

Minutes of Regular Meeting
School Health Advisory Council (SHAC)
Pearland Independent School District

A Regular Meeting of the Pearland Independent School District School Health Advisory Council (SHAC) was held on **Monday, April 13, 2026**, beginning at 4:00 pm.

1. Welcome & Introductions

Dr. Nixon welcomed the members and reviewed the agenda items for the meeting.

2. Review and approve the Pearland ISD Wellness Plan Implementation Assessment

The SHAC reviewed the recently completed Wellness Plan Implementation Assessment, which is required every three (3) years. This assessment summarizes the evidence demonstrating that the district and campuses are meeting the expectations outlined in the Pearland ISD Wellness Plan.

To complete the assessment, each campus submitted activities and supporting documentation aligned to the Wellness Plan. District staff also contributed evidence of initiatives implemented at the district level to support the plan's objectives.

Dr. Nixon shared the Wellness Plan Implementation Assessment with all SHAC members prior to the meeting to allow time for review. During the meeting, members were provided an opportunity to ask questions and offer feedback.

Action Taken: SHAC members approved the Pearland ISD Wellness Plan Implementation Assessment as presented.

3. Review and approve the Pearland ISD Wellness Plan

The SHAC reviewed the Pearland ISD Wellness Plan, which outlines the district's goals and expectations for supporting student health and wellness. The plan addresses key areas including nutrition promotion, nutrition education, physical activity, and school-based activities, and aligns with state and federal requirements.

Dr. Nixon provided the Wellness Plan to all SHAC members prior to the meeting to allow time for review. During the meeting, members had the opportunity to ask questions and provide feedback regarding the plan and its implementation.

Dr. Nixon also highlighted how the Wellness Plan aligns with and supports the Pearland ISD District Strategic Scorecard. Specifically, the work of the SHAC supports Strategic Objective 1.1 – Well-Being and Safety of All Students, including the following key actions:

- Connection to School

- Safety and Security Procedures
- Social and Emotional Well-Being
- Student Behavior and Management

Action Taken: SHAC members approved the Pearland ISD Wellness Plan as presented.

4. Review Parent Education Resource Booklet aligned to the middle school puberty education videos

Mrs. Reynolds, Pearland ISD School Health Coordinator, presented the parent education resource booklet *Always Changing & Growing Up*, which aligns with the puberty education videos shown annually to 5th grade students. The booklet was shared with SHAC members prior to the meeting to allow time for review.

During the meeting, Mrs. Reynolds invited feedback and addressed any questions or concerns regarding the resource. She explained that the purpose of the booklet is to provide parents with a supportive tool to facilitate conversations at home related to the content presented in the student videos.

Mrs. Reynolds requested SHAC approval to include the resource in the parent notification sent to 5th grade families prior to the presentation of the puberty education videos.

Action Taken: SHAC members approved including the *Always Changing & Growing Up* resource booklet in the parent notification for 5th grade families.

5. Review and approve the annual Fentanyl Prevention Presentation for students in grades 6 – 12

Dr. Nixon reviewed the requirements outlined in Texas Education Code §38.040, which mandates that each school district annually provide research-based instruction on fentanyl abuse prevention and drug poisoning awareness for students in grades 6–12. The goal of this requirement is to educate students about the dangers of fentanyl and the risks associated with fentanyl poisoning, including overdose.

In Pearland ISD, students in grades 6–12 will participate in a Fentanyl Prevention Activity by May 15, 2026. SHAC members reviewed the proposed activity options for campuses to use in meeting this requirement.

Dr. Nixon proposed including the *Song for Charlie* video as one of the approved resources. *Song for Charlie* is a national fentanyl awareness initiative that provides a short, student-appropriate video highlighting the real-life risks of counterfeit pills and fentanyl poisoning. The program also offers high-quality, ready-to-use instructional resources to support classroom discussion and enhance student understanding.

SHAC members viewed a brief trailer of the video and reviewed the accompanying classroom guide that will be provided to teachers. Members were given the opportunity to ask questions and provide feedback regarding the activity options and proposed resources.

Action Taken: SHAC members approved the inclusion of the Song for Charlie video and its supporting resources as an option for the Fentanyl Prevention Activity for students in grades 6–12.

6. Discussion of Future Topics

Dr. Nixon invited SHAC members to provide input on topics and areas of focus for the upcoming school year, emphasizing the importance of member feedback in guiding future planning. Members shared valuable insights and recommendations, including the following:

- **Understanding Student Behavior and Disabilities (Elementary Focus):**
 - Members expressed a need for resources to help parents talk with their children about disruptive or unexpected behaviors they may observe at school. This includes supporting understanding of students with disabilities, such as autism, and promoting acceptance, empathy, and celebrating differences.
- **Coping Skills and Alternatives to Fighting:**
 - Suggestions included providing students with strategies to manage frustration and conflict, as well as guidance for bystanders on how to respond when witnessing peer conflict, particularly in situations where adults may not be present.
- **Student Stress and Academic Pressure:**
 - Members discussed the increasing stress experienced by students, particularly those enrolled in rigorous coursework such as Advanced Placement (AP) classes, as well as students balancing academics with extracurricular commitments (e.g., athletics, band). There was interest in providing students and families with strategies to better manage stress and maintain balance.
- **Bullying Awareness and Communication:**
 - Members recommended strengthening communication and education around bullying, including clear definitions, examples and non-examples, and distinctions between bullying and general peer conflict. Additional suggestions included:
 - Providing information to parents on investigation processes and potential consequences
 - Offering parent education opportunities (e.g., Coffee with the Counselor, Meet Your Teacher Night)
 - Sharing resources through handouts and email communication
 - Teaching students self-advocacy and how to respond when they or others are bullied
 - Including clear definitions within reporting systems for parent reference
- **Student Discipline and Consequences:**
 - Members suggested providing families with a general overview of how student misbehavior is addressed, including examples of typical consequences associated with various types of behavior, to increase transparency and understanding.

Dr. Nixon thanked members for their thoughtful input and noted that these recommendations will be considered in planning SHAC priorities for the upcoming school year.

7. Appreciation of SHAC Members for Their Service and Contributions This Year

Dr. Nixon expressed sincere appreciation to SHAC members for their participation and contributions throughout the year. She recognized that the time, ideas, and dedication shared by members have made a lasting impact on the district's efforts to support student health and wellness.