SHAC Meeting Minutes
Thursday, February 19, 2026
Minutes recorded by: Jenny Smucker

In Attendance: Kristen Bollier, Kallie Wilson, Chief Heath Wester, Mirlet Gasca, Nada Krayem, Melissa Silva, Aileen Hayes

Meeting called to order: 12:10pm

- Minutes from last meeting reviewed and approved
- Wellness Plan: still unknown if it needs to be updated. June 2024 Board notes referenced looking at notes about Wellness Plan, and pushed it off to review the next year (which should have been 2025).
- Sex ed program:
    - No findings of sex ed program needing to be re-approved.
    - Sherman ISD students receive sex ed in 5th and 7th grade on an opt-in basis. Board approved program through Youth Equipped to Succeed. They do not receive sex ed in high school. Group wondered about the need at that level.
- Chief Wester presentation regarding vaping:
    - Requesting pilot program (LEADS) starting next year at Sory if approved, covers drugs, bullying, violence in elementary, middle and high school level
    - Sherman numbers have gone down a bit. SISD hard on drugs, serious consequences leads to decrease in numbers.
    - Vape (THC, nicotine) sensors in each bathroom, sends private alert to campus police.
    - PD has test kits, can tell if it's THC right on the spot. Labs show that many of them are at 80-90% THC level.
- Other vaping prevention programs:
    - American Lung Association https://www.lung.org/quit-smoking/helping-teens-quit/vape-free-schools
    - CATCH- Coordinated Approach to Child Health https://catch.org/
    - Say What! https://txsaywhat.com/
- Consider using the programming that's already in place. Ask Peer Helpers if interested in teaching classmates about dangers of vaping.
- Push out info on social media: "Did you know?" and share helpful info
- NEXT STEPS:
    - Ask high school if a sex ed program is needed (Aileen)
    - Investigate possibility of middle and high school Peer Helpers to do a peer-led vaping education (Aileen)
    - Look into Texoma area schools to see what they do about sex-ed at high school level (Kallie)
    - Talk to Communications about doing a PSA "Did You Know" on SISD social media (Kallie)

    - Look into regulations and examples of Wellness Plans to figure out how SHAC needs to proceed (Melissa)
    - Ideas for Did You Know: energy drinks, vaping, amount of sleep needed, social media and tech safety, physical activity,
- Next Meeting: March 26, 2026 @ 12:00 at Central Office
- Meeting adjourned at 1:13pm