



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 **Tuesday, December 9th.**

## **Aledo ISD SHAC meeting – December 10, 2025**

- I. Introduction of members
  - a. District Lead Nurse Lindsey Sewell

Lindsey introduced herself, nurse practitioner, have been looking at the district wide, and we are really excited to have her.

- II. Opening Activity
  - a. Holiday Trivia
- III. Public Comment
  - a. None
- IV. Review of SHAC bylaws
  - a. Membership language update
  - b. Motion Erin Happ, Sabrina Vlk
  - c. 2nd
  - d. Discussion-sounds like a good idea
  - e. Motion carries 18 yeahs

- V. Update on Physical Activity Fitness Planning Subcommittee

Mrs. Raymond gave an overview of the subcommittee's purpose. A member had requested additional information. Mrs. Raymond

asked SHAC members to let her know if they were interested in joining the sub committee.

VI. Review health topics identified by SHAC committee for focus

The committee reviewed identified topics of concern as SHAC priorities. Group work to identify what would be most helpful for SHAC to focus on or do within these topics to support students, families, and campuses?

Topics are: Screen time, Caffeine awareness, Substance Abuse, Mental Health

Ideas were discussed on how to educate people on these topics. Parent University was mentioned as a venue.

VII. Review upcoming Parent Universities

- a. January 29, 2026
- b. March 5, 2026
- c. April 9, 2026

VIII. Future meeting dates / times

- a. 02.11.26, 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.