School Health Advisory Council

SHAC Meeting

April 8, 2026

CALL TO ORDER

Time	Topic	Presenters
5 minutes	Call Meeting to Order Welcome & Introductions	Lakesha Mitchell, SHAC Chair
3 minutes	Review of Minutes from February 11, 2026	Jamille Hall, Secretary
20 minutes	Employee Wellness Update	Noella Whavers, Risk Manager Maelene Grant, Director of Nursing
15 minutes	Health Screenings Updates	Maelene Grant Director of Nursing
20 minutes	Middle School Health Curriculum	Ryan Flint Director Of Teaching & Learning
15 minutes	Project Code Red Update	Kelsey Smith
5 minutes	Adjournment	Lakesha Mitchell, SHAC Chair

SHAC Agenda - April 8, 2026- 4:30-6:00

REVIEW OF MINUTES

2.11.26

Employee Wellness Update

Noella Whavers, Risk Manager
Maelene Grant, Director of Nursing

Employee Fall Wellness Campaign



Stay Hydrated

Benefits of Staying Hydrated

- Helps with concentration, memory, and alertness
- Reduces fatigue and brain fog
- Keeps blood circulating properly
- Supports healthy blood pressure
- Prevents dehydration-related tiredness

Simple Hydration Tips

- Drink water throughout the day
- Carry a reusable water bottle
- Increase intake during heat or physical activity
- Eat water-rich foods (fruit & vegetables)



Employee Fall Wellness Campaign



Breast Cancer Awareness

Employees had the opportunity to have Mammogram screenings by Methodist Health Systems Mobile Mammography

Early Detection Matters

- ★ Regular mammograms can detect cancer early
- ★ Early diagnosis significantly increase survival rate
- ★ Many people diagnosed with breast cancer have no family history, which is why routine screening and awareness are critical

Employee Spring Wellness Campaign



Enjoy Nature Walks

Spread the Word: Wear Red

American Heart Association. Go Red for women.

Cardiovascular disease is the No. 1 killer of women. On Friday, Feb. 6, 2026, wear red to be seen, to be counted, to be heard, and to make an impact. Together, we can be stronger than heart disease and stroke.

Why It Matters:

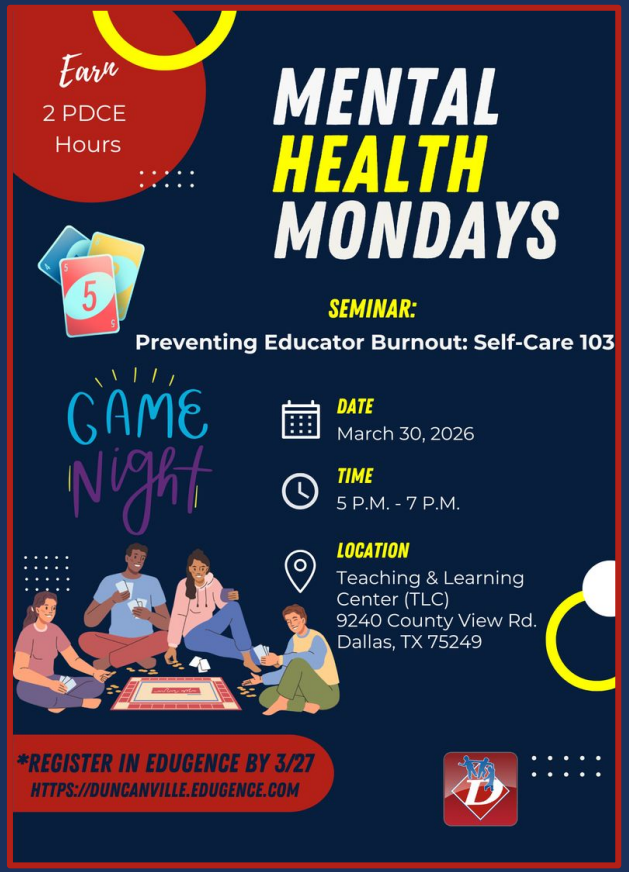
- Raises awareness
- Saves Lives Through Education
- Promotes Healthy Lifestyle Changes
- Advocates for Prevention

Employee Wellness Update

Mental Health

Mondays Monthly

- Preventing Educator Burnout
- Self-Care



Spring 2026
Employee Wellness Challenge

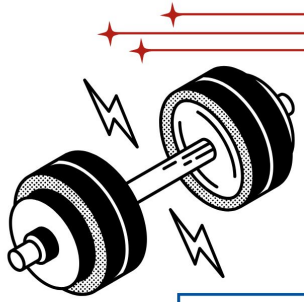
Participants Highlights:

- Average weight lost 10 to 12 pounds
- Support weight management and overall wellness
- Improve nutrition and hydration habits
- Build teamwork and motivation across campuses/departments





PANTHERS SLIM-DOWN SHOWDOWN!



KICK OFF

Jan 12th-Mar 6th

- *The staff member with the most weight lost wins*
- *One winner per Campus/Department*

SCAN THE QR CODE TO JOIN

- *Initial weigh in Jan 12th in the nurses office, then every Monday*
- *Last weigh in will be March 6th*

Health Screenings Updates

Maelene Grant, RN MSN
Director of Nursing

School Health Services Updates

School Nurses provide ongoing parent education regarding health processes and health updates throughout the school year:

- **Medication Administration During School Hours**
- **Asthma Action Plan**
- **Diabetes Management Plan**
- **Seizure Action Plan**
- **Severe Allergic Reactions/Epi-Pen**
- **Immunization Requirements/Exemption/Affidavit Process**
- **Flu Surveillance**



School Health Services Updates

Staffing/Training Provided

- Each campus has 1 RN or 1LVN
  Some campuses have both a RN and LVN
- During the beginning of each school year the campus nurses provide training to our staff on medical emergencies, diabetes, first aid, asthma, seizure disorders
- CPR is offered throughout the year to all staff, this year we had a total of 9 classes with a total of **97** staff trained in CPR/First Aid/AED

2025–2026 School Year (To Date)

- **31,609** Total Clinic Office Visits
- **4,469** Vision Screenings Completed
- **4,399** Hearing Screenings Completed
- **1,009** Spinal Screenings Completed

🩺 *Supporting student health, early detection, and readiness to learn across all grade levels.*

School Health Services Updates

School Nurses provide annual state mandated health screenings:

- Hearing and Vision Screenings: grades PK, K, 1, 3, 5, and 7; all new to district students
- Texas Risk Assessment for Type 2 Diabetes: grades 1, 3, 5, and 7
- Scoliosis Screening: girls ages 10 and 12 of (fall semester grades 5 and 7) and boys ages 13 or 14 or (fall semester grade 8
- Screening results are documented in Skyward

- Parents receive written notification if their child fail a screening
- School Nurses work with the Low Vision Clinic to offer assistance to students who need assistance in getting professional eye exam/glasses
- Every student enrolled in Duncanville ISD is required to have and up to date immunization record or an exemption affidavit
- Reviewing immunization records is an ongoing process

School Health Services Updates

Duncanville ISD Health Services Department partnered with Parkland's Mobile Immunization Van to offer free vaccines to students during the school day.

Immunization compliance rate:

- Start of school year 2025-26: **987** students vaccines were delinquent
- April 2026: **10** students with delinquent vaccines







SAVE THE DATE

ANNUAL COMMUNITY HEALTH FAIR

PARTNERS:

Duncanville ISD

Children on the Mend, Inc.

SATURDAY, AUGUST 1, 2026

Mark Your Calendars for a Day of Wellness & Community!

Middle School Health Curriculum

Ryan Flint
Director Of Teaching & Learning

Current Overview of the Middle School Health Classes

- Health is currently offered as an elective at middle schools
- Not all students are able to take Health as an elective
- The middle school health course offered does not count for high school credit

Current overview of middle school PE

Requirement:

- Students are required to complete 2 years of PE in grades 6–8
- 225 minutes of PE every two weeks

Schedule:

- PE is scheduled to be 350 minutes every two weeks.
- That leaves room for the health teks to be embedded in PE.

Proposed Change and Benefits

- Health content will be embedded into PE
- Health will no longer be a stand-alone course at the middle school level
- All students will receive Health instruction through PE
- Provides more space in student schedules for other electives
- Expanded access to fine arts, CTE, athletics, and other courses that can align with high school career pathways

6th Grade Health Topics

Topics include but are not limited to:

- Personal Health
- Safety and Injury Prevention
- Substance Use and Abuse (Foundational Awareness)
- Mental and Emotional Health
- Relationships and Communication
- Human Growth and Development (Introductory)
- Disease Prevention and Control
- Community and Environmental Health
- Consumer Health (Introductory)
- Health Promotion and Decision-Making

7th-8th Grade Health Topics

Topics include but are not limited to:

- Personal Health
- Safety and Injury Prevention
- Substance Use and Abuse
- Mental and Emotional Health
- Relationships and Communication
- Human Growth and Development
- Disease Prevention and Control
- Community and Environmental Health
- Consumer Health
- Health Promotion and Disease Prevention

Overview of Current Health Curriculum

Middle School Current Course Overview
6 PE and Health
7/8 PE/Health course overview.

Overview of Health TEKS 7 and 8

Major Topics for 7 and 8

- Personal Health
- Safety and Injury Prevention
- Substance Use and Abuse
- Mental and Emotional Health
- Relationships and Communication
- Human Growth and Development
- Disease Prevention and Control
- Community and Environmental Health
- Consumer Health
- Health Promotion and Disease Prevention

Integrating Health TEKS in Physical Education Proposal

For the 2026–2027 school year, Health TEKS will be incorporated into Physical Education classes to provide a more comprehensive approach to student wellness. PE students will continue to achieve the number of minutes required by TEA for physical activity, and Physical Education teachers will receive training to effectively incorporate Health TEKS into daily instruction

Teacher preparation and support

- Physical Education teachers will receive training on incorporating Health TEKS into daily lessons
- Professional development will focus on lesson design, pacing, and student engagement.
- Teachers will be supported in balancing health instruction with active participation.

Physical activity requirements remain in place

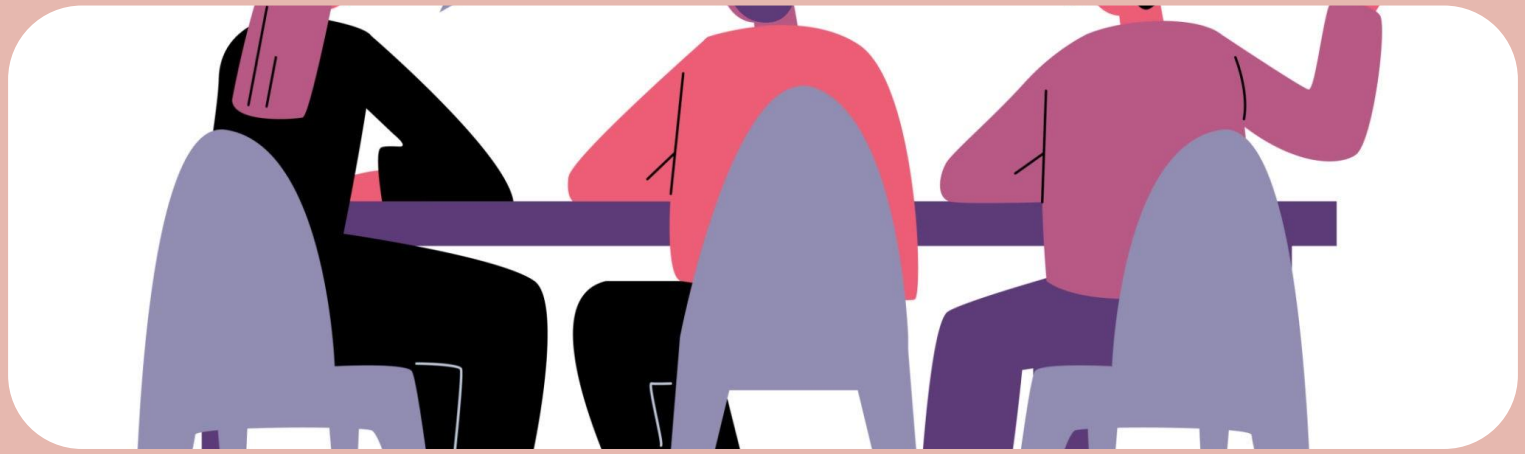
- Daily PE instruction will continue to include the required minutes for physical activity.
- Health TEKS will be incorporated within the class without reducing student movement opportunities.
- Instructional planning will ensure compliance while strengthening student learning.

Project Code Red Update

Kelsey Smith, Student
Lesly Villarreal, Student
Duncanville High School-Collegiate

Project Code Red Updates

Kelsey Smith
Lesly Villarreal

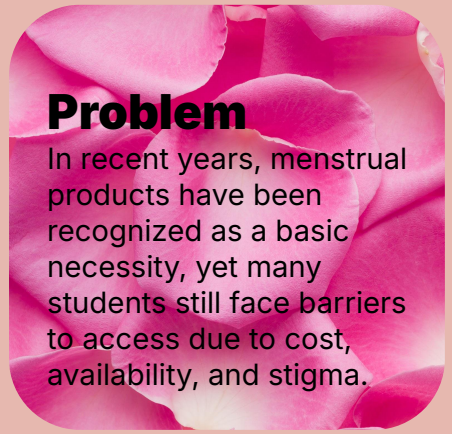


Summary of last presentation

What is Code Red?

Code Red is a student-led initiative dedicated to ensuring menstrual equity in Duncanville ISD.

- Alleviate the financial burden of buying menstrual products
- Spread awareness about menstruation to lessen the stigmatization surrounding it
- Give students a platform to express their ideas regarding menstrual equity



Problem

In recent years, menstrual products have been recognized as a basic necessity, yet many students still face barriers to access due to cost, availability, and stigma.

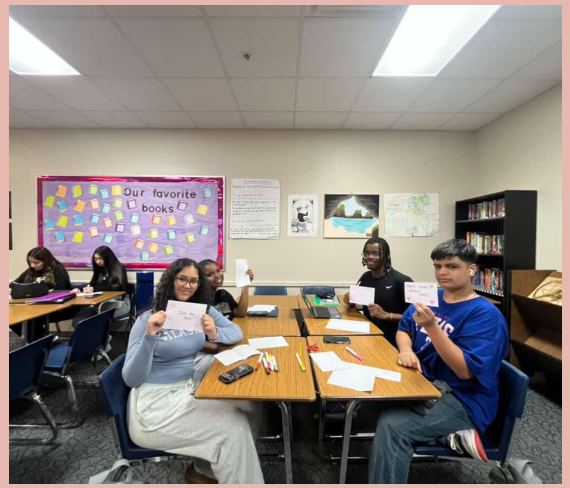
Solution

A proposal to provide free pads and tampons in campus restrooms, ensuring equal access, supporting student health, and promoting a more inclusive environment.

Progress Since Last Meeting







- ★ Donating period care packages to Panther Pantry (Duncanville's local supply pantry).
- ★ Established a formal leadership structure and submitted official documentation for recognition as a Duncanville organization.
- ★ Collaborated with other school organizations to raise awareness and engage in community service initiatives.

Priorities for next year

1

Community Service Initiatives: Implement monthly donations to the Panther Pantry to ensure consistent access to supplies for the broader community. Additionally, encourage member participation in service projects focused on menstrual equity to increase awareness and advocacy.

2

Expanded Fundraising and Donation Drives: With official recognition as a Duncanville organization, we will resume hosting fundraising events. To address past funding limitations, we will execute a structured plan of at least two donation drives or fundraisers per semester.

3

Sustainability: To build long-term sustainability, we will actively recruit underclassmen through events such as freshman orientation, Champion's Choice, and outreach to local middle schools, ensuring continued leadership and organizational impact.

4

Proposal Revision and District Collaboration: We will revise our previous proposal to better align with the district's financial landscape, working alongside district officials to develop a more feasible and mutually beneficial plan.

Thank you!

We are sincerely sorry we were unable to attend this meeting in-person. However, we'd like to thank everyone who believes in us and has contributed to Code Red this year :)

- Best Regards,
  Kelsey Smith
  Lesly Villarreal



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* best way to contact us is through email!

ADJOURNMENT

Lakesha Mitchell, SHAC Chair

THANK YOU FOR YOUR SERVICE AND SUPPORT TO DUNCANVILLE ISD!