



# **ACADEMY OF ACCELERATED LEARNING, INC.**

## **STUDENT HEALTH ADVISORY COUNCIL**

Prepared by :  
**BRIANNA PEREZ**

# ACADEMY OF ACCELERATED LEARNING, INC. STUDENT HEALTH ADVISORY COUNCIL

Welcome & Quorum Confirmation

# SHAC

SCHOOL HEALTH ADVISORY COUNCIL



[www.aalinc.org](http://www.aalinc.org)

# ACADEMY OF ACCELERATED LEARNING, INC.

## STUDENT HEALTH ADVISORY COUNCIL

### Agenda

- Welcome
- Review of Previous Meeting & Approvals
- Review of District Wellness Policies
- Identify 2–3 Priority Focus Areas
- District-Wide SHAC Event
- Next Steps & Assignments
- Confirm Next Meeting & Adjournment

# ACADEMY OF ACCELERATED LEARNING, INC. STUDENT HEALTH ADVISORY COUNCIL

## REVIEW OF PREVIOUS MEETING & APPROVALS



Academy of Accelerated Learning, Inc.  
5300 N Braeswood, Suite 8  
Houston, TX 77096  
713-668-8237  
"Reaching for the Stars"

### AAL SHAC Meeting Minutes

**Date:** September 30, 2025

**Time:** 5:11 PM – 5:58 PM

**Location:** Academy of Accelerated Learning District Office

**Meeting Called to Order By:** Brianna Perez, Curriculum Compliance & Accountability  
Administrator (Administrator Liaison)

---

#### Opening & Call to Order

- Meeting officially called to order at **5:11 PM**.
- Notice posted online and at District Office ≥72 hours prior.
- Quorum confirmed (votes permitted).
- Reminder: all phones silenced.

---

#### Welcome & Remarks

- **Brianna Perez** welcomed attendees, introduced herself as SHAC Administrator Liaison, and reviewed the agenda.
- **Superintendent Brandon Chandler** thanked members for serving, acknowledged their commitment, and expressed appreciation before departing.

---

#### Introductions

- **Parents:**
  - *Shaniqua Lewis* – Belfort Campus
  - *Crystal Hope* – Belfort Campus
  - *Kenneth Hope* – Belfort Campus
  - *Ines González* – Ashcroft Campus
- **District Staff:**
  - *Kathy Queen* – RN, Savoy Campus (with LPN and CNA team)
  - *Jeri (Gracie) Brown* – District staff, later elected Secretary
  - *Brianna Perez* – Administrator Liaison
- **Community Member:**

# ACADEMY OF ACCELERATED LEARNING, INC.

## STUDENT HEALTH ADVISORY COUNCIL

### REVIEW OF DISTRICT WELLNESS POLICIES

Academy of Accelerated Learning, Inc.  
Local Wellness Policy 2018-2019

#### Academy of Accelerated Learning School District's Wellness Policies on Physical Activity and Nutrition

##### Preamble

Whereas, children need access to healthful foods and opportunities to be physically active in order to grow, learn, and thrive;

Whereas, good health fosters student attendance and education;

Whereas, obesity rates have doubled in children and tripled in adolescents over the last two decades, and physical inactivity and excessive calorie intake are the predominant causes of obesity;

Whereas, heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity, often are established in childhood;

Whereas, 33% of high school students do not participate in sufficient vigorous physical activity and 72% of high school students do not attend daily physical education classes;

Whereas, only 2% of children (2 to 19 years) eat a healthy diet consistent with the five main recommendations from the Food Guide Pyramid;

Whereas, nationally, the items most commonly sold from school vending machines, school stores, and snack bars include low-nutrition foods and beverages, such as soda, sports drinks, imitation fruit juices, chips, candy, cookies, and snack cakes;

Whereas, school districts around the country are facing significant fiscal and scheduling constraints; and

Whereas, community participation is essential to the development and implementation of successful school wellness policies;

Thus, the Academy of Accelerated Learning is committed to providing school environments that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Therefore, it is the policy of Academy of Accelerated Learning (AAL) that:

- The school district will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
- All students in grades PK-5 will have opportunities, support, and encouragement to be physically active on a regular basis.

#### IN SUMMARY, THE POLICY COMMITS THE DISTRICT TO:

- CREATING A SCHOOL ENVIRONMENT THAT SUPPORTS HEALTHY EATING AND PHYSICAL ACTIVITY
- ENSURING FOODS AND BEVERAGES SERVED OR SOLD AT SCHOOL MEET NUTRITIONAL STANDARDS
- PROVIDING NUTRITION EDUCATION AND PHYSICAL EDUCATION TO BUILD LIFELONG HEALTHY HABITS
- ENGAGING PARENTS, STAFF, STUDENTS, AND COMMUNITY MEMBERS—THROUGH SHAC—IN THE DEVELOPMENT, IMPLEMENTATION, MONITORING, AND REVIEW OF WELLNESS PRACTICES

#### IDENTIFY 2–3 PRIORITY FOCUS AREAS

# ACADEMY OF ACCELERATED LEARNING, INC.

## STUDENT HEALTH ADVISORY COUNCIL

### DISTRICT-WIDE SHAC EVENT

#### 1. FAMILY HEALTH & WELLNESS NIGHT

**FOCUS:** NUTRITION + PHYSICAL ACTIVITY

**DESCRIPTION:** AN EVENING EVENT OPEN TO FAMILIES FEATURING INTERACTIVE WELLNESS STATIONS.

**POSSIBLE STATIONS:**

- HEALTHY SNACK DEMOS OR TASTE TESTS
- PHYSICAL ACTIVITY CHALLENGES (JUMP ROPE, FITNESS CIRCUITS, YOGA)
- MENTAL WELLNESS AND SCREEN-TIME BALANCE TIPS
- COMMUNITY PARTNER BOOTHS (CLINICS, PARKS, FOOD BANKS)

**WHY IT WORKS:** HIGH ENGAGEMENT, STRONG PARENT PARTICIPATION, AND CLEAR ALIGNMENT TO THE WELLNESS POLICY.

#### 3. STUDENT HEALTH FAIR (DURING OR AFTER SCHOOL)

**FOCUS:** NUTRITION, PHYSICAL ACTIVITY, PREVENTIVE HEALTH

**DESCRIPTION:** CAMPUS-BASED OR CENTRALIZED EVENT WITH ROTATING WELLNESS STATIONS.

**INCLUDE:**

- FITNESS DEMOS
- NUTRITION EDUCATION
- VISION, DENTAL, OR HEALTH SCREENINGS (WITH PARTNERS)

**WHY IT WORKS:** STRONG COMMUNITY PARTNERSHIPS AND MEASURABLE PARTICIPATION.

#### 2. DISTRICT WELLNESS WEEK

**FOCUS:** WHOLE-CHILD WELLNESS

**DESCRIPTION:** A THEMED WEEK ACROSS ALL CAMPUSES PROMOTING DAILY WELLNESS ACTIVITIES.

**EXAMPLES:**

- MOVEMENT MONDAY (CLASSROOM BRAIN BREAKS)
- TRY-A-VEGGIE TUESDAY
- WELLNESS WEDNESDAY (HYDRATION, SLEEP, MENTAL HEALTH TIPS)
- FITNESS FRIDAY (SCHOOL-WIDE WALK OR ACTIVITY)

**WHY IT WORKS:** EASY TO SCALE DISTRICT-WIDE AND ALLOWS EVERY CAMPUS TO PARTICIPATE CONSISTENTLY.

#### 4. FAMILY FITNESS CHALLENGE (30-DAY OR 4-WEEK)

**FOCUS:** PHYSICAL ACTIVITY

**DESCRIPTION:** FAMILIES TRACK DAILY MOVEMENT MINUTES TOGETHER AT HOME OR SCHOOL.

**OPTIONS:**

- WALKING OR STEP CHALLENGE
- SCREEN-FREE ACTIVITY CHALLENGE
- CLASSROOM OR CAMPUS RECOGNITION

**WHY IT WORKS:** ENCOURAGES FAMILY INVOLVEMENT AND BUILDS HABITS BEYOND THE SCHOOL DAY.

# ACADEMY OF ACCELERATED LEARNING, INC.

## STUDENT HEALTH ADVISORY COUNCIL

### NEXT STEPS & ASSIGNMENTS

#### SHAC Event Proposal

Event Title:

Proposed By:

Priority Area(s) Addressed:

- ☐ Healthy Nutrition
- ☐ Physical Activity
- ☐ Mental / Social Wellness
- ☐ Family & Community Engagement

#### 1. Event Description

Briefly describe the event, including the purpose and target audience (students, families, staff, community).

#### 2. Alignment to School Wellness Policy

Explain how the event supports district wellness goals (nutrition, physical activity, education, or family engagement).

#### 3. Event Format

- ☐ In-person
- ☐ Virtual
- ☐ Hybrid

#### 4. Proposed Date & Time

Date: \_\_\_\_\_

Time: \_\_\_\_\_

#### 5. Key Activities or Components

List 3–5 planned activities or focus areas.

- 1.
- 2.
- 3.

#### SHAC Event Proposal

#### 6. Community or District Partners (if any)

#### 7. Resources Needed

- ☐ Space
- ☐ Staff support
- ☐ Volunteers
- ☐ Materials/supplies
- ☐ No-cost event

Additional notes:

#### 8. Estimated Cost

- ☐ No cost
- ☐ Minimal cost (under \$\_\_\_\_\_)
- ☐ Grant/partner supported

#### 9. Expected Outcomes

What impact will this event have?

- ☐ Increased family engagement
- ☐ Increased awareness of healthy habits
- ☐ Increased physical activity participation
- ☐ Support of wellness policy implementation

#### 10. SHAC Recommendation

- ☐ Approved
- ☐ Approved with revisions
- ☐ Not approved

Vote Date: \_\_\_\_\_

Notes:

# ACADEMY OF ACCELERATED LEARNING, INC.

## STUDENT HEALTH ADVISORY COUNCIL

### CONFIRM NEXT MEETING & ADJOURNMENT

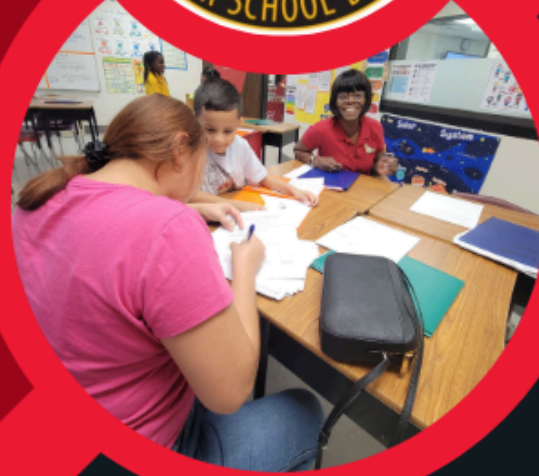
# SHAC MEETING INVITATION

The Student Health Advisory Council (SHAC) brings together parents, community members, and district staff to strengthen student health, wellness, and success.

 **Wednesday,**  
**April 1, 2026**

 **5300 Braeswood Ste. 8**  
**Houston, TX 77096**

 **5:00 PM**  
**6:00 PM**

EMAIL [BPerez@AALINC.ORG](mailto:BPerez@AALINC.ORG)  
FOR MORE INFORMATION

 713-668-8237

 [www.aalinc.org](http://www.aalinc.org)

[www.aalinc.org](http://www.aalinc.org)

**ACADEMY OF ACCELERATED LEARNING, INC.  
STUDENT HEALTH ADVISORY COUNCIL**

**THANK  
YOU!**

[www.aalinc.org](http://www.aalinc.org)