

School Health Advisory Council

April 20, 2026



Sign-In



Agenda

1. CALL TO ORDER

Summer Crow, Chair

2. ACTION

Approval of Minutes

Summer Crow, Chair

Executive Officer Elections

Jodi Webster, Director of Health Services

3. REPORTS

Eat-The-Rainbow Campaign

Kate McWilliams, Child Nutrition

Wellness Plan

Jodi Webster, Director of Health Services

Mental Health Curriculum and
Programs

Jennifer Price, Chief Academic Officer

5. SUBCOMMITTEE BREAKOUTS

Summer Crow, Chair

5. ADJOURNMENT

Summer Crow, Chair



Questions?

Please submit using this QR code



- Take a picture of this QR code
- Use this throughout the night to submit questions.
- We will ensure they are routed to the appropriate district contact for answers to your question.
- A link to all questions and answers will be provided to SHAC members and appropriate district staff.

Executive Officer Election



2026-27 SHAC Officer Nominations

Interest Forms Submitted (Only 1 submitted per position)

- Interest forms were distributed to SHAC members via email by Jodi Webster on January 28th
- A reminder email was sent the morning of February 4th
- Interest forms were requested to be completed by EOD on February 4th
- We only had one interest form submitted per position.

Chair

Colin Hodges

- Falcon feeder pattern parent
- 1 year with SHAC

Co-Chair

Stephanie O'Dell

- Tribal feeder pattern parent
- 2 years with SHAC
- 1 year SHAC co-chair

Secretary

Adeline Castleberry

- Community member with KISD grandkids
- 4 years with SHAC
- 2 years SHAC Parliamentarian

Parliamentarian

Sandi Walker

- Charger feeder pattern parent
- 1 year with SHAC



2026-27 SHAC Executive Officer Election

- Voter eligibility
 - 2025-26 SHAC Member
 - Must have attended at least three (3) out of the four (4) regular meetings held during this school year
 - Eligible members have blue bordered name tags



2026-27 SHAC Officer Nominations & Elections

Next Steps

- By the End of May, interest forms will be sent out to the Keller ISD Community
- The school board will nominate candidates. Last year, they chose to nominate 4 each, 28 total.
- The SHAC executive council and the district sponsors compile the demographics of those nominated and return to the school board for review.
- The school board makes changes if needed and then confirms the new SHAC members, ideally by the start of the school year.
- If an executive committee member is not confirmed by the trustees, the position will be left open until the new SHAC members can elect for that position.



Eat-the-Rainbow Campaign





Keller ISD Eat the Rainbow Campaign

Keller ISD Child Nutrition
March 2026

Presented by: Kate McWilliams, RD, LD

What was Eat the Rainbow Campaign?

- Nutrition education initiative
- Implemented at elementary campuses

Goals of Campaign:

- Increase exposure to a variety of fruits and vegetables
- Encourage students to try new foods in a low-pressure environment
- Promote whole fruits and vegetables
- Educate on the importance of eating a variety of colors



A decorative graphic at the top of the slide consisting of several horizontal, overlapping brushstrokes in a rainbow color palette: red, orange, yellow, green, blue, and purple. The strokes have a textured, painterly appearance.

Why Focus on Fruits and Vegetables?

<10%

**of children meet fruit & vegetable
intake recommendations¹**

Fruit juice is a primary contributor to fruit intake among adolescents¹

**46.9% of children consume fruit juice daily, compared to 49.7%
consuming whole fruit²**

A graphic consisting of several horizontal, overlapping brushstrokes in a rainbow color palette (red, orange, yellow, green, blue, purple) on a dark blue background.

Benefits of Focusing on Fruits and Vegetables

- Supports steady energy by preventing blood sugar spikes and crashes³
- Linked to improved academic performance and learning outcomes ⁴
- Whole fruits increase fullness³
- Provides key nutrients for growth and chronic disease prevention²
- Early exposure builds acceptance and lifelong healthy habits
- Aligns with Keller ISD Local Wellness Policy

Campaign Overview

- Implemented March 2 –6
- Each day featured a different color, working our way through the rainbow
- Education handout provided to take home
- Students were encouraged to:
 - Try the color of the day
 - Try a new fruit or vegetable
 - “Color their tray”
 - Complete the daily challenge



Campaign Overview

Teaching Through Food



Eat the **RAINBOW** Challenge

March 2nd - March 6th

Can YOU eat every color this week?

Fruits and vegetables get their bright colors from natural plant nutrients. Each color gives your body different vitamins, minerals, and fiber to help you grow and stay healthy! Take this sheet and complete the challenge. Check mark after completing the challenge each day!

Monday Red Apples Red Bell Pepper	Challenge: Try BOTH red foods today!  ☐ 
Tuesday Bananas Carrots	Challenge: Take one fruit AND one veggie!  ☐ 
Wednesday Broccoli Cucumbers	Challenge: Crunch on something green today!  ☐ 
Thursday Blueberries Dragon Fruit	Challenge: Try something new today!  ☐ 
Friday Eggplant Grapes	Challenge: Finish the rainbow strong!  ☐ 

This institution is an equal opportunity provider.

Why is it important to eat the **RAINBOW**?

Have you ever noticed how fruits and vegetables come in lots of different colors? Red, orange, yellow, green, blue, and purple! Those bright colors aren't just pretty – they come from natural nutrients inside the plant. Those nutrients help our bodies grow, stay healthy, and work their best.

Red Red fruits and vegetables contain nutrients like vitamin C and other natural plant compounds. These help: • Support your immune system (help your body fight germs) • Support heart health Examples: apples, red bell peppers, strawberries, tomatoes	
Orange and Yellow These foods contain nutrients like beta-carotene and vitamin C. These help: • Support healthy eyes • Support normal growth Examples: carrots, bananas, sweet potatoes, mango	
Green Green vegetables contain nutrients like vitamin K, folate, and fiber. These help: • Support strong bones • Keep your digestive system working well Examples: broccoli, cucumbers, spinach, peas	
Blue and Purple Blue and purple foods contain natural plant compounds that give them their beautiful color. These help: • Support heart health • Support overall brain health Examples: blueberries, grapes, eggplant	
When you eat the rainbow: You help your body grow. You help your heart. You help your bones. You help your body stay strong. Color your tray. Power your day.	

This institution is an equal opportunity provider.

Campaign Overview

From the Cafeteria to the Home

- Students took flyers home to complete daily challenges
- Reinforced nutrition education beyond the cafeteria
- Encouraged family involvement and conversation



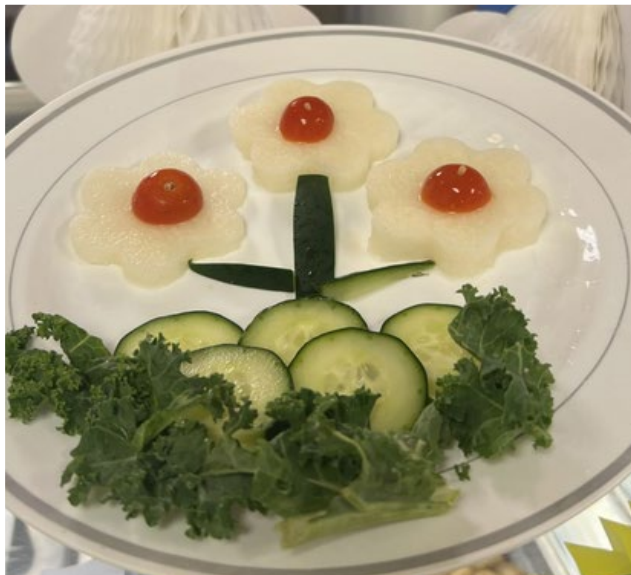
Staff Engagement

Involvement and Creativity

- Kitchen managers participated in a campus challenge
- Encouraged creative displays and setups
- Increased staff engagement and student excitement



Staff Engagement Involvement and Creativity



Staff Engagement

Involvement and Creativity



Staff Engagement

Involvement and Creativity



A graphic consisting of several horizontal, overlapping brushstrokes in a rainbow color palette (red, orange, yellow, green, blue, purple) on a dark blue background.

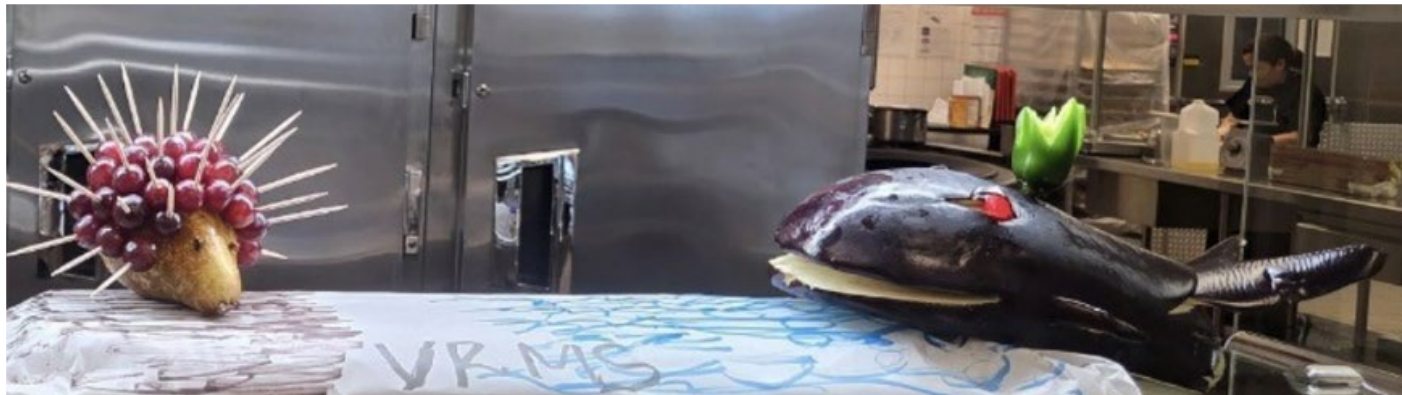
District -Wide Expansion

Continuing the Momentum

- Extended concept through March with A -Z Salad Bar
- Implemented at:
 - Elementary
 - Middle
 - High schools
- Focused on variety and continued exposure

District -Wide Expansion

Continuing the Momentum



District -Wide Expansion

Continuing the Momentum





Feedback and Outcomes

- Received positive feedback
- “Students were so excited to come and see what the display was each day!”
- Participation increased a little over 2% during campaign week
- Increased student engagement
- Reinforced nutrition education beyond the cafeteria
- Supports lifelong healthy eating habits

A graphic consisting of several horizontal, overlapping brushstrokes in the colors of a rainbow (red, orange, yellow, green, blue, purple) on a dark blue background. The strokes are thick and textured, with some colors bleeding into others.

Opportunities for Growth

- Implement more nutrition -focused campaigns throughout the school year
- Expand initiatives and campaigns to all campuses (K–12)
- Increase opportunities for student interaction and feedback during and after campaign



Thank you!

References

1. Kimmons J, Gillespie C, Seymour J, Serdula M, Blanck HM. Fruit and vegetable intake among adolescents and adults in the United States: percentage meeting individualized recommendations. *Medscape J Med*. 2009;11(1):26.
2. Centers for Disease Control and Prevention. Fruit consumption among children and adolescents in the United States, 2015-2018. NCHS Data Brief, no 391. Published 2021. Accessed April 2026. <https://www.cdc.gov/nchs/products/databriefs/db391.htm>
3. Bolton RP, Heaton KW, Burroughs LF. The role of dietary fiber in satiety, glucose, and insulin: studies with fruit and fruit juice. *Am J Clin Nutr* . 1981;34(2):2217. doi:10.1093/ajcn/34.2.211
4. Soans JS, Noronha JA, Mundkur SC, et al. Intake of fruits and vegetables (FAVs) on cognitive functions among adolescents and young adults: a scoping review . *J Nutr Sci* . 2025;14:e82. Published 2025 Nov 20. doi:10.1017/jns.2025.10012

Wellness Plan



Wellness Plan

- The Wellness Plan implements FFA (LOCAL)
- Triennial assessment was complete by the district and then reviewed with SHAC during the February 9, 2026 meeting
- Revised plan shared with SHAC April 13, 2026 and open for comment – none received as of April 20, 2026 at 1:00 pm



Wellness Plan – Summary of Changes

- Formatting updates
 - Align with district ARs
 - Listed goals directly from FFA (LOCAL)
 - Stakeholders > Responsible Parties
 - Objectives under each goal section followed SMART goal writing
- Responsibility for Implementation
 - Removed how it's implemented (collaboration)
- Goals for Nutrition Promotion
 - Removed links for how SHAC will monitor that the district follows Smart Snack standards
 - Revised the way we measure increase in school breakfast and lunch participation to consider relation to overall enrollment



Wellness Plan – Summary of Changes

- Goals for Nutrition Education

- Revised to consider the work and processes in place for teachers and curriculum writers
- Added a professional development component for teachers to ensure they are prepared
- Added an objective to display educational signage on serving lines in cafeterias
- Continue activities to promote healthy eating

- Goals for Physical Activity

- Moved the grade level physical activity information to the implementation section as it's actionable and measured
- Removed the district advertisement of physical activity experiences with campus volunteers – embedded into family event and fundraiser objectives
- Continue to activities to promote physical activity through family events and fundraisers

- Goals for Other School-Based Activities

- Combined objectives to promote wellness for students, families, and employees



Wellness Plan – Next Steps

- Adopt and implement beginning in the 2026-27 school year
- Post to the District Website > Health Services > Wellness Policy
- Continue to work with SHAC subcommittees
- Annual review vs. triennial



Mental Health Curriculum & Programs



Kids Hope Mentoring Program

- Mentors are trained through Kids Hope Mentoring Program
- Mentors are vetted through the participating organizations as well as through Kids Hope
- Mentors complete the same Keller ISD internal background check as volunteers
- Counselors work with families to partner with potential mentors
- Multiple denominations participate
- Current: 25 students participate with an assigned mentor
- Current: Caprock, Florence, Keller-Harvel, Basswood, North Riverside, Park Glen
- <https://kidshopeusa.org/>

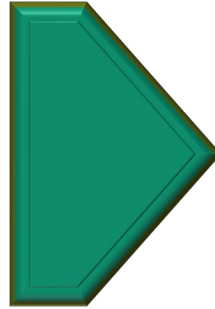


Counseling:

Intra- and Interpersonal Effectiveness and Personal Health and Safety

Required Competencies

- Positive student self-concept
- Effective executive functioning skills
- Appropriate behavior to the situation and environment
- Effective interactions with diverse populations
- Effective and appropriate communication skills
- Recognition of personal boundaries, individual rights and privacy needs of others
- Effective conflict resolution skills
- Development of healthy relationships
- Incorporation of wellness practices into daily living
- Demonstration of resiliency and positive coping skills
- Possession of assertiveness skills necessary for personal protection



Keller ISD's Offerings:

During Instructional Time:

- Alliance for Children programming
- Hope Squads within secondary schools – lunch, selected students
- Kid's Hope Mentoring Program – lunch, selected students

Outside of Instructional Time:

- Parent/community enrichment nights (hosted by Social Workers)
- Back to School Bash
- Snacks and weekend food bags for families
- Homeless student supports
- Casey's Fun Run

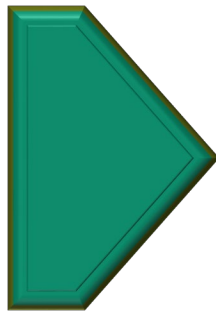


Counseling:

Post Secondary Planning & Career Readiness

Required Competencies

- Motivation to succeed in personal endeavors
- Demonstration of career exploration skills
- Possession of the knowledge and skills to gather information for the purpose of postsecondary education and career planning
- Demonstration of awareness of the importance of postsecondary education
- Understanding of the relationship of academics to the world of work and to life at home and in the community



Keller ISD's Offerings:

During Instructional Time:

- Opportunities for Students to meet with counselors to plan scheduling needs to align with post-secondary plans
- New: Expanding Tarleton Dual Enrollment opportunities

Outside of Instructional Time:

- Host 2 College and Career Family Opportunities
- New- Transitional Education for Parents for students moving from middle to high school



Subcommittees

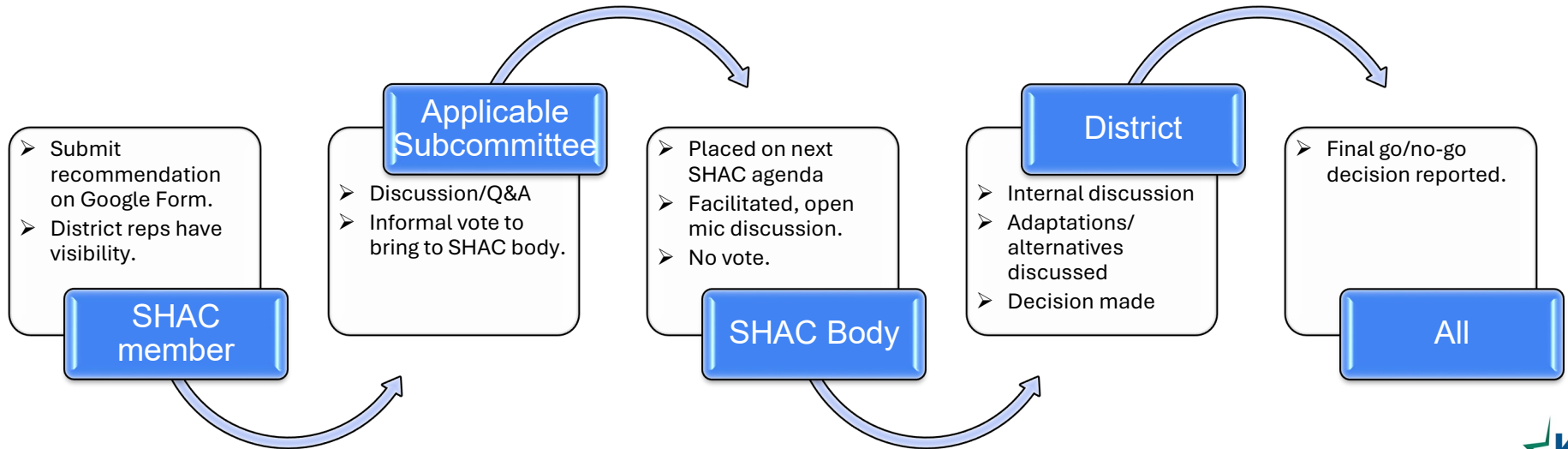


SHAC Introduction:

Overview of Recommendation Process



Scan for link



Subcommittee Assignments

Health Education & Health Services

William Bubeck – SHAC Exec Committee
Jennifer Price – KISD Health Education
Jodi Webster – KISD Health Services
Belinda Beck
Greta Bergman
Thomas Black
Amanda Gatlin
Sanci Hall
Jill Michener
Laura Romano
Ashlea Stickane
Sandi Walker
Lisa Webb

Nutrition Services & Staff Wellness Promotion

Summer Crow – SHAC Exec Committee
Stephanie Greving – KISD Nutrition Services
Sheri Rich – KISD Staff Wellness
Angela Hall
Nikki Paris
Liza Sharkey
Kirstin Taylor

Mental Health & Counseling Services

Stephanie O'Dell – SHAC Exec Committee
Kristen Elam – KISD Mental Health & Counseling Services
Courtney Burrus
Jordan Haefling
Jaye Lange
Jennifer Payne
Karen Rivera

Physical Health Education & Healthy and Safe School Environment

Adeline Castleberry – SHAC Exec Committee
Bart Helsley – KISD Physical Education
Dustin Blank – KISD Healthy & Safe School Environment
Kimberly Boone
Lisa Groene
Colin Hodges
Melissa Muenzler
Joshua Phillis



General Business / Adjournment

- Next Steps for 2025-2026 Keller ISD SHAC
 - Today was the last meeting of the year
 - Interest forms for 2026-2027 Keller ISD SHAC will go out to the KISD community in May
 - Trustees will appoint 2026-2027 members over the summer
 - The next SHAC body will begin work in August 2026

