



Academy of Accelerated Learning, Inc.

5300 N Braeswood, Suite 8

Houston, TX 77096

713-668-8237

“Reaching for the Stars”

AAL SHAC Meeting Minutes

Student Health Advisory Council (SHAC)

Date: April 8, 2026

Time: 5:35 PM

Location: Belfort Campus

Meeting Overview

The meeting was called to order by Brianna Perez, Health Coordinator. A quorum was present. The purpose of the meeting was to review student health curriculum options and discuss upcoming wellness initiatives, including planning for a family health fair.

Approval of Previous Minutes

- Previous meeting minutes were reviewed
- No corrections were noted
- Minutes were approved unanimously

Curriculum Review

The committee reviewed four health and wellness curriculum options:

- **Choosing the Best** – Focus on relationships, decision-making, and abstinence education (Grades 6–8)
- **CATCH (Coordinated Approach to Child Health)** – Focus on physical activity, nutrition, and overall wellness (Pre-K–8)
- **Always Changing and Growing Up** – Focus on puberty, hygiene, and adolescent development (Grades 5–8)
- **Youth Equipped** – Focus on safety, mental health, prevention, and life skills with staff training components

Key Discussion Points

Student Needs Identified:

- Bullying prevention
- Hygiene and peer interactions
- Transition to middle school
- Puberty and body awareness
- Confidence and decision-making skills

Program Delivery Preference:

- Strong preference for **internal staff delivery** (nurse, counselor, PE teacher)
- Emphasis on trust, familiarity, and accessibility for parents

Parent Communication & Consent:

- Need for clear curriculum outlines and topic schedules
- Recommendation for **flexible consent options** (allowing parents to opt in/out of specific topics)



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Program Structure:

- Instruction will take place during the school day
- Curriculum is required to be offered by the state
- Scheduling will vary depending on selected program

Next Steps

- Curriculum materials and summaries will be shared via email
- Committee members will review and complete a survey
- Final recommendation will be submitted to the school board

Health Fair Planning

- Proposal to host a **Back-to-School Health & Resource Fair** prior to the start of the school year
- Focus areas may include:
 - Immunizations
 - School supplies and uniforms
 - Nutrition and wellness resources
 - Community services and family support

Additional Notes

- Suggestion to post school supply lists on the website for easier parent access
- Parent consent will be required prior to student participation in any curriculum

Upcoming Meetings & Events

Next SHAC Meeting:

- Scheduled for the **first week of June (virtual)**
- Final curriculum decision to be made

Upcoming Events:

- April 18 – Edgewood Park (10:00 AM – 1:00 PM)
- April 25 – Ashcroft Campus (10:00 AM – 1:00 PM)

Adjournment

- Motion to adjourn was made and seconded
- Meeting adjourned AT 5:55 PM