

School Health Advisory Council Meeting Minutes
February 4, 2026

Members in Attendance

Facilitator:

- Chris Hecker

Community Members:

- Essence Castro (Co-Chair)
- Susan Brenz
- Wendy Cowen
- Monica Dean
- Felicia Hayes
- Patty James
- Wendy Johnson
- Jill McCaskill
- Brian O’Rear
- Bryan Robertson
- Elysia Ross
- Maggie Wiley

Guests:

- Elizabeth Bosquez, M.D.
- Liana Ford
- Chelsea Jenkins
- Amy Medrano
- Frank Martinez
- Dawn Tryon
- Stephanie Villanueva

District Committee Members:

- Brandy Baker
- Deborah Bartholomew
- Emmy Durand
- Melinda Hood
- Scott Hudson
- Irene Ruiz
- Elaine Waier
- Celia Weaver
- Angela Williams-Thomas

Call to Order

- Chris Hecker called the meeting to order at 9:30AM.
- Motion to call the meeting to order: Patty James
- Second: Wendy Cowen

SHAC Orientation

- Introductions of various guests and welcomed a new voting member to the SHAC.
- Bryan Robertson

Review and Approval of Minutes

- Led by Essence Castro
- Quorum confirmed
- Motion to approve: Brian O’Rear
- Second: Patty James
- All in favor

Next SHAC meeting is April 2, 2026 at 9:30am.

Review of Bylaws

The Bylaws subcommittee provided a copy of proposed changes to the CFISD SHAC Bylaws. The members were given time to review. Because many members provided input, the proposed changes will be sent back to the Bylaws subcommittee to be updated and will be presented at the next SHAC meeting for a vote.

Physical Activity & Fitness Planning Subcommittee Update - Elaine Waier

The Physical Activity & Fitness Planning subcommittee’s purpose is to look at enhancing physical activity and fitness outside of what is offered in our classes that award PE Credit.

The subcommittee made a recommendation to SHAC to select a week out of the calendar to highlight family fitness. It was approved and will be pushed out through social media for a week leading up to the Fun Run.

Wellness Subcommittee Update - Emmy Durand

The Wellness plan is a working document that measures the district's progress towards meeting CFISD Wellness policy goals. Emmy shared how many non-UIL clubs the district has such as The Fishing club, Skating club, etc. The subcommittee will meet immediately after the SHAC to work through the measures of success plan for the Physical activity.

Presentations

Harris County Public Health - Stephanie Villanueva

Provided SHAC members with various flyers regarding their programs and services.

CFISD Community Events - Dawn Tryon

Provided an update on the CFISD Health Expo held annually in November at the Berry Center (117 Vendors/3,200 guests netting the Chamber of Commerce \$42,000 and \$2,000 donated to H.O.P.E. The upcoming annual CFISD Superintendent Fun Run will be held on March 28, 2026 from 8-11am. All monies raised go to the CyFair Educational Foundation for scholarships to CFISD students.

Adjournment

Meeting called for adjournment at 10:35AM.

- Motion: Wendy Cowen
- Second: Patty James
- All in favor