



A recording of the meeting will be available for viewing on the District's website within 10 days of the meeting date. To make public comments at this meeting of the Aledo ISD School Health Advisory Council, [click this link](#) and complete the form no later than 4:30pm on Thursday, September 29.

Aledo ISD SHAC Meeting Minutes – October 8, 2025

- 1) Introduction of members
 - a) Opening activity
- 2) Public comment
 - a) No public comment
- 3) SHAC mission and purpose
 - a) The Aledo ISD School Health Advisory Council (SHAC) will establish and communicate guidelines and age-appropriate strategies to implement ongoing programs enabling students at all levels to make informed choices for a healthy lifestyle reflective of our community's values.
 - b) Required by law
- 4) Review of SHAC bylaws
 - a) Reviewed requirements and committee commitments
 - b) Discussion: Should we consider changing any of the bylaws?
 - i) Change the attendance requirement to 75%, with only 4 meetings a year the 67% doesn't match the number of meetings.
- 5) Nomination/selection of parent co-chair
 - a) Vote
 - b) Nomination: Megan Flores- 21 votes, Megan Flores will be the Parent Co-Chair for the SHAC committee.

6) Creation of physical activity and fitness planning subcommittee

- a) Sign up if you are interested in participating in

7) SHAC webpage-review

- a) QR code for the committee to review the SHAC webpage and provide feedback on what might be missing or to see added.



8) Establish priorities for the year

- a) Ideas: Substance use (26)
 - i) Vaping, energy drink,
- b) mental health/ suicide prevention (7),
- c) Student behaviors (39)
 - i) focus (9), sleep (11), screens awareness (12). social (7)
- d) curriculum
 - i) AISD is already planning to update for middle school.
- e) Next meeting the district will bring data on the items identified to further the priority discussion and next steps

9) Future meeting dates / times

- a) 12.10.25
- b) 02.11.26
- c) 04.08.26

Purpose

TEC § 28.004: The purpose of a local School Health Advisory Council (SHAC) is to assist the district in ensuring that local community values are reflected in the district' health education instruction.

Mission Statement

The Aledo ISD School Health Advisory Council (SHAC) will establish and communicate guidelines and age-appropriate strategies to implement ongoing programs enabling students at all levels to make informed choices for a healthy lifestyle reflective of our community's values.