

CFB ISD School Health Advisory Council (SHAC) Meeting notes – February 26, 2026

1. Introduction and welcome

Chairperson, April Hooper-Christenson called the SHAC meeting to order on February 26, 2026 at the ESDC (1820 Pearl St. Carrollton) Building B Irving room at 6:38 pm with quorum met. The following SHAC members were in attendance: April Hooper-Christenson, Lyat Mizrahi, Kim Graham, Leon Sulak, Sandra Lieck, Laura Brookover-Ybarra, Linda Villemarette, Veronica Morales, Josh Carter, Lakshmi Ananthakrishnan.

2. Review of SHAC Mission /Purpose

April reviewed why we need a SHAC, the goals, the components of the coordinated school health program and the importance of parent participation.

Other people in attendance are considered visitors and they can ask questions during the program and address the SHAC during audience for guests.

3. Audience for guests

No one at this meeting.

4. Presentation on the CFBISD Counseling Connections Center- Victoria Cisneros, Executive Director of Counseling Services; Shawne Poplar, Counseling Student Support Specialist; Sommer Flores, Coordinator of Counseling Services

Victoria began by discussing the counseling services available to students and parents in the CFBISD district. She mentioned crisis counselors as well as counselors for students with chemical dependency. Shawne spoke about the Counseling Connections Center, a short-term therapy program that will be 6-8 sessions in total. After 8 sessions, students are referred to outside help. It is only available to students and their families in the CFBISD district. She discussed and showed how to sign up for the service. They talked about goals for the next year and are hoping to move to an EHR (Electronic Health Record) system. Sommer talked about the CFBISD Giving House, which collects donations to give to students in need of items ranging from hygiene products to shoes. Brighterbites provides healthy food options within the elementary schools that go to students and families. Lovepacs are food packs given to families and students during the calendar school breaks so that they may have what they need if they don't have it another way. The 80/20 Counseling Model

relates back to Senate Bill 179, which states that the counseling work has to be first and foremost in helping the students.

5. Local Wellness Policy Review/Revision- Kristen Hess, Director of Student Nutrition; Laura Brookover-Ybarra, Assistant Director- SNS Nutrition

Kristen started with discussing the local wellness policy and smart snacks for kids within the school district. They are going to rediscuss in our April meeting once they have the plan all set.

6. SHAC Curriculum review committee report- April Hooper-Christenson, SHAC Chair; Zohar Bharmal, SHAC Co-Chair; Gwen Perkins, SHAC Member; Dr. Lakshmi Ananthakrishnan, Member; Kim Graham, Member

April spoke about forming a sub committee and going over the training modules to go forth to the board with some lessons that they will add into the counseling.

7. Topics for future meetings

Talk about fitness and movement for kids.

Next SHAC meeting date is April 16th, 2026 at 6:30pm. With no further business, the meeting was adjourned at 7:49pm.

Lyat Mizrahi, Appointed Secretary