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**2025-2026  
School Health Advisory Council (SHAC)  
Meeting #3  
February 11, 2026**

A meeting of the Midlothian ISD School School Health Advisory Council will be held February 11, 2026 beginning at 9:00 AM via TEAMS. The subjects to be discussed or considered or upon which any formal action may be taken are as listed below. Items do not have to be taken in the order shown on this meeting notice. [LINK TO VIDEO RECORDED VIRTUAL MEETING](#)

**1. CALL TO ORDER**

A. Announcement by the presiding officer that a quorum of members is present, that the meeting has been duly called, and that notice of the meeting has been posted in accordance with the Texas Open Meetings Act, Texas Government Code Chapter 551

**2. PUBLIC COMMENT**

Members of the public may address the SHAC during the public comment portion of the meeting in accordance with Board policy BED (LOCAL). Individuals wishing to speak shall email [krista.tipton@midlothianisd.org](mailto:krista.tipton@midlothianisd.org) by 4:00 pm the day prior to the scheduled SHAC meeting. Failing to meet this requirement will forfeit the requested public comment. According to the Texas Open Meetings Act, committee members will listen to the comments but will not conduct an interchange with the speaker. Speakers are limited to one minute each and if multiple individuals are speaking on the same item not listed on the agenda, a spokesperson must be appointed to speak.

**3. INFORMATION ONLY**

- Call to Order
- Lions Club Vision Clinic
- Energy Drinks and Youth
- Whole Milk

**4. DISCUSSION/ACTION ITEMS**

**5. ADJOURNMENT**

On this, the 6th day of February 11, 2026, this Notice posted an original copy was posted in the window of the School District Administration Building at 8:00am on said date.

*Krista Tipton*

Krista Tipton, M. Ed  
Executive Director of Administration and Student Services

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The SHAC Meeting Minutes  
2/11/26

1. Welcome– Krista Tipton called the meeting to order at 9:00 am and welcomed everyone and introduced the speakers for the meeting.
2. Krista provided SHAC overview of agenda items.
3. Lions Club Vision Clinic-
  - Mobile Clinic
  - Two doctors
  - 56 students were seen – full eye exam and determination for need of glasses
  - Held in January – hit the max limit of participants
4. Energy Drinks and Youth-
  - SHAC member requested this topic be added to the agenda
  - Cassie Street stated she would get with her team and see if they have some available resources that would be applicable to utilize.
  - Lisa Huski stated in athletics and 3 dancers were affected by these drinks at a dance competition.
  - Quynh stated her nutrition department will also look into research and resources to bring back.
  - Lauren Mason indicated support and interest in assisting.
  - Jolene Bargsley and Alexis Valentine added supporting comments in the chat about
  - Agreed to gather information and email to SHAC committee as a follow-up email.
5. Whole Milk- Krista and Wendy shared the new update on Whole Milk for Healthy Kids Act of 2025. This legislation allows for schools to offer whole milk, along with the existing approved varieties of milk. MISD will begin allowing this as an option for students. If the milk is flavored, it must stay under 10g added sugar per 8 oz.
6. Future Meeting agenda items- FitnessGram and YES Program Analysis were discussed. No further topics added.
7. Future Meeting Date- Krista presented the final future meeting date. Future date of April 15, 2026.
8. Krista Tipton adjourned the meeting at 9:17 am.

**Representatives in attendance:**

Krista Tipton  
Wendy Hein  
Mandy Berry  
Cassie Street  
Christine Thorpe  
Olivia McDonald  
Beth Stokman  
Jolene Bargsley  
Marie Nicols  
Cheryl Chamberlain  
Jessica Chambon  
Delaney Dickerson  
Tim Perkins  
Lauren Mason  
Lisa Huski  
Lori Cook  
Bryce McKee  
Quynh Tran  
Alexis Valentine  
Jason Milholen

20 in attendance