

School Health Advisory Council

November 3, 2025



Agenda

1. CALL TO ORDER

Summer Crow, Chair

3. REPORTS

'26-'27 SHAC Officer Elections

Adeline Castleberry, Parliamentarian

Dates

Eligibility

Admin Update: Recess

Jennifer Price, Keller ISD Chief Academic Officer

SB12 Update

Jodi Webster, Director of Health Services

HOPE Squad Snack Update

Nikki Paris, HOPE Squad Snack Coordinator

Nutrition Services Overview

Stephanie Grieving, Nutrition Services Department

4. NEW BUSINESS

Coordinated School Health

Summer Crow, Chair

Subcommittees

5. ADJOURNMENT

Summer Crow, Chair

*** Officer Tim will present following SHAC Adjournment



Questions?

Please submit using this QR code



- Take a picture of this QR code
- Use this throughout the night to submit questions.
- We will ensure they are routed to the appropriate district contact for answers to your question.
- A link to all questions and answers will be provided to SHAC members and appropriate district staff.

'26-'27 SHAC Officer Elections Dates

February 9, 2026: Nominations

April 20, 2026: Elections

SHAC Bylaws:

"Any action to nominate an officer must be done through a move to nominate and must be seconded by an acting member of SHAC Executive Committee nominations will take place at the third regularly scheduled SHAC meeting of the school year."

"Election of SHAC Executive Committee members will take place at the final meeting of the school year by members present at the meeting."



'26-'27 SHAC Officer Elections

Eligibility

- Served on SHAC for at least 1 year
- Attended Aug. 25 and Nov. 3 meetings
- Attended 3 of 4: Aug 25, 2025; Nov 3, 2025; Feb 9, 2026; April 20, 2026
- Not served on the executive committee more than 3 consecutive years
- Minimum of 3 positions must be a parent or legal guardian, not employed by the district
- Chair or co-chair must be a parent or legal guardian
- 1 position may be held by a KISD employee

SHAC Bylaws:

"In order to nominate or be nominated, a SHAC member must be present and have attended both regular fall semester SHAC meetings."

"Only members who have fulfilled the obligation of attending at least 3 of the 4 regular business meetings are eligible to vote for the Executive Committee."

"An individual may not serve for more than 3 consecutive years."

"Executive Committee members must have served on the KISD SHAC for a minimum of one year before taking a leadership role."

"The Chair or Co-Chair must be a parent or legal guardian member and at least two of the remaining three officer positions shall be held by a parent or community member not employed by the District. The fourth position may be held by a KISD employee."



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Recess Update



Recess Update

Background information:

- 2005 administrative regulation was created to outline recess protocols
- Language in administrative regulation allowed for teachers to keep students out of recess for 50% of recess time for behavior or missing assignments.
- September board meeting- discussed the need to update guidelines for recess.
- 2005 administrative regulation outlined “real feel” temperatures when indoor recess had to be implemented



2005 Recess Admirative Regulation

KELLER ISD	Key Strategic Priority: 3
ADMINISTRATIVE REGULATION	Leadership
Elementary and Intermediate Playgrounds and Recess	GKD(R2)

Playground use during school day:

Due to safety and instructional concerns, non-school age children, including siblings of students, are not permitted on any campus playgrounds during school hours. Exceptions may be made at the discretion of the principal for special campus activities.

Recess guidelines:

Campus administration should establish and monitor a high safety standard during recess time which includes:

- A minimum of 1 teacher for every 54 students during recess
- Monitoring stations to ensure play areas are observed at all times
- Clearly established standards for student behavior
- Clearly established standards for teacher activity
- Regular monitoring of equipment for any potential hazards

Recess plays an important role in the physical and social development of elementary students. There is educational value in giving students the opportunity to be physically active for short periods of time during the instructional day.

Unless recess time is counted as part of the legislatively mandated physical activity each week, recess may be withheld as a time for academic remediation or as a punishment for behavior within the guidelines outlined below.

- Students who receive a failing grade on assessments or daily work shall have an opportunity to receive remediation and be reassessed for mastery during recess, not to exceed a maximum of three recess periods in a given week. Remediation may also be provided to students who were absent to assist in individual mastery of instructional objectives missed during their absence. Remediation is defined as teacher initiated and teacher directed instructional intervention.
- Students found to be in violation of the Student Code of Conduct may be required to sit out during any individual recess period for maximum of 50% of the recess period in accordance with campus procedures. Students shall not be required to walk or engage in any other physical activity as punishment for behavior, nor should the entire class be punished for the actions of an individual student or students.

Bottom of Form

DATE ADOPTED: 10/24/2005	1 of 1
LAST REVISION: 05/20/2013	ADDITIONAL POLICY CORRELATION:
CONTACT: Chief Administrative Officer	



Updated Recess Administrative Regulation

- UIL (band, athletics) use a “Wet Buld” metric instead of a “real feel” temperature
- Wet Bulb Global Temperature (WBGT) is used to determine outdoor activity. WBGT is an indicator of heat related stress on the human body at work (or play) in direct sunlight. It takes into account multiple atmospheric variables, including temperature, humidity, wind speed, sun angle, and cloud cover. Wet Buld temperature factors in temperature, humidity, and ground temperature
- Moving to Wet Buld temperature would allow our students more outside recess than the current administrative regulation



Revised 2025 Recess Administrative Regulation

KELLER ISD	Key Strategic Priority: 3
ADMINISTRATIVE REGULATION	Leadership
Weather - Outside Activity	FFF (R4)

Keller ISD Outdoor Recess & Classroom Activity Guidelines

Decisions regarding outdoor recess and/or classroom activities on elementary and intermediate campuses will be made by campus administration based on ozone levels, temperature, and precipitation at the time of the activity. [Campus](#) administration will use Perry Weather to inform weather-related decisions. All outdoor activities must align with the Physical Education guidelines established by the Keller ISD Athletic Department.

Ozone Levels ([AirNow.gov](#))

- **Red or Purple:** No outdoor activity.
- **Orange:** Limited outdoor activity (maximum 25 minutes for elementary, 35 minutes for intermediate). Parents may request in writing that their child remain indoors.
- **Yellow or Green:** Normal outdoor activity.

Precipitation

- **Rain, lightning, sleet, or ice:** All students remain indoors.
- **Snow:** Campus administration may allow limited outdoor activity in light to moderate snowfall.

Heat Guidelines (<https://weather.us/observations/tarrant/temperature-f/20250923-1400z.html>)

Wet Bulb Global Temperature (WBGT) is used to determine outdoor activity. WBGT is an indicator of [heat related](#) stress on the human body at work (or play) in direct sunlight. It takes into account multiple atmospheric variables, including temperature, humidity, wind speed, sun angle, and cloud cover. Campus administrators will use Perry Weather, which has on-site stations at each high school to determine WBGT.

- **WBGT < 81.0 °F:** Normal activities.
- **WBGT 81.1°F – 84.0°F:** Maximum [exposure](#) 2 hours. Provide at least four separate rest breaks each hour with a minimum duration of 5 min each. Open water policy during [entire](#) activity.
- **WBGT 84.1°F – 86.0°F:** Maximum exposure 1 hour. There must be 20 min of rest breaks distributed throughout the hour of activity. Open water policy during [entire](#) activity.
- **WBGT ≥ 86.2°F:** No outdoor activities.

Cold Weather Guidelines

- **Wind Chill 40°- 32°F (without precipitation):** Students may go outdoors only if they are wearing a coat/jacket/or sweater, long sleeves, long pants, and closed-toe shoes. Outdoor activities must not exceed 15 continuous minutes, and staff must monitor students for signs of cold-related discomfort (e.g., shivering, pale skin, complaints of being cold) and bring them inside immediately if any are observed.
- **Temperature or Wind Chill 31°F – 35°F (without precipitation):** No outdoor activity.

This framework ensures student safety, supports consistent decision-making across campuses, and maintains alignment with district and athletic department standards.



Feedback Requested from SHAC

- Microsoft form will be sent to SHAC members asking for feedback on language that allows teachers to hold students from recess for a period of time for behavior
- Do we need this language in our revised Administrative Regulation?
- Do we need to put a maximum time limit such as “no more than 5 minutes”
- Do we need to put a maximum number of times per month/quarter that students can miss recess before escalated to administrator?
- Do we need to require communication sent to parents when students miss a time of recess activity?
- If we do put this in our administrative regulation, do we need to insert language about the teacher having a conversation with the student after this miss a small about a recess time as a “teaching point” reinforcing the “why” behind missing recess?



Understanding SB12:

Parental Consent for Health-Related Services



Senate Bill (SB 12)

- Passed by the 89th Texas Legislature and into effect September 1, 2025.
- Core Focus: Reinforces and expands the fundamental rights of parents' rights to consent to medical treatment for their child.
- Action:
 - Requires TEA to develop a form for use by school districts in providing information about parental rights and options.
 - Requires districts to provide annual notice of available health services before the beginning of each school year or upon enrollment.
 - Requires parents to complete consent for health services or opt out of services they wish to be withheld.



Implementation

KISD sent Back to School Notification of the health services available to parents on August 8th

KISD sent the consent form to parents, requiring written response, on August 19th

TEA released an updated draft rule text, model notice, and FAQ on September 9th in response to questions from various stakeholders differentiating between services that require consent, services that require notification and the opportunity to opt out, and services outside of the scope of this bill

TASB released a model consent form to assist districts in obtaining consent on August 13th

TEA released guidance and forms consistent with implementation to this point on August 28th which included a reminder that TEC §26.009(d) requires districts take disciplinary action against employees who provide services without required parental consent.

KISD sent an update to the parents of students that opted out of health-related services providing them with the opportunity to opt out of a list of available services on October 18th



Categories of School Health Services – TEC 26.0083

Service Category	What It Includes	Consent Requirement
Health Care Services	- Administration of medication (RX and OTC) - Medical procedures - Immunizations	Active consent (opt-in) required in writing
Health-Related Services	- Injury evaluation and first aid - Screenings - Illness evaluation and management	Passive consent (opt-out) is assumed unless parents formally withhold consent in writing



What Does NOT Require Consent

- SB12 does not restrict a school's ability to act in an emergency or provide general caregiving.
 - Emergencies: Staff will continue to act to protect student safety and contact parents immediately.
 - General Caregiving: Staff will continue to provide general care (e.g., offering a change of clothing, wiping a nose, offering a bandaid, resting in the clinic until a parent arrives for pickup) if needed.



Key Take-a-Ways for Parents

- Understanding the Forms and Process:
 - Health Care Services – forms are on the KISD Health Services Webpage and available from each campus nurse. Must be submitted to the school nurse to be implemented / administered, annually. No change to existing process.
 - Health-Related Services – current consent status is honored for each student. If a consent form has not been completed, consent is assumed. The opportunity to withhold (opt-out) consent is available for new student enrollment now and will be included in new and returning enrollment for the 2026-27 school year.
 - Consent decision can be modified at any time, when submitted in writing to the school nurse or principal.



Hope Squad Support





VOLUNTEER



VOLUNTEER

Hope Squad

HOPE SQUAD SNACK SIGNUP



Nikki Paris



Contact

Hello friends! Our amazing Hope Squad kids are doing incredible work as peer-to-peer champions, helping reduce mental health stigma, fostering connections, and creating a supportive safety net for students in need. These awesome students, chosen by their peers, are trained to spot and support classmates. Hope Squad meetings take place throughout the school year so we would like to help!

We're looking for kind-hearted volunteers to keep their spirits high by bringing tasty snacks to fuel their mission! It's a fun and simple way to show these young heroes some love. Sign up today to bring snacks for Hope Squad!

Please supply snacks that are either non perishable or will be eaten day of. Please be mindful of food allergies and bring snacks that are nut free.

Lastly, On day(s) you signed up for snacks, please reach out to the contact listed to let them know you will be dropping off snacks. Thank you again for volunteering!

Provided snacks should be:

*non perishable

or

*will be eaten that day and don't need refrigeration

*be mindful of possible allergies

Contact the school counselor prior to drop off

 Share   

MORE VOLUNTEERS NEEDED

Keller Middle School- Lenore Schuelke 817-744-2913 About 10 students	11/12/2025 Wednesday	8:30am 0 of 1 slots filled	Sign Up
	12/09/2025 Wednesday	10:30am 0 of 1 slots filled	Sign Up
	01/14/2026 Wednesday	12:30pm Full	
	02/12/2026 Tuesday	10:30am Nikki Parks    NP	Sign Up
	03/02/2026 Tuesday	1:30pm 0 of 1 slots filled	Sign Up
	03/25/2026 Wednesday	8:30am 0 of 1 slots filled	Sign Up
	04/23/2026 Wednesday	9:30am All slots filled Nikki Parks    NP	
	05/20/2026 Wednesday	11:00am 0 of 1 slots filled	Sign Up

Indian Springs Middle School- Keara Osborn 817-744-3218 About 15 students	10/07/2025 Tuesday	12:00pm 0 of 1 slots filled	Sign Up
	11/04/2025 Tuesday	12:00pm All slots filled Brandon Bubeck    NP	
	12/08/2025 Tuesday	12:00pm 0 of 1 slots filled	Sign Up
	01/13/2026 Tuesday	12:30pm All slots filled	Sign Up
	02/10/2026 Tuesday	12:00pm 0 of 1 slots filled	Sign Up
	03/10/2026 Tuesday	12:00pm 0 of 1 slots filled	Sign Up
	04/07/2026 Tuesday	12:00pm 0 of 1 slots filled	Sign Up
	05/12/2026 Tuesday	12:00pm 0 of 1 slots filled	Sign Up

Trinity Springs Middle School- Lauren Kennedy 817-744-3500 About 15 students	11/08/2025 Thursday	2:00pm 0 of 1 slots filled	Sign Up
	12/04/2025 Thursday	9:00am 0 of 1 slots filled	Sign Up
	01/08/2026 Thursday	2:45pm 0 of 1 slots filled	Sign Up
	02/05/2026 Thursday	10:30am All slots filled	Sign Up
	02/26/2026 Thursday	12:16pm 0 of 1 slots filled	Sign Up
	03/26/2026 Thursday	8:00am 0 of 1 slots filled	Sign Up
	04/23/2026 Thursday	9:45am 0 of 1 slots filled	Sign Up
	05/14/2026 Thursday	10:30am 0 of 1 slots filled	Sign Up

Timberview Middle
School- Lindsey
Thompson 817-744-
2612

About 10 students

2:00am	All slots filled	Angela Hall 
12/03/2026 Wednesday	3:30am	Full
01/07/2028 Wednesday	3:30am	Stacy Matson  Stacymatson@vccs.edu
02/04/2028 Wednesday	3:30am	Sign Up
03/04/2028 Wednesday	3:30am	Sign Up
04/01/2028 Wednesday	3:30am	Sign Up
05/08/2028 Wednesday	3:30am	Sign Up
12/10/2026 Wednesday	3:30am	Full
02/11/2028 Wednesday	3:30am	Sign Up
03/11/2028 Thursday	3:30am	Sign Up
05/16/2028 Friday	3:30am	Sign Up

Timbercreek High
School- Penny Lowe
817-744-4811

About 15-20 students

Hillwood Middle
School- Abriel Dixon
817-744-3411

About 15-20 students

11/05/2026 Wednesday	3:30am	Sign Up
12/03/2026 Wednesday	3:30am	Sign Up
01/14/2028 Wednesday	3:30am	Full
02/11/2028 Wednesday	3:30am	Sign Up
03/11/2028 Thursday	3:30am	Sign Up
04/08/2028 Wednesday	3:30am	Sign Up
05/08/2028 Wednesday	3:30am	Sign Up
11/20/2026 Thursday	3:30am	Full
12/18/2026 Friday	3:30am	Full
01/22/2028 Thursday	3:30am	Full
02/19/2028 Thursday	3:30am	Sign Up
03/23/2028 Friday	3:30am	Sign Up
04/23/2028 Thursday	3:30am	Sign Up
06/14/2028 Thursday	3:30am	Sign Up

Central High School-
Chaseidy Maryland
817-744-2056

About 15-20 students

Fossil Hill Middle
School- Melissa
Clayton 817-744-3112

About 12 students

11/14/2026 Friday	12:30pm	Sign Up
12/12/2026 Friday	10:00am	Sign Up
01/18/2028 Friday	8:30am	Sign Up
02/20/2028 Friday	8:16am	Sign Up
03/08/2028 Friday	1:30pm	Sign Up
05/01/2028 Friday	12:30pm	Sign Up
11/24/2026 Monday	12:00pm	Sign Up
11/19/2026 Wednesday	12:00pm	Sign Up
01/16/2028 Thursday	12:00pm	Sign Up
02/18/2028 Thursday	12:00pm	Sign Up
04/01/2028 Wednesday	12:00pm	Sign Up
05/08/2028 Wednesday	12:00pm	Sign Up

Vista Ridge Middle
School- Hailey
Florenza 817-743-8474

About 15-20 students

Fossil Ridge High
School- Jeannine
Candy 817-744-1711

About 15 students



↑ Scan me!

Child Nutrition Program



Child Nutrition Program

SHAC MEETING – 11/03



Overview

- ❖ Child Nutrition Programs
- ❖ Food Purchasing & Contracts
- ❖ Menu Requirements & Compliance
- ❖ Reimbursable Meals & Offer vs Serve
- ❖ Smart Snacks
- ❖ Meal Prices
- ❖ Staff & Student Engagement



Child Nutrition Programs

- **Keller ISD** serves breakfast and lunch at every campus through the **National School Breakfast and Lunch Programs**.
- These programs are **federally funded** and help provide **healthy, affordable, or free meals** to students who qualify.
- They are run by the **United States Department of Agriculture (USDA)** at the federal level and the **Texas Department of Agriculture (TDA)** at the state level.



Food Purchasing: Sources & Contracts

- Keller ISD partners with **Sodexo**, a Food Service Management Company.
- **Sodexo** purchases food and supplies to support daily meal service operations.
- Families and Staff can use **SchoolCafé** to view meal transactions, add funds, and set account restrictions.
- Menus are available online at **Nutrislice | Keller ISD**.



Menu Requirements & Compliance

- Menus must follow **USDA meal pattern guidelines**.
- These standards are based on the **Dietary Guidelines for Americans**.
- Includes:
 - **Reimbursable Meals**
 - **Offer vs. Serve**
 - **Meal Patterns** for NSLP and SBP



What Is a Reimbursable Meal?

- Schools receive **federal reimbursement** for each meal that meets **USDA nutrition standards**.
- Reimbursable meals are also known as complete/full meals.
- To stay compliant, menus must meet specific requirements, including:
 - **Calorie ranges** based on age/grade group
 - **Sodium limits**
 - **Saturated fat limits**
 - **Sugar limits**
 - **No trans fats**



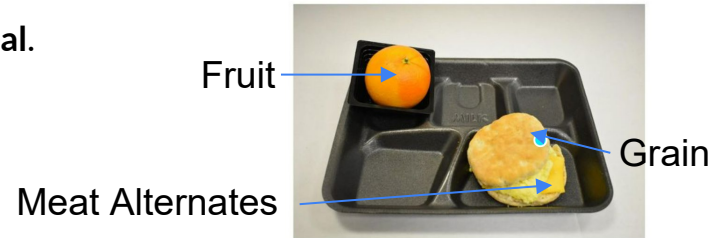
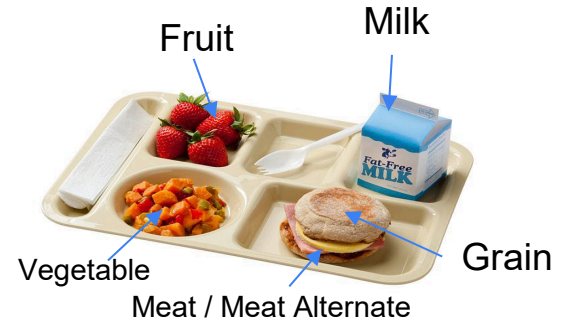
Offer vs Serve (OVS)

- **Offer vs Serve** allows students to **decline some food items** on the serving line.
- The goal is to **reduce food waste** and let students **choose what they want to eat**.
- If a student selects all required components for a **reimbursable meal**, the **meal price stays the same**.
- **Incomplete meals** are charged **à la carte pricing**.
- Clear guidance ensures students understand **what counts as a reimbursable breakfast or lunch**. We also refer to reimbursable meals as complete meals.



Breakfast Menu Items

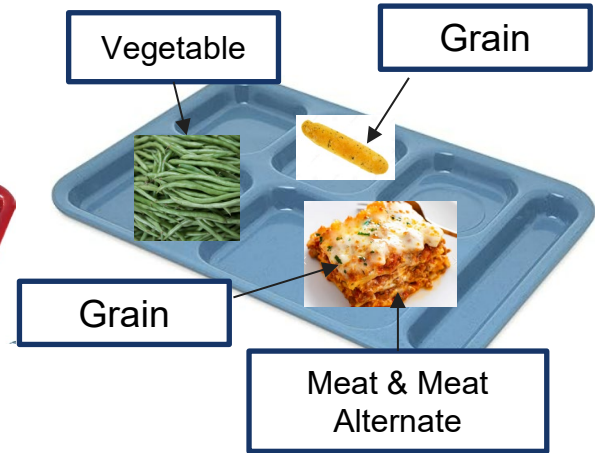
- We must offer **3 required items daily** at breakfast:
 - **Fluid Milk**
 - **Fruit (or Vegetable)**
 - **Grain** (*Meat/Meat Alternate may be offered after a grain*)
- Students must select **at least 3 items** for a **reimbursable meal**.
 - One item must be **½ cup of fruit or vegetable**.
 - **Juice** counts as **½ cup of fruit** at breakfast.
 - Students may **decline milk** if they choose.



Lunch Meal Components

❖ 5 Food Components:

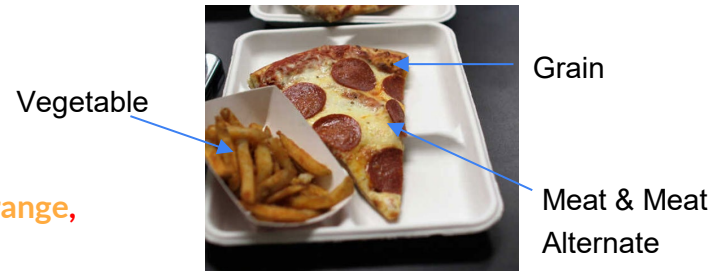
- Fruit
- Vegetables
- Grains
- Meat/Meat Alternates
- Milk



❖ Student must select 3 out of the 5 food components:

- *1 of the components must be $\frac{1}{2}$ cup of fruit or vegetable.
- *Potatoes count as a starchy vegetable.
- *Students may decline milk.

Menus must meet weekly veggie subgroups for dark green, red/orange, beans/peas/lentils, starchy, and other vegetable subgroups.



Smart Snacks

- Snacks and Beverages sold in our cafeterias must meet USDA Smart Snack standards.
 - Calorie limits
 - Sodium limits
 - Fat limits
 - Sugar limits
 - Whole Grain requirements

[Smart Snacks Product Calculator](#)



Smart Snacks vs Regular Snacks



K-12 product



Regular product



K-12 product



Regular product



Student Meal Prices

- Districts must follow **USDA guidelines** for student meal pricing.
- **Reduced-price meals:**
 - Maximum of **\$0.40 for lunch** and **\$0.30 for breakfast**.
 - The **88th Texas Legislature** provided funding so students eligible for reduced-price meals can eat **both breakfast and lunch at no charge** this year.
- **Paid-price meals:**
 - Districts must use the **Paid Lunch Equity (PLE) Tool** to ensure **federal reimbursements** do not subsidize paid meals.



Adult Meal Prices

- **USDA** require districts to use the **annual meal calculator** to determine adult meal prices.
- This ensures that **federal reimbursements** and other **Child Nutrition Program funds** do not subsidize adult meals.

Meal Pricing for Adults

Since the expressed purpose of federal assistance is to safeguard the health and well-being of the nation's students, meals served to adults are not eligible for federal cash reimbursement—therefore, the reimbursements CEs receive for serving students must not be used to pay for adult meals.



Student Engagement: Monthly Menu Promotions

November Promotional Menu Items

Thanksgiving Meal

Turkey • Stuffing • Mashed Potatoes • Green Beans • Roll • Cranberry Sauce • Gravy

Seasonal Specials

- Cranberry Muffins, quick scratch
- Pumpkin Penne Alfredo

National Food Holidays Celebrated

- National Nacho Day, Nov 6th

Staff & Student Engagement

- Future Chef Event happens every March
- Fine Dining's starts in January
- Cook outs start around March
- The Child Nutrition Department is continually hiring year-round. This is a great opportunity for anyone looking to work during school hours. Five-hour positions available!



**Disclaimer: All parents sign a consent and waiver form for their child's picture to be released.*



Subcommittees



Subcommittee Assignments

Health Education & Health Services

William Bubeck – SHAC Exec Committee
Jennifer Price – KISD Health Education
Jodi Webster – KISD Health Services
Belinda Beck
Greta Bergman
Thomas Black
Amanda Gatlin
Sanci Hall
Jill Michener
Laura Romano
Ashlea Stickane
Sandi Walker
Lisa Webb

Nutrition Services & Staff Wellness Promotion

Summer Crow – SHAC Exec Committee
Stephanie Greving – KISD Nutrition Services
Sheri Rich – KISD Staff Wellness
Angela Hall
Nikki Paris
Liza Sharkey
Kirstin Taylor

Mental Health & Counseling Services

Stephanie O'Dell – SHAC Exec Committee
Kristen Elam – KISD Mental Health & Counseling Services
Courtney Burrus
Jordan Haefling
Jaye Lange
Jennifer Payne
Karen Rivera

Physical Health Education & Healthy and Safe School Environment

Adeline Castleberry – SHAC Exec Committee
Bart Helsley – KISD Physical Education
Dustin Blank – KISD Healthy & Safe School Environment
Kimberly Boone
Lisa Groene
Colin Hodges
Melissa Muenzler
Joshua Phillis

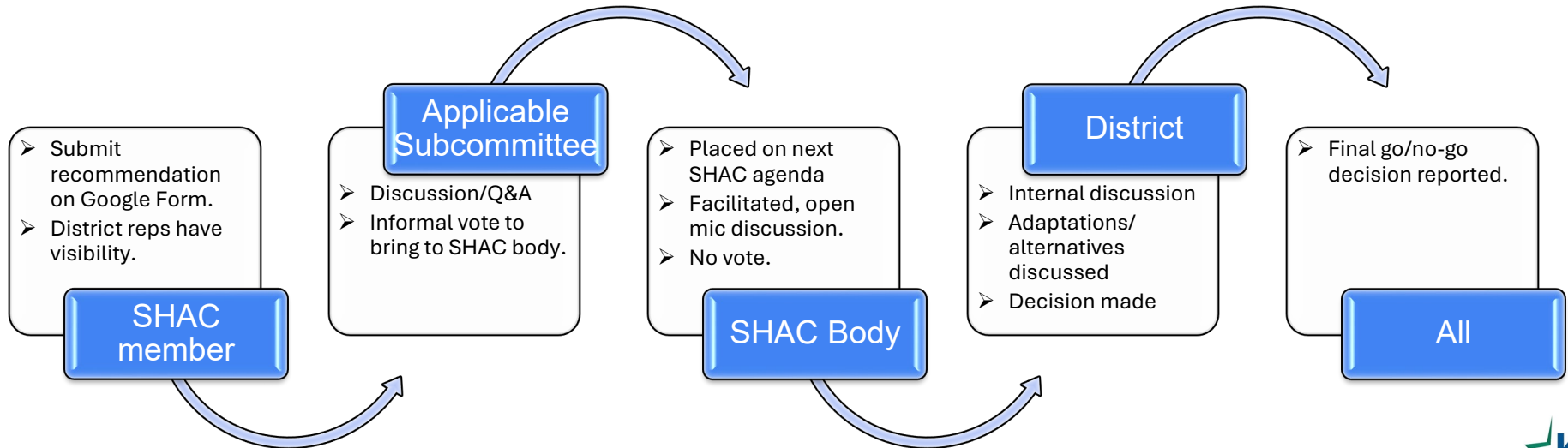


SHAC Introduction:

Overview of Recommendation Process



Scan for link



Subcommittee Flow

- Assign a secretary to take notes on flip chart (assign who is responsible if follow-up is needed).
- If your group has recommendation submissions to review (list will be provided in the sub-committee):
 - Review the list
 - Have an open discussion about the recommendations
 - Take an informal vote to bring it to SHAC's next general meeting
 - SHAC exec officer in meeting will return favorable recommendations to be placed on the next SHAC agenda for a formal presentation and open discussion
- If your group does not have recommendation submissions, discuss possible ideas for community collaborations within your subcommittee area. Assign person(s) to solidify the idea and submit the recommendation via the form.



General Business / Adjournment

- Next Steps for SHAC
 - Officer Tim presentation immediately following meeting
 - Upcoming Meetings
 - February 9, 2025
 - April 20, 2025

