

**Fredericksburg ISD  
School Health Advisory Council Meeting Minutes  
October 1, 2025 4:30pm  
Fredericksburg ISD - District Office  
110 W Travis St.  
Fredericksburg, TX 78624**

**SHAC Members Present:** David Pedregon, Shelee Padgett, Amy Beicker, Melanie Gilroy, Fowlan Allen, Kristi Stafford, and John Willome

**SHAC Members Absent:** None

**Staff Present:** Sarah Southard, District Coordinator; Sheryl Jacks, Secondary Instruction; Leslie Durst, Elementary Leadership and Curriculum & Instruction

**Others Present:** None

| <b>Agenda Topic</b>   |
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| <p><b>Call to Order:</b> David Pedregon called the meeting to order at 4:37pm.<br/>Documentation of Attendance and Quorum: Six of the seven committee members were in attendance. David recognized we had achieved quorum.</p>  |
| <p><b>Agenda Item #1</b> – Approval of April 8, 2025, Meeting Minutes<br/>John noted before a vote was taken that there was an error in the minutes. The bottom recorded that the minutes were submitted on October 24, 2024. This should read April 9, 2025. Shelee Padgett moved the minutes be accepted as amended. Fowlan Allen seconded the motion. The motion passed unanimously.</p>   |
| <p><b>Agenda Item #2</b> – Nominate and elect committee co-chair and secretary.<br/>Fowlan made a motion to nominate John Willome as secretary for SHAC 2025-2027. Melanie Gilroy seconded the motion. The motion passed unanimously.<br/>Shelee made a motion to nominate Amy Beicker as co-chair for 2025-2026 with the hope that she will be nominated and elected chair starting in 2026-2027 with David terming out after this school year. Fowlan seconded the motion. The motion passed unanimously.</p>   |
| <p><b>Agenda Item #3</b> – Subcommittee work update, new ideas, and next steps<br/>David started the conversation by saying that the <b>Family Communications and Support</b> subcommittee from the 2024-25 school year had finished its work, submitted its report which was given to the school board, and should now be retired.</p> <p>Regarding the <b>Physical Activity and Fitness Planning</b> subcommittee, Shelee Padgett agreed to chair this subcommittee with Melanie, Fowlan, and David agreeing to serve with her.</p> <p>The remainder of the discussion under this section was focused around substance abuse and vaping and how to help students and parents address this pressing concern. Ideas were floated as future agenda items (the topic for Agenda Item 4B was brought into this discussion):</p> <ul style="list-style-type: none"> <li>• Receive Progress Report on Navigate 360 impact by representatives from each campus at the April 29, 2026 SHAC meeting.</li> <li>• School resource officers at the December 3, 2025 meeting to discuss their perspective on drugs and student needs</li> <li>• Report from Teo with Caritas Family Assistance Network regarding campus “Watch Dogs” program at FMS and other needs he’s seeing on campus.</li> </ul> |
| <p><b>Agenda Item #4</b> – Next Meeting Dates:<br/>SHAC 101 Training: October 23, 2025 from 1-3 at District Office<br/>Regular Meetings: December 3, 2025; February 25, 2026; and April 29, 2026.</p>   |
| <p><b>Adjourn</b> – John Willome made a motion to adjourn the meeting at 5:23pm. Amy Beicker seconded the motion. The motion passed.</p>  |

Respectfully submitted by John Willome on October 8, 2025