

School Health Advisory Council Meeting Minutes
December 3, 2025

Members in Attendance

Facilitator:

- Chris Hecker

Community Members:

- Essence Castro (Co-Chair)
- Wendy Cowen
- Patty James
- Jill McCaskill
- Brian O’Rear
- Rob Pavia
- Elysia Ross
- Susan Brenz
- Felicia Hayes
- Maggie Wiley

Guests:

- Elizabeth Bosquez, M.D.

District Committee Members:

- Deborah Bartholomew
- Darin Crawford
- Emmy Durand
- Sarah Hoglund
- Melinda Hood
- Scott Hudson
- Suzy Hunter
- Kristi Odom
- Irene Ruiz
- Franklin Sampson
- Elaine Waier
- Celia Weaver
- Angela Williams-Thomas

Call to Order

Chris Hecker called the meeting to order at 9:35AM.

SHAC Orientation

- Introductions and welcomed two new voting members to the SHAC.
- Jill McCaskill
- Patty James

Mr. Hecker reviewed the purpose of the SHAC. All agendas, minutes and recordings are posted to the CFISD website as required by law and meetings are governed by Robert’s Rule of Order.

Review and Approval of Minutes

- Led by Essence Castro
- Quorum confirmed
- Motion to approve: Brian O’Rear
- Second: Rob Pavia
- All in favor

Next SHAC meeting is February 4, 2026 at 9:30am. The Bylaws subcommittee will have an update at this meeting and discuss any proposed changes.

Physical Activity & Fitness Planning Subcommittee Update - Elaine Waier

The Physical Activity & Fitness Planning subcommittee’s purpose is to look at enhancing physical activity and fitness outside of what is offered in our classes that award PE Credit.

The subcommittee made a recommendation to SHAC to select a week out of the calendar to highlight family fitness. The push would be through social media. The motion passed and the recommendation will be given to the Board of Trustees for a vote.

- Motion to approve: Wendy Cowen
- Second: Rob Paiva
- All in favor



Wellness Subcommittee Update - Emmy Durand

The subcommittee met virtually on November 7, 2025. The Wellness plan is a working document that measures the district's progress towards meeting CFISD Wellness policy goals. It must be reviewed and updated annually. Nutrition promotion and education was discussed at this virtual meeting and a new objective was developed to create a single resource site for all of CFISD Nutrition Education Resources. The subcommittee will meet immediately following SHAC to update the Physical activity objective and incorporate the new Family Fitness week.

Adjournment

Meeting called for adjournment at 9:54AM.

- Motion: Brian O'Rear
- Second: Maggie Wiley
- All in favor