



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: January 14, 2026

Time: 5:00 PM – 5:51 PM

Location: Academy of Accelerated Learning District Office

Presiding Officer: Brianna Perez, SHAC Liaison

Recorder: Brianna Perez

Call to Order

The School Health Advisory Council (SHAC) meeting was called to order at 5:00 PM. Members were welcomed and thanked for their continued commitment to supporting the health and wellness of students and families.

Roll Call and Quorum

Roll call was conducted in accordance with SHAC bylaws. The following members were present:

- Ms. Gonzalez, Chair
- Ms. Lewis, Co-Chair
- Ms. Crystal, Member
- Ms. Jefferson, School Counselor
- Ms. Brown, Student Support
- Ms. Ursula, Harris County Public Health
- Brianna Perez, SHAC Liaison

A quorum was confirmed.

Review of Previous SHAC Actions

The committee reviewed actions taken during the previous SHAC meeting, including:

- Adoption of SHAC bylaws
- Election of officers
- Approval of future meeting dates

District Wellness Policy Review

The committee reviewed key components of the district wellness policy, with emphasis on:

- Student nutrition requirements
- Physical activity expectations
- Overall student wellness supports



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The purpose of the review was to ensure shared understanding of the policy and to identify areas where SHAC input and recommendations would be most impactful. The policy was not reviewed line by line.

Nutrition Discussion

Discussion focused on current nutrition practices and student access, including:

- Changes in meal service style (cafeteria/family-style service)
- Continued consistency in food quality and vendor services
- Student transitions to healthier food options
- Access to breakfast for students arriving late
- Parent awareness of nutrition offerings

Members noted that while printed menus are available on campuses, monthly breakfast and lunch menus are not consistently posted on the district website, creating barriers for families attempting to plan or access information.

Identified SHAC Priority Areas

Following discussion, the committee identified the following priority areas for SHAC focus:

1. Reviewing and revising wellness policy language to ensure clarity and applicability through eighth grade
2. Exploring implementation of a grab-and-go breakfast option for students who miss breakfast due to late arrival
3. Ensuring monthly breakfast and lunch menus are posted on the district website for consistent parent access

Parent Access and Engagement

The committee discussed challenges faced by families navigating online systems (e.g., grade portals, calendars, menus). Members emphasized that information being available online does not guarantee accessibility.

A recommendation was discussed to explore parent training opportunities, such as a “Parent University” or instructional sessions during parent nights or PTO meetings, to support families in accessing district systems and resources.

District-Wide Wellness Event Planning

The committee reviewed four potential event models:

- Family Health & Wellness Night
- District Wellness Week
- Student Health Fair



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- Family Fitness Challenge

After discussion regarding accessibility and feasibility, the committee reached consensus to pursue a District Wellness Week, followed by a culminating Wellness Night/Resource Fair.

Agreed-Upon Structure:

- Wellness activities implemented at the school level during the week
- Daily themed wellness activities
- Friendly challenges between grade levels or classrooms
- End-of-week celebration recognizing participation
- Resource fair to support families with wellness-related services

Next Steps

- Brianna Perez will complete the wellness event proposal and distribute it to SHAC members
- Committee members will begin identifying potential community resources and partnerships
- Wellness event implementation is tentatively planned for May, following STAAR testing

Next Meeting

The committee agreed to reconvene prior to the regularly scheduled April meeting to allow sufficient planning time.

Next SHAC Meeting:

Wednesday, March 4

Time: 5:00 PM

Location: District Office

Light dinner and refreshments will be provided.

Adjournment

With no further business, the meeting was adjourned at 5:51 PM.