Barbers Hill Independent School District - Student Health Advisory Council

Date: January 13, 2026

Members Present: Emily Borne, Makayla Emmons, Lesley Gershmel, Christy Hoffman, Rachel Manfredi, Jennifer Phillips, Kristy Skidmore, Sarah Strickland, Jacki Hunter, Jennifer Kelly

The meeting was called to order at 5:01 pm by Jennifer Phillips.

Meeting notes from November 11, 2025, were voted on and approved by the group unanimously.

Employee Wellness Challenge from Jennifer Phillips

Jennifer Phillips asked for SHAC input on ideas for an employee wellness challenge. In previous years BHISD has done Fitness Fusion which is an in person series of workout classes for district staff. Participation has been historically low, so she wants to do something different this year. Suggestions including a water challenge, walking challenge, step challenge with prizes including a chance to win running shoes, water bottles, tshirts, and a running belt were suggested. The final verdict was to do a district wide step challenge which will be independently tracked using the honor system and google forms. Those who are able to get 50k+ steps a week during the assigned timeframe will receive a run belt as an incentive.

Parent Workshop Update from Lesley Gershmel

Lesley noted that the parent workshop will be postponed until Spring 2027. Next year there will be more information available to administrators and parents sooner to ensure higher interest and participation. This workshop will be for BHISD parents with students of all ages and will include guest speakers and parenting materials.

Nutrition Update from Sarah Strickland

Sarah gave an overview of the BHISD School Nutrition Department special diet procedures. She reviewed the physician statement form that is required for any special diet accommodations to be put into place. The monthly 'Eagle Eats' newsletter was reviewed with SHAC. This monthly newsletter highlights trending questions parents may be asking, nutrition tips of the month, highlighted foods on upcoming menus, and more.

Stop the Bleed Training from Jennifer Phillips

Stop the Bleed training will now be available online through https://www.stopthebleed.org/. Previously this training has been held in person once a year. In attempts to increase participation, an online training and quiz are now accessible online. Students will be offered an in-person annual training offered by a high school teacher.

The meeting was adjourned at 5:41 pm.

Dates of Next Meetings:

- March 17, 2026
- May 12, 2026

Meeting notes submitted by Sarah Strickland, MS, RD, LD