

Harmony Public Schools - (SHAC)

School Health Advisory Council

Meeting #2 Agenda

Date: March 26th, 2026 | **Time:** 11:00 – 13:00 **Location:** 1255 Enclave Pkwy, Houston, TX, 77077 **Recording Status:** Audio Recording Active

I. Call to Order

- **Welcome & Opening Remarks:** HPS Liaison, Mr. Abaci
- **Roll Call:** Attendance
- **Establishment of Quorum:** Confirmation that enough members are present to conduct business.

II. Presentation: "What is FitnessGram?"

- **Legal Purpose:** Overview of Legislation: Texas Education Code (TEC) §§38.101–38.104 mandates that Texas public schools annually assess the physical fitness of students in grades 3–12 enrolled in physical education (PE) or substitute courses
- **The areas we test the scholars:**
 - Aerobic Capacity
 - Body Composition
 - Upper Body Strength
 - Abdominal Strength
 - Trunk Extensor
 - Flexibility

IV. Review of Reporting System

- Annual Reporting (Texas Education Code §§38.101 and 38.103)

V. New Business / Goal Setting

- Recommendations regarding the FitnessGram procedures

- **Calendar Review:** Setting tentative dates for the remaining 2 meetings.
- **3rd Meeting Topic Introduction:** High School PE and Mental Health Curriculum Review

VI. Adjournment