

Muenster ISD
Student Health Advisory Council
Meeting Minutes - Monday, February 23, 2026

- Meeting Called to Order @ 07:31 am.
- Sign-In / Welcome - Members present as follows:

<u>Staff:</u> Brandi Richardson Dr. John Underwood Debra Sicking Jackie Reynolds Matthew Quick	<u>Parents/ Community:</u> Tiffany Lutkenhaus Holly Harris-Bayer Stevie Maas Jo Schilling Ronda Silmon (DSHS)
---	--
- Approve minutes from the previous meeting on January 6, 2026 - Jackie Reynolds made a motion to approve the minutes. Dr. John Underwood seconded the motion. Minutes approved.
- Health Screenings Update - Nurse Richardson reported that most health screenings have been completed, with the remaining screenings expected to be finished prior to Spring Break.
- Student Education/ Training
 - 180 Degrees - Both Nurse Richardson and Mrs. Reynolds reported that the 180 Degrees presentations were successful.
 - Kids Heart Challenge is ongoing and Mrs. Sicking states that it will wrap up in the next week.
 - Stop the Bleed (Grades 7-12) - An email has been sent to all students and parents of students in grades 7-12, per Nurse Richardson. Students who choose to participate must first complete the online portion of the training and provide proof of completion to Nurse Richardson. Afterward, students will need to schedule a time with Nurse Richardson to complete the required hands-on skills portion in order to receive their certificate of completion.
 - CPR/ AED Certification (Grade 12) - Nurse Richardson is collaborating with Muenster Memorial Hospital (MMH) to provide CPR/AED certification for graduating seniors. MMH will cover the cost of the instructor, and participating MHS seniors will be responsible for a \$12 fee for the CPR certification card. Additional details will be shared at the next SHAC meeting.
 - Puberty Education (5th Grade) - Nurse Richardson and Mrs. Rhyne will provide puberty and hygiene education to 5th grade students on March 20, 2026. Students will be separated by gender for the presentations. Participation requires a signed opt-in form from a parent or guardian.
 - Caffeine Awareness - Nurse Richardson reported that she is exploring the addition of caffeine-awareness signage across both campuses.
- Vaccination Clinic for 6th grade/ Juniors & Seniors - MHS will host a vaccination clinic in collaboration with the Texas Department of State Health Services (DSHS) for 6th, 11th, and 12th grade students on March 24, 2026, at 10:00 a.m. The clinic will offer Tdap and meningococcal immunizations for those that are interested. An email will be sent out to parents with the information and the required consent forms.
- Counselor updates - There were no counselor updates reported for the elementary campus. Mrs. Reynolds informed the council that she has contacted Mothers Against Drunk Driving (MADD) regarding potential educational and awareness opportunities on drunk driving for students; however, she has not yet received a response. A recommendation was made to also reach out to the Cooke County Sheriff's Office for additional resources. Mrs. Reynolds indicated that she anticipates having more information available at the next SHAC meeting.
- Muenster ISD Wellness Plan - The council talked through several parts of the wellness plan. They reviewed that physical activity can not be used as a punishment or reward, and that food and caffeinated drinks also can not be used as rewards. These guidelines apply to all campuses. It was also noted that students should have access to free drinking water during meal service and throughout the day. The council also discussed making sure that students have enough time to eat lunch without feeling rushed. In addition, any snacks or food-based celebrations should take place after lunch and must be approved by the campus principal. The council also discussed possible ways to promote employee health and wellness.

- Open Forum/ Discussion -
 - Ronda Silmon from DSHS inquired whether peace officer training is provided to students at MISD. Mrs. Reynolds reported that all MISD students receive instruction on interacting with law enforcement (peace officers) and are given specific guidance on proper interaction with officers prior to graduation.
 - Nurse Richardson reported that in addition to CPR instruction for students prior to graduation, she will conduct CPR and AED Basics with the special education students at MISD during the spring semester.
- Future meetings:
 - April 13, 2026
- Adjourn - Meeting was adjourned @ 07:51 am.

This notice was posted in compliance with the Texas Open Meetings Act.

Co-Chair _____