tell: [Lesson Plan English](#)

ES (3-5) Personal Safety TSP English **opt-in**: [Lesson Plan](#) [Script](#) [Story Poster](#) [Parent Info](#)

ES (3-5) Personal Safety TSP Spanish **opt-in** : [Story Poster](#) [Parent Info](#)

ES (3rd) Personal Safety **opt-in**- Don't Hug Doug: English: [Lesson Plan](#) [Craft](#) Spanish: [Lesson Plan](#)

ES (3rd) Personal Safety **opt-in**- How to Hug A Pufferfish: English: [Lesson Plan](#) [Craft](#) Spanish:

ES (4th) Personal Safety **opt-in**- Setting Healthy Boundaries: [Lesson Plan English](#) [Lesson plan Spanish](#)

ES (5th) Personal Safety **opt-in**- Consent (for kids!): English: [Lesson Plan](#) [Craft](#) Spanish: [Lesson Plan](#)

Elementary SB9 Parental Opt-In form [English](#) [Spanish](#)

Elementary SB9 Parental 14-day notice form [English](#) [Spanish](#)

How to Run SB9 Opt-in in TEAMS [file](#)

Personal Safety Lesson Options for Elementary Counselors



Student Guidance Lessons: SB9 Opt-In - SHAC and School Board approved **for Counselors and CFB** **staff only**

MANDATED SB9 Personal Safety Student Lessons

MANDATED SB9 Personal Safety Student Lessons for Secondary:

SEC (6-8) Personal Safety TSP English opt-in:	Slides	Presenter Notes	Activities
SEC (6-8) Personal Safety TSP Spanish opt-in:	Slides	Presenter Notes	Activities
SEC (6th) Personal Safety opt-in:	Lesson Plan	Slides	
SEC (7th) Personal Safety opt-in:	Lesson Plan	Slides	
SEC (8th) Personal Safety opt-in:	Lesson Plan	Slides	
SEC (6-8) Dating Violence Lesson ONLY opt-in:	Lesson Plan	Slides	
SEC (9-11) Personal Safety TSP English opt-in:	Slides	Presenter Notes	Student Handouts
SEC (9-11) Personal Safety TSP Spanish opt-in:	Slides	Presenter Notes	Student Handouts
SEC (9th) Personal Safety opt-in:	Lesson Plan	Slides	
SEC (10) Personal Safety opt-in:	Lesson Plan	Slides	
SEC (11th) Personal Safety opt-in:	Lesson Plan	Slides	
SEC (12th) Personal Safety TSP opt-in :	Slides (Eng.)	Slides (Spanish)	
SEC (6-12) Trafficking Lesson ONLY opt-in-	Lesson Plan	Slides	
SEC (6-12) Child Abuse and Prevention ONLY opt-in-	Lesson Plan	Slides	
SEC (6-12) Domestic Violence Lesson ONLY opt-in-	Lesson Plan	Slides	
SEC 9-12 Dating Violence Lesson ONLY opt-in-	Lesson Plan	Slides	
SEC (6-12) Sexting TSP English opt-in:	Slides	Presenter Notes	Fact Sheet Slides w/ voiceover
SEC (6-12) Sexting TSP Spanish opt-in:	Slides w/ Speaker Notes	Fact Sheet	
Secondary SB9 Parental 14-day notice form	English	Spanish	
Secondary SB9 Parental Opt-In form	English	Spanish	
How to Run SB9 Opt-in in TEAMS	file		

Personal Safety Lesson Options for Secondary Counselors



CFBISD SB12 Consent Rollout

Leon Sulak, Executive Director Student Services; Vicky Cisneros, Executive Director Counselling; Sandra Lieck, Director Health Services

Texas SB12 Requirements

What happens with and without consent?

With consent: A signed consent form allows the school to provide routine physical and mental health services and permits a student to join authorized clubs.

Without consent: Without consent, a child cannot receive routine health or counseling services and is not permitted to participate in any district- or campus-sponsored clubs.

- **Emergency care:** School staff can still provide life-saving emergency care, even without parental consent on file.
- **Consequences of no consent:** If a parent does not grant consent for health services, for instance, the school nurse may not be able to treat minor injuries. The parent may be contacted to pick up their child if they are sick.

Texas SB12 Requirements

Items requiring consent under SB 12

Routine health services: Includes services provided by school nurses, counselors, and athletic trainers, such as vision and hearing screenings, short-term counseling, first aid for minor injuries, and monitoring of chronic health conditions.

Student clubs: Includes participation in any district- or campus-sponsored clubs or organizations.

Specific instruction: Districts must also provide information on a parent's right to withhold consent or exempt a child from certain courses of study, health education, and instruction related to sexual orientation and gender identity.

Texas Senate Bill 12 Requirements

- SB 12 (Physical Health Services and Mental Health Services consent) communication began, September 8, with a Parent Square message to all parents
- The initial deadline for parents to complete the two-step process (consent selections and acknowledgement form) is Sept. 19
- How to videos and step-by-step instructions are on the website - cfbisd.edu/sb12 (parent information is available in English and Spanish)
- The parent step-by-step guide is located in the FAQ - linked here for easy sharing ([ENGLISH](#) and [SPANISH](#))

Health Services Provided in CFBISD with parental consent:

- Administration of medication (with written parent request and physician order)
- Medical procedures (with written parent request and physician order)
- First Aid (bandages, bloody nose, checking temperature)
- Assessment (for a specific complaint or concern)
- Routine screenings (vision, hearing, spinal, and Texas Risk Assessment for Type 2 Diabetes in Children)
- Wellness promotion and education (nutrition, hygiene, prevention, wellness) beyond what is taught through grade level or course instruction
- Dental Screenings and Clinics (with parental written consent)
- School based telehealth (with parental written consent)
- Vaccination clinics for state mandated vaccines for school attendance i.e. polio, DTP, etc. (with parent in attendance and parental written consent)

Health Services

Always Provided regardless of consent:

- Care in a medical emergency or services required by law
- General caretaking- wiping a nose, tying a shoe, providing a sanitary napkin, changing a shirt/pants, actions a mother would provide that do not require a nursing license.



CFB Tiered Counseling Supports

(Aligned to SB12 Requirements)

Tier One: Universal Supports

- **Who:** All Students
- **Format:** Whole group/classroom lessons/large groups
- **Examples:**
 - Orientation for new students
 - Classroom guidance lessons
 - Schoolwide SEL
- *Parent consent NOT required*



Tier 2: Targeted Small-Group Supports

- **Who:** Students with shared needs
- **Format:** Short-term, small groups (6–8 students)
- **Examples:**
 - Social skills groups
 - Test anxiety support
 - Organization skills groups



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Parent consent REQUIRED before participation

Tier 3: Intensive, Individualized Supports

- **Who:** Students with significant needs (academic, behavioral, social-emotional, trauma, mental health)
- **Format:**
 - One-on-one counseling
 - Collaboration with outside agencies
 - Longer-term or more frequent sessions

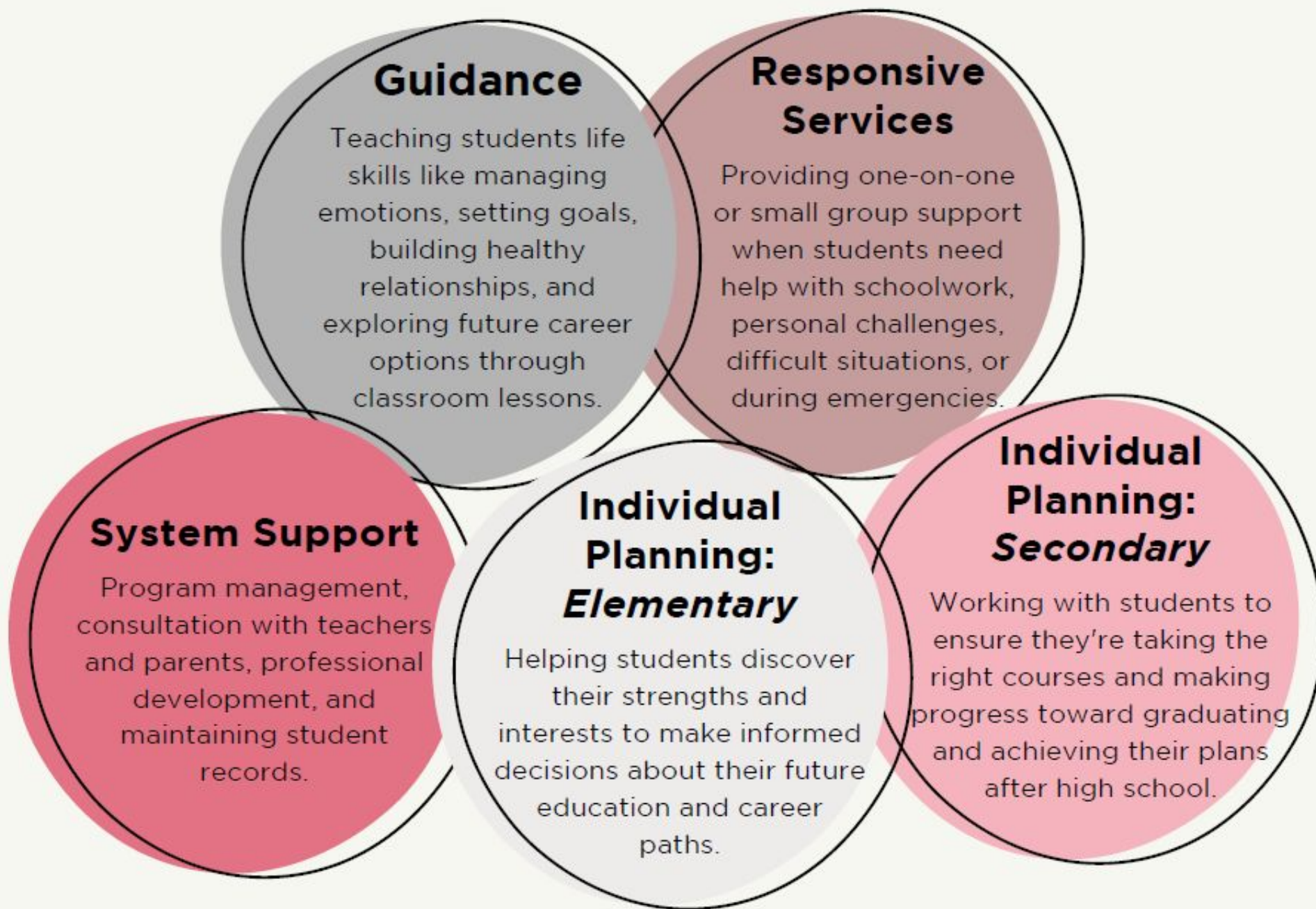


*Parent consent & ongoing family communication
has always been REQUIRED*



Parent Consent is Required For:

- Short-term individual counseling (beyond 3 visits for the same concern)
- Small-group counseling/SEL groups
- Emotional distress or crisis response support
- Behavioral observations & problem-solving strategies with teachers/principals
- Referrals to community agencies (with consent)
- Any psychological evaluations (LSSP/ Special Services Department)



Thank you for attending tonight's meeting

Next SHAC meeting is
October 23rd @
6:30-7:30PM
1820 Pearl Street
Carrollton, TX 75006
IRVING ROOM

