

School Health Advisory Council

February 9, 2026



Agenda

1. CALL TO ORDER

Summer Crow, Chair

2. ACTION

Approval of Minutes

Summer Crow, Chair

Executive Officer Nominations

Jodi Webster, Director of Health Services

Bylaws

Adeline Castleberry, Parliamentarian

3. NEW BUSINESS

Presentation - Nutrition

Kirstin Taylor

Presentation – Aim for Safety

Colin Hodges

Presentation – Trafficking

Brandon Bubeck

4. REPORTS

Wellness Plan Triennial Review

Jodi Webster, Director of Health Services

5. SUBCOMMITTEE BREAKOUTS

Summer Crow, Chair

5. ADJOURNMENT

Summer Crow, Chair



Questions?

Please submit using this QR code



- Take a picture of this QR code
- Use this throughout the night to submit questions.
- We will ensure they are routed to the appropriate district contact for answers to your question.
- A link to all questions and answers will be provided to SHAC members and appropriate district staff.

'26-'27 SHAC Officer Nominations

Dates

February 9, 2026: Nominations

April 20, 2026: Elections

SHAC Bylaws:

"Any action to nominate an officer must be done through a move to nominate and must be seconded by an acting member of SHAC Executive Committee nominations will take place at the third regularly scheduled SHAC meeting of the school year."

"Election of SHAC Executive Committee members will take place at the final meeting of the school year by members present at the meeting."



'26-'27 SHAC Officer Nominations & Elections

Eligibility

- Served on SHAC for at least 1 year
- Attended Aug. 25 and Nov. 3 meetings
- Attended 3 of 4: Aug 25, 2025; Nov 3, 2025; Feb 9, 2026; April 20, 2026
- Not served on the executive committee more than 3 consecutive years
- Minimum of 3 positions must be a parent or legal guardian, not employed by the district
- Chair or co-chair must be a parent or legal guardian
- 1 position may be held by a KISD employee

SHAC Bylaws:

"In order to nominate or be nominated, a SHAC member must be present and have attended both regular fall semester SHAC meetings."

"Only members who have fulfilled the obligation of attending at least 3 of the 4 regular business meetings are eligible to vote for the Executive Committee."

"An individual may not serve for more than 3 consecutive years."

"Executive Committee members must have served on the KISD SHAC for a minimum of one year before taking a leadership role."

"The Chair or Co-Chair must be a parent or legal guardian member and at least two of the remaining three officer positions shall be held by a parent or community member not employed by the District. The fourth position may be held by a KISD employee."



'26-'27 SHAC Officer Nominations

Interest Forms Submitted (Only 1 submitted per position)

- Interest forms were distributed to SHAC members via email by Jodi Webster on January 28th
- A reminder email was sent the morning of February 4th
- Interest forms were requested to be completed by EOD on February 4th
- We only had one interest form submitted per position.

Chair

Colin Hodges

- Falcon feeder pattern parent
- 1 year with SHAC

Co-Chair

Stephanie O'Dell

- Tribal feeder pattern parent
- 2 years with SHAC
- 1 year SHAC co-chair

Secretary

Adeline Castleberry

- Community member with KISD grandkids
- 4 years with SHAC
- 2 years SHAC Parliamentarian

Parliamentarian

Sandi Walker

- Charger feeder pattern parent
- 1 year with SHAC



Bylaws: Updates

The following outlines the proposed changes to the SHAC Bylaws as submitted by the SHAC Executive Council.

1. **Date of Bylaws**

The bylaws date will be updated upon approval by all SHAC members.

2. **General Revisions**

- a. All references to the *SHAC Executive Committee* have been revised to *SHAC Executive Council* to align with the official name, *SHAC – School Health Advisory Council*.
- b. Grammar and formatting corrections have been made throughout the bylaws.
- c. The phrase “prior to” has been replaced with “*before*” for clarity and consistency.

3. **Article I, Section 2: Objective**

Added to the first sentence: “*and to strengthen the connection between health and learning.*”



Bylaws: Updates (continued)

4. Article II, Section 1: Eligibility

The first sentence has been revised to read:

To be eligible to serve as a member of the KISD SHAC, each member must be the parent or legal guardian of a student currently enrolled in a Keller ISD learning institution, or may represent the community from one or more of the following groups: public school teachers, administrators, district students, healthcare professionals, business community members, law enforcement, senior citizens, clergy, and nonprofit healthcare organizations.

A second sentence has been added:



SHAC members must have a demonstrated commitment to the purpose of the council and a desire to serve in this capacity.

Bylaws: Updates (continued)

5. Article II, Section 2: Appointment

Paragraph 1 has been revised to read:

Potential SHAC members shall complete an Interest Form. The SHAC Executive Council members and District Sponsors shall review the Interest Form.

Paragraph 3 has been revised to read:

The KISD Board of Trustees shall appoint members to the local SHAC annually. Each trustee will have the opportunity to appoint an equal number of members to the SHAC, with that number determined by the trustees with input from the prior year's SHAC Executive Council.

6. Article II, Section 3: Member Terms of Service

Paragraph 1, sentence 1 has been revised to read:

The term of service for a member shall be one academic school year, beginning with the member's first meeting of the school year.



Bylaws: Updates (continued)

6. **Article II, Section 3: Member Terms of Service**

Paragraph 1, sentence 1 has been revised to read:

The term of service for a member shall be one academic school year, beginning with the member's first meeting of the school year.

7. **Article II, Section 4: Resignation**

The second paragraph has been revised to read:

When a member resigns, the vacated position shall be filled as soon as practicable, if necessary to maintain quorum, through a special election.

8. **Article II, Section 5: Removal of an Executive Officer**

This is a newly added section to the bylaws.

9. **Article II, Section 5: Conflict of Interest**

This section has been renumbered due to the addition of the new section, Section 5.



Bylaws: Updates (continued)

10. **Article II, Section 6: Conflict of Interest**

The first paragraph, second sentence has been revised to read:

Any actual or perceived conflict of interest should be avoided.

11. **Article II, Section 6: Executive Council / Officers**

This section has been renumbered as **Section 7**.

12. **Article II, Section 7: Executive Council / Officers**

The third paragraph has been revised to read:

Executive Council members must have served on the KISD SHAC for at least one (1) year before assuming an officer role.



Bylaws: Updates (continued)

13. Article II, Section 8: Executive Council Nominations and Elections

Paragraphs 1 and 2 have been revised to read:

a. Paragraph 1:

Any action to nominate an officer must be made through a motion to nominate and must be seconded by an active SHAC member. Executive Council nominations will take place at the third regularly scheduled SHAC meeting of the school year.

b. Paragraph 2:

To nominate or be nominated, a SHAC member must be present and must have attended both regular fall semester SHAC meetings, unless there was an extenuating circumstance deemed excused by the SHAC Executive Council and the member has listened to the recording of the missed meeting.

14. Article III, Section 1: Meeting Days

The second paragraph has been revised to read:

The meeting agenda will be published and posted three (3) business days before the scheduled meeting.



Presentation – Nutrition

- “Nutrition Spotlight” highlighted in school newsletters
 - Resource for parents/community/staff to learn nutrition tips for the whole family
 - Utilizing www.myplate.gov public resource
 - Newsletter content creator could add nutrition spotlight quarterly to any grade level newsletter or the district could push out the quarterly topics.
 - No known associated fees



Presentation – Nutrition

Example of a “Nutrition Spotlight”

- Starting a routine of eating together as a family can make a big difference. Research shows that kids who regularly share family meals tend to have better nutrition and healthier eating habits, and they’re also more likely to do better academically and emotionally.
- More tips on healthy eating for families click the link (PDF on next slide) link can be found at:
 - <https://www.myplate.gov/tip-sheet/healthy-eating-families>

Start simple with MyPlate



Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can “unplug,” interact, and focus on each other.



Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.



Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.



Let kids choose

Get kids engaged with meal preparation at home. Serve meals “family style” to encourage kids to be creative with their plates.



Offer nonfood rewards

Foods aren’t the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.



Presentation – Nutrition

- Nutrition Presentation for families
 - Pre-recorded presentation by a Registered Dietitian Nutritionist
 - Will provide presentation at no cost
 - Link can be sent in newsletter
 - Does not allow for a Q&A session
- Nutrition presentation agenda example:
 - Why Healthy Eating Matters For Kids
 - Understanding Balanced Nutrition
 - Making Healthy Eating Practical
 - Options For Healthy Reward System
 - Wellness Trio: Nutrition, Exercise and Sleep
- Timeframe proposing for next school year





Aim for Safety:

Firearm Safety Awareness and Violence Intervention

- Daniel D. Guzman MD
 - Eric Gonzalez, MHA
 - Harley Roden
- Cook Children's Health Care System
- Cook Children's Center for Community Health

The work matters

- Our Goals:
- Provide knowledge of pediatric firearm injuries and introduce prevention strategies throughout our communities.
 - Keep the education non-political.
 - Do not suggest someone should or should not own a firearm.
 - Provide resources to encourage and foster gun safe environments.
 - While this exercise may have been intense, when talking to community members, we don't want to scare them. Rather, we provide facts to back our work.

National Statistics

+500 million
estimated number of guns in the United States

5 firearms
number of guns average American owns

1 in 3 homes
with kids <17 years of age have guns²

1300 children
die annually

Source:
1) National Firearm Survey, 2021
2) Fowler, K.A., Dahlberg, L.L., Haileyesus, T., Gutierrez, C, Bacon, S. Childhood firearm injuries in the United States. Pediatrics. 2017

500+
children (ages 0-18 years) injured or killed



Texas Statistics

(annually)

36%
Texas households own a gun

199,000
children live with unlocked,
and loaded firearms

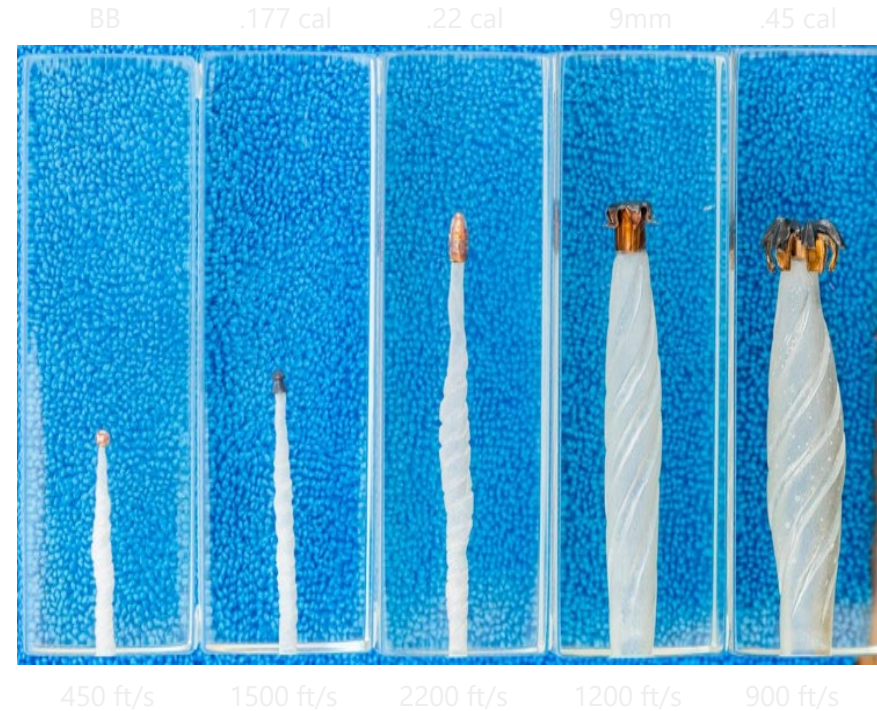
32 children
killed from unintentional shootings in 2019

Educational Tools: Which gun is real?



Educational Tools

Which one is REAL?



Best Practice and Key Messages

Safe Children

TALK

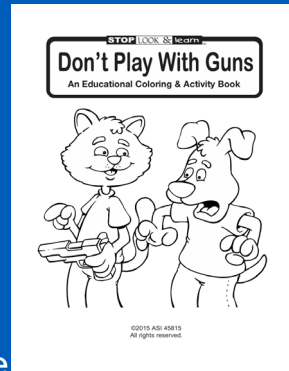
- Open Discussion
- Ask parents
- Talk to neighbors



Safe Play

TEACH

- Stop
- Don't touch
- Run away
- Tell a trusted adult



Safe Storage

TAKE ACTION

- Store unloaded and out of reach
- Lock guns
- Secure ammunition separately
- Hide keys to safes and trigger locks
- Keep unlocked guns in your possession



2024 Aim for Safety® Campaign - Brochures

Aim for Safety®

Age 0-12 months



Typical growth stage

- Learns by feeling, seeing, hearing, smelling and tasting.
- Infants will look for comfort from family and caregivers.

Helpful tips

- Safety-proof the home before your child begins crawling and walking.

Discussion points

- Teach: No, no. Don't touch.

Age 1-3 years



Typical growth stage

- Learns by exploring.
- Before they can talk, kids understand what you're saying.

Helpful tips

- Use simple language.
- Make safety a normal part of conversation and talk about it routinely.
- Be firm and in control.

Discussion points

- Teach: No, no. Don't touch.

Age 3-5 years



Typical growth stage

- Thinking is limited to what your child can see, touch and experience.
- Language skills increase, but their understanding can be limited.
- Can only see things from their point of view.

Helpful tips

- Use simple language.
- Make safety a normal part of conversation and talk about it routinely.

Discussion points

- Never touch a gun, even if you think it might be a toy gun.
- Teach: Stop, don't touch, run away and tell a trusted adult.

Age 6-12 years



Typical growth stage

- Become concrete and literal thinkers.
- Have an active imagination.
- Learn best through participation and asks a lot of questions.

Helpful tips

- Make safety a normal part of conversation and talk about it routinely.
- Ask the parents of your child's friends if they have guns in their homes and how they're being stored.

Discussion points

- Guns are very serious. Guns can protect us, but can also hurt or kill people.
- Whether or not we own a gun, I want you to know what to do if you see a gun.
- You have seen guns on TV, video games and movies. How do you know if they are real or pretend guns? It's hard to tell by just looking at them. That's why you should never ever touch a gun.
- Teach: Stop, don't touch, run away and tell a trusted adult.

Age 13-17



Typical growth stage

- Focused on independence, friendships and self-image. They often have a lack of impulse control. Peer pressure often influences them to fit in with others to feel accepted.

Helpful tips

- Role play with your child. Give them different scenarios they may encounter and practice what they would do in the situation. Talk about different types of guns and how they can cause serious injury or death.

Discussion points

- What would you do if you encountered a gun at a friend's house? Just say no, and tell them I'd rather go play outside. Or, tell them you just received a text and you need to call home.
- Never touch a gun.
- Teach: Stop, don't touch, run away and tell a trusted adult.

Age 18+



Typical growth stage

- This is a time of transition between teen and young adult years. They're often self-confident and will take risks without fear of harm.

Helpful tips

- Listen and answer any questions honestly and directly. Talk about concerns and pay attention to any changes in their behavior. Be aware of who they're spending time with regularly.

Discussion points

- Remember life can change in an instant. Walk away from uncomfortable situations and tell a trusted adult.

Why is this important?

We can't assume that a child doesn't know where the guns in the house are hidden or that they don't know how to operate one. Children are exposed to violence and guns through media and video games regularly. It may be difficult for them to separate which one is real and which one is make-believe. It's important to explain to your kids how a gun on TV or a video game is much different than one in real life. In addition, BB and pellet guns have been proven to be dangerous, despite the common belief that they are harmless.

Fact:

30% of safe gun storage practices are driven by family discussion.

-Keep 'Em Safe Texas

Aim for Safety®

This isn't about whether or not to own a gun. This is about helping parents keep kids safe when their child finds a gun.

Fact:

1 in 3 homes with kids in the U.S. have guns.

Remember:

For families who use guns routinely or as a sport, it's important to remember accidents can still happen. Safe storage is key.

For gun safety tips, visit aimforsafety.org.

Gun safety tips for all ages

Safe storage. Safe play. Safe children.

Store guns unloaded, locked and out of reach of children – no matter the age.



CookChildren's
Center for Community Health



Aim for Safety

05.2024

2024 Aim for Safety® Campaign – Static Ads

Aim for Safety®



Keep kids safe when
traveling with firearms.



Safe gun storage.



Safe gun storage
saves lives.



Safe Play.



Keep it positive!
Start gun safety education early.

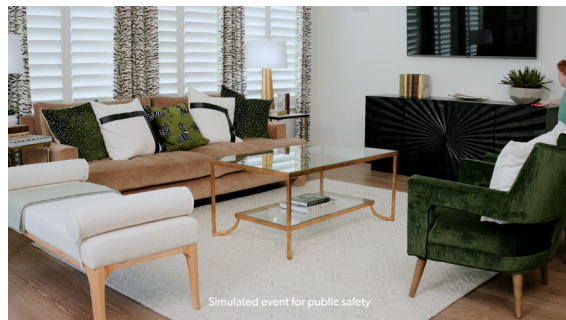


Safe ammunition storage.



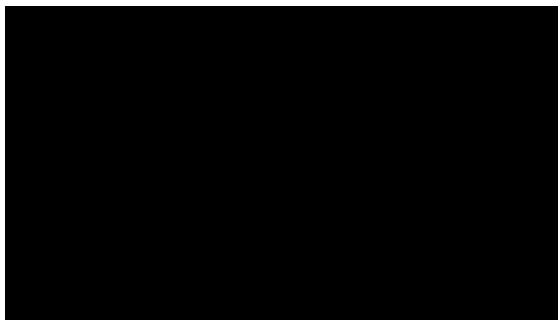
Safe Children.

Aim for Safety® Campaign - Videos



Not a Child's Toy

depicts school-age boy
playing with gun found under the bed



A Simple Reminder

depicts teen-age girl
contemplating suicide

Questions? Contact us at:

dan.guzman@cookchildrens.org

eric.gonzalez@cookchildrens.org



Presentation – Trafficking

PLACEHOLDER – Brandon Bubeck



Wellness Plan Triennial Evaluation

- Legislative Foundation: Established by the Child Nutrition and WIC Reauthorization Act of 2004 and strengthened by the Healthy, Hunger-Free Kids Act of 2010.
- The "Final Rule" (2016): Requires all districts participating in the National School Lunch/Breakfast programs to have a written Wellness Policy. The District [Wellness Plan](#) implements [Policy FFA](#).
- The Triennial Review: Every 3 years, districts must evaluate the Local School Wellness Plan and report findings to the public.



Wellness Plan – Nutrition Promotion

- Goal 1 / Objective 1: The District will increase participation in the child nutrition School **Breakfast** Program (purchased meals) by one percent by the end of each school year.

	2023 - 24	2024 -25	2025 - 26
1 st week of school	8,394	7,493 (-10.7%)	7,220 (-3.6%)
1 st week of Dec	22,307	19,191 (-13.9%)	19,371 (0.9%)
1 st week of May	20,877	18,805 (-9.9%)	Pending



Wellness Plan – Nutrition Promotion

- Goal 1 / Objective 2: The District will increase participation in the child nutrition School **Lunch** Program (purchased meals) by one percent by the end of each school year.

	2023 - 24	2024 -25	2025 - 26
1 st week of school	38,187	34,733 (-9%)	34,007 (-1.8%)
1 st week of Dec	70,585	67,167 (-4.8%)	66,888 (-0.4%)
1 st week of May	68,625	67,359 (-1.8%)	Pending



Wellness Plan – Nutrition Promotion

- Goal 2 / Objective 1: At least three times per school year, the District will promote healthy nutrition challenges to students and families.

	2023 - 24	2024 -25	2025 - 26
Challenge 1	Monthly Fresh Picks	Monthly Fresh Picks	Monthly Menu Promotions
Challenge 2	Parent Nutrition Education	Parent Nutrition Education	Health Heart Month
Challenge 3	Career Day / Food Truck	Casey's Kids Fun Run – Food Truck Samples	Eat the Rainbow



Wellness Plan – Nutrition Education

- Goal 1 / Objective 1: Teachers will use lessons from online resources to discuss My Food Plate, which are lessons in making good food choices.

2023 - 24	2024 -25	2025 - 26
Embedded in Science TEKS	Embedded in Science TEKS	Embedded in Science TEKS



Wellness Plan – Nutrition Education

- Goal 2 / Objective 1: The District will promote nutrition education activities during the school year that will encourage student participation in learning and adopting healthy nutrition habits.

	2023 - 24	2024 -25	2025 - 26
Child Nutrition	Display Cooking	Parent Nutrition Education	Monthly Fresh Picks
Curriculum & Instruction	Embedded in Science TEKS	Embedded in Science TEKS	Embedded in Science TEKS



Wellness Plan – Nutrition Education

- Goal 3 / Objective 1: The District shall provide nutrition education activities to KISD employees that are concurrent with PE/Health nutrition curriculum through the District Wide Wednesday and other social media outlets.

2023 - 24	2024 -25	2025 - 26
Go Red - Heart Health; 40 campuses participated; raised \$8528; Healthy Snack basket to school who raised the most money (Willis Lane and Freedom).	Go Red - Heart Health - 40 campuses participated; 341 participated and raised \$458 (no t-shirt offered); Healthy Heart Nutrition shared with District in DWW.	Go Red - Heart Health- 40 campuses participated; raised \$3600
Summer Activity Challenge; 220 participants; 17,178,179 minutes of activity recorded; Nutrition education classes: Building Healthy Meals, Grocery Tour, 5 Pillars of Health, Stress Overload (avg. ratings for classes 4.9)	Summer Activity Challenge; 125 participants	Summer Activity Challenge; 20 teams of 4 enrolled in the program; 80 participants; 380,000 minutes of activity recorded; Nutritional information for Health eating throughout the program.
Biometric Campus Screenings (education included) ; 1700+ employees; reduction in body fat, fasting glucose, and LDL 21 Day Snack Challenge; 108 participants Quarterly Newsletter	Maintain, Don't Gain (weight loss); 55 staff participated Biometric Campus Screenings (education included) ; 444 employees (- premium incentive); reduction in body fat, BP, TC and HDL	

Wellness Plan – Physical Activity

- Goal 1 / Objective 1: The District will provide each campus with a well-equipped gym and playground with safe equipment supporting physical activity.

	2023 - 24	2024 -25	2025 - 26
Work orders completed regarding PE/Playground equipment	200	209	171 (YTD)
PE/Playground injuries related to equipment safety	2,558 total injuries but not exclusive to equipment safety	2,884 total injuries but not exclusive to equipment safety	2,117 (YTD) total injuries but not exclusive to equipment safety

Wellness Plan – Physical Activity

- Goal 1 / Objective 2: The District will advertise opportunities to help enhance physical activity experiences with campus volunteer groups.

2023 - 24	2024 -25	2025 - 26
Not measured		



Wellness Plan – Physical Activity

- Goal 2 / Objective 1: The District will provide opportunities for family events that include physical activities (e.g., family fun night, run club, walking club)

	2023 - 24	2024 -25	2025 - 26
Participants	3,118	4,092	3,945
Feedback	Positive overall. Parents, particularly at the elementary level, enjoy the opportunity to participate in physically active events with their children and school community. Cancelled too often for inclement weather that didn't materialize. Some run clubs cap participation.		

Wellness Plan – Physical Activity

- Goal 2 / Objective 2: The District will encourage schools to have physically active fundraisers with parent involvement.

	2023 - 24	2024 -25	2025 - 26
Participants	6,620	6,710	6,070
Feedback	Parents like fundraisers that do not require selling. Donation based fundraiser and those that get their kids active bring positive feedback. Low percentage of return on donations to school with Apex. Less successful since cell phones are no longer an option for communication. Students, parents, and staff enjoy the events and report they are good-spirited and fun.		



Wellness Plan – Other

- Goal 1 / Objective 1: The District will host an annual Back to School Health Fair (AKA Back to School Bash) prior to the start of school each year.

	2023 - 24	2024 -25	2025 - 26
Participants	No historical data	2,000 +	2,000 + 1,484 received backpacks
Vendors		74	78
Feedback	Very positive; hugely successful		

Wellness Plan – Other

- Goal 1 / Objective 2: The District will host at least one public mental health event per school year that addresses topics of community concern. (e.g., suicide awareness, drug awareness, and gun safety)

	2023 - 24	2024 -25	2025 - 26
Event	Two suicide awareness walks – fall/spring; Vaping Presentation; Impact Teen Driving	Two suicide awareness walks – fall/spring; Parent QPR training	Suicide awareness walk; Drug Awareness
Participants	100	225	85
Feedback	Positive; informative		



Wellness Plan – Other

- Goal 2 / Objective 1: The District will promote employee health and wellness by conducting an annual health and wellness fair in conjunction with a community fun run, such as Casey's Kids.

	2023 - 24	2024 -25	2025 - 26
Participants	1,067	956	Pending
Vendors	36	46	
Feedback	"It was a great event! You can expect us to be there next year!" or It was a beautiful day and a beautiful event."	Event was a huge success. Parents/students excited about prizes, Casey Kids Cup and Bingo Card.	

Subcommittees



Subcommittee Assignments

Health Education & Health Services

William Bubeck – SHAC Exec Committee
Jennifer Price – KISD Health Education
Jodi Webster – KISD Health Services
Belinda Beck
Greta Bergman
Thomas Black
Amanda Gatlin
Sanci Hall
Jill Michener
Laura Romano
Ashlea Stickane
Sandi Walker
Lisa Webb

Nutrition Services & Staff Wellness Promotion

Summer Crow – SHAC Exec Committee
Stephanie Greving – KISD Nutrition Services
Sheri Rich – KISD Staff Wellness
Angela Hall
Nikki Paris
Liza Sharkey
Kirstin Taylor

Mental Health & Counseling Services

Stephanie O'Dell – SHAC Exec Committee
Kristen Elam – KISD Mental Health & Counseling Services
Courtney Burrus
Jordan Haefling
Jaye Lange
Jennifer Payne
Karen Rivera

Physical Health Education & Healthy and Safe School Environment

Adeline Castleberry – SHAC Exec Committee
Bart Helsley – KISD Physical Education
Dustin Blank – KISD Healthy & Safe School Environment
Kimberly Boone
Lisa Groene
Colin Hodges
Melissa Muenzler
Joshua Phillis

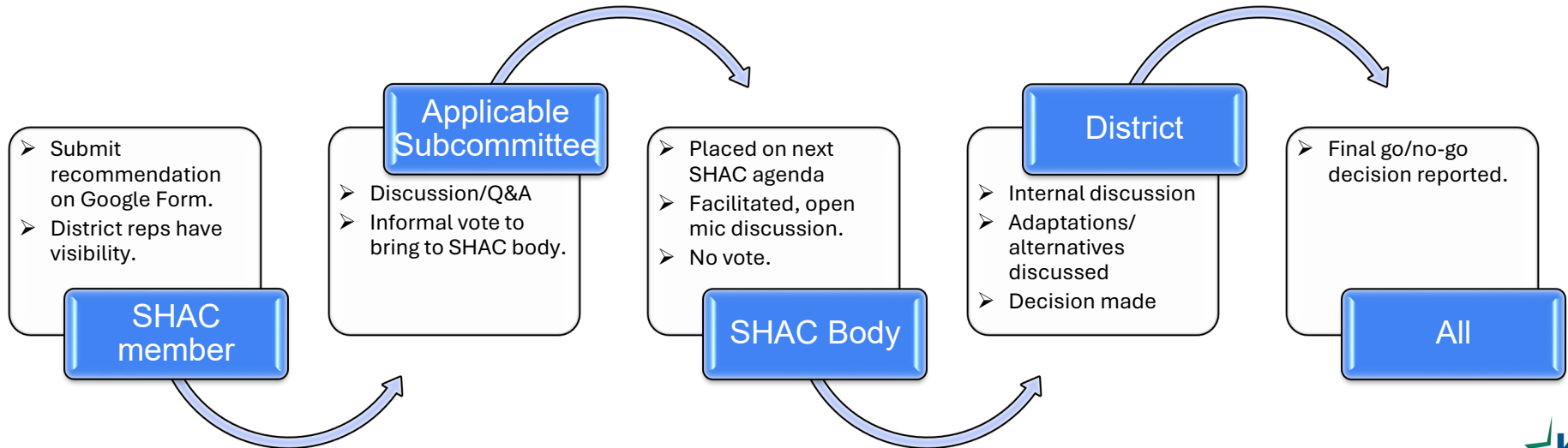


SHAC Introduction:

Overview of Recommendation Process



Scan for link



Subcommittee Flow

- Assign a secretary to take notes on flip chart (assign who is responsible if follow-up is needed).
- If your group has recommendation submissions to review (list will be provided in the sub-committee):
 - Review the list
 - Have an open discussion about the recommendations
 - Take an informal vote to bring it to SHAC's next general meeting
 - SHAC exec officer in meeting will return favorable recommendations to be placed on the next SHAC agenda for a formal presentation and open discussion
- If your group does not have recommendation submissions, discuss possible ideas for community collaborations within your subcommittee area. Assign person(s) to solidify the idea and submit the recommendation via the form.



General Business / Adjournment

- Next Steps for SHAC
 - Upcoming Meetings
 - April 20, 2026

