

## **ARGYLE ISD**

### **SHAC Minutes 4-30-26**

School Health Advisory Council  
Meeting Minutes – April 30, 2026  
Meeting Time: 4:00 PM  
Adjourned: 4:49 PM

#### **Attendees**

##### Leadership

Chair: Roshni Foster, Allergist / Parent  
Vice-Chair: Amy Fannin, Physical Therapist / Parent

##### District Members

Dr. Dawn Jordan, Assistant Superintendent  
Dr. Heather Quast, Director of Counseling

##### Health Services

Denise King, School Nurse – Argyle Middle School

##### Community Members

Janna Weaver, Nutritionist / Parent  
Dr. Erica Swicegood, Psychiatrist / Parent

##### Members Unable to Attend

Alona Finch (Secretary), Traca Maestas, Emily Mericle, Deborah Cottle

#### **1. Welcome and Opening**

Dr. Foster called the meeting to order, welcomed attendees, and reviewed SHAC focus areas. The committee agreed to continue prioritizing:

- Nutrition services and food environment
- Mental, emotional, and social health

## **2. Review of Prior Meeting**

Key updates included:

- SHAC bylaws were approved
- Continued discussion of a potential employee health clinic
- Overview of district wellness programming aligned with state standards

## **3. Employee Health Clinic Update**

Dr. Jordan provided an update on the potential employee health clinic partnership. A nearby Methodist clinic is being explored, with cost analysis pending.

Key considerations:

- Financial viability
- Utilization of current free telehealth services
- Potential demand for in-person care

The committee discussed gathering staff feedback to better assess interest and need.

## **4. Student Nutrition Presentation**

The Student Nutrition Department presented an overview of operations, including meal programs, staffing, and compliance with state and federal guidelines.

Discussion highlights:

- The program is self-funded
- Meal structure follows established nutrition standards
- Secondary campuses have increased flexibility in offerings

The committee discussed opportunities to enhance practical nutrition education for students, particularly at the middle and high school levels.

## **5. Nutrition Education Discussion**

Members discussed the potential for more targeted, practical nutrition education, including:

- Pre-activity nutrition
- Balanced meal planning
- Student-specific needs (athletes, teens, etc.)

Next steps include gathering input from campus leaders, coaches, and staff to determine effective delivery methods.

## **6. Mental, Emotional, and Social Health**

Dr. Quast reviewed current district programming, including:

- Prevention education (substance use, bullying, suicide prevention)
- Counseling curriculum aligned with state standards

The committee discussed identifying 1–2 focused initiatives to recommend for the upcoming school year.

## **7. Wellness Communication Initiative**

The committee discussed enhancing communication around student and staff wellness through district channels.

Dr. Jordan confirmed approval to move forward with a “Wellness Corner” in district newsletters, following a concept introduced by the Dr Foster during a prior meeting.

Planned content may include:

- Nutrition tips
- Mental health resources
- Student-focused wellness guidance

A shared document will be created for collaborative content development.

## **8. Future Meeting Requirement**

The committee will schedule one additional meeting to meet the annual requirement of four meetings.

## **9. Action Items**

### **Dr. Jordan**

- Obtain cost analysis for employee health clinic
- Review telehealth utilization data
- Coordinate next steps for nutrition education planning
- Create and share Wellness Corner planning document

### **Dr. Foster**

- Send dates for final SHAC meeting
- Support development of Wellness Corner initiative
- Guide development of potential SHAC recommendations

### **Student Nutrition Team**

- Provide content for Wellness Corner
- Explore student nutrition education opportunities

### **Community Members**

- Contribute wellness content and ideas
- Participate in development of future initiatives

## **10. Adjournment**

Dr. Foster adjourned the meeting at 4:49 PM and thanked attendees for their participation.