



# **SHAC REPORT**

## **2025-2026**

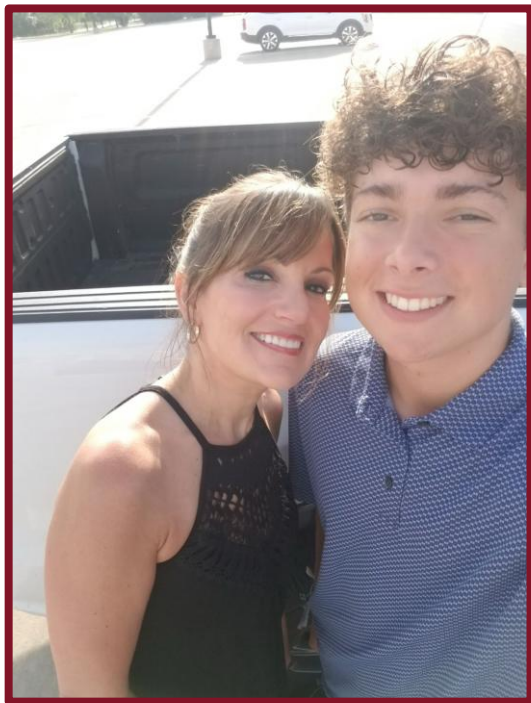
May 18, 2026

# SHAC | ROLE



- Support the district in aligning with local community values
- Play a crucial role in the intersection of health and learning
- Strengthen the knowledge and skills essential for promoting a healthy lifestyle

# SHAC | LEADERSHIP



**Heather Harrison**  
Chair



**Whitney Milson**  
Vice Chair



**Julie Wright**  
Secretary

# SHAC | MEMBERS

| <u>NAME</u>                              | <u>CAMPUS</u>             |
|--|---------------------------|
| <b><i>Heather Harrison, Chair</i></b>    | Community Member          |
| <b><i>Whitney Milson, Vice Chair</i></b> | Cox                       |
| <b><i>Julie Wright, Secretary</i></b>    | Texas Health              |
| Kaitlan Thomas                           | Peterson, Pike, Northwest |
| Melody Shue                              | Northwest                 |
| Juliana Hammerle                         | Lakeview                  |
| Laynie Johnson                           | Wilson                    |
| Susan Morgan                             | Lakeview                  |
| Elisa Shankle                            | Hatfield, Pike            |
| Yen Brown                                | NISD Support Services     |

| <u>NAME</u>              | <u>CAMPUS</u>           |
|--------------------------|-------------------------|
| Mallory Norvell          | Aramark                 |
| Rebekkah Dellcaio-Bazley | NISD Health Services    |
| Vernell Dunn             | Aramark                 |
| Malcolm Johnson          | Tarrant County          |
| Teresa English           | Adams                   |
| Charity Tout             | Northwest               |
| Leslie Nesbitt           | Curtis                  |
| Hayley Bell              | Lakeview                |
| Brittany Connolly        | Berkshire               |
| Michelle Shilling        | District Representative |



# SHAC | PRESENTATIONS



- What's New in Student Nutrition
- Student Favorites
- Limited Time Offers



- Resources for Parents
- Monthly Lunch & Learn
- Teen Workshops



- Secondary Prevention
- Heart Safe Schools
- How to main certification



# SHAC | ACCOMPLISHMENTS

- ★ Provided volunteers & support for the Reindeer Romp
- ★ Hands Only CPR & AED training
- ★ Kids Heart Challenge
- ★ 21 Day Challenge / Kids Teaching Kids
- ★ 21 Day Challenge @ Work
- ★ Walktober
- ★ Fit Don't Quit



**2,421**  
participants



# AMERICAN HEART ASSOCIATION



**KIDS  
HEART  
CHALLENGE™**



# Champions' Berry Crunch Delight

Northwest ISD - Byron Nelson High School

Harley Stautev, Katalina Rincon, Katelyn Anderson, Gavin Spaugh, Olivia Bixby

**21 DAY** SNACKING CHALLENGE

Click or scan the QR code to see how it's made.



## Ingredients

- 1/2 each Apple, Raw, Small
- 3 each Strawberries, Raw, Small
- 1/4 cup Raspberries, Raw
- 1/2 cup Greek Yogurt, Non-Fat, Zero Sugar, Vanilla
- 1 Tbsp Granola, Oats & Honey
- 1 pinch Cinnamon

## Utensils/Equipment

- Cutting Board
- Butter Knife
- Mixing Bowl
- Measuring Cups
- Spoon
- Serving Bowl
- Measuring Spoon

## Nutrition Facts

|                   |      |
|-------------------|------|
| No. of Servings   | 1    |
| Calories          | 140  |
| Fat (g)           | 1.5  |
| Saturated Fat (g) | 0.0  |
| Fiber (g)         | 5.0  |
| Sugar (g)         | 12.0 |
| Added Sugar (g)   | 2.0  |



## Step-by-Step Directions

1. Using a butter knife, dice half of the apple into small pieces and place in a mixing bowl.
2. Dice the strawberries and slice the raspberries in half, then add them to the mixing bowl.
3. Spoon the yogurt into the mixing bowl and stir to combine it with the fruit.
4. Transfer the fruit and yogurt mixture to a serving bowl. Then, top with granola and a sprinkle of cinnamon.
5. Enjoy!



**Activity Video**  
Dice Dice Baby  
Mans ISD



**Wellness Video**  
Mia and the Magic Mirror  
Sanger ISD



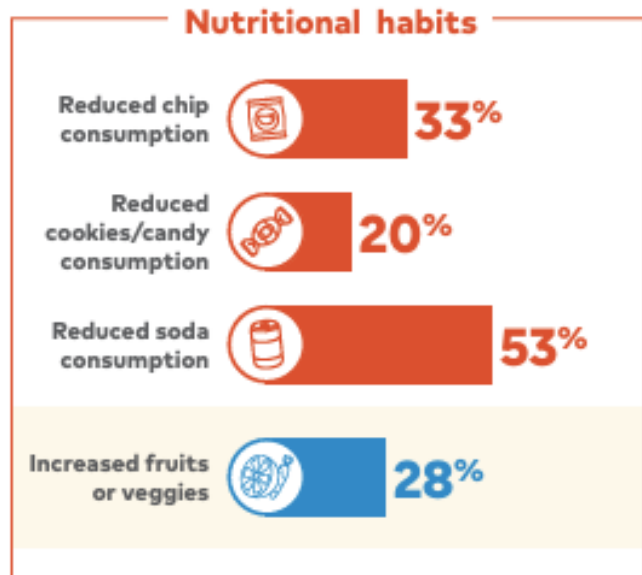
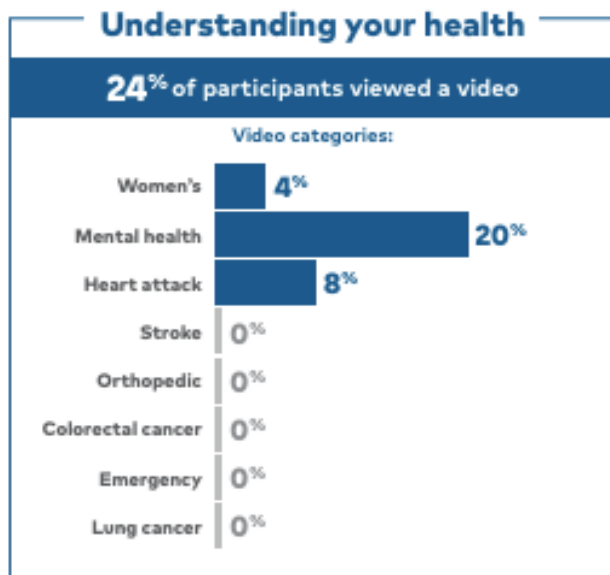
**21 DAY SNACKING CHALLENGE**



**21 DAY** **SNACKING CHALLENGE**  
@WORK



*Schluter*  
**SPURS**



# EMPLOYEE WELLNESS | WALKTOBER

## WALKTOBER

*Fit Don't Quit Dashboard*

USE THE DROPDOWNS TO FILTER BY WEEK OR CAMPUS

Week #

Campus



83.5M

TOTAL DISTRICT  
STEPS



12,070

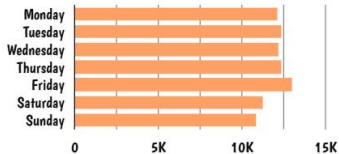
AVERAGE DAILY  
STEPS



60<sub>oz</sub>

AVERAGE DAILY  
WATER INTAKE

### AVERAGE ACTIVITY PER DAY



### LEADING CAMPUS AVERAGE STEP COUNT

|                     |        |
|---------------------|--------|
| Medlin              | 19,295 |
| NISD Transportation | 19,081 |
| Pike                | 15,335 |
| Roanoke             | 14,294 |
| Beck                | 13,578 |



577 participants

## TOP 10 Leader Board

- Diana Basuki 1,073,353
- Ethan Gordon 1,062,688
- TJ Hyde 1,054,122
- ReBecca Jordan 1,035,000
- Elizabeth Walsh 870,300
- Amy Smith 854,900
- Traci South 846,600
- Melissa Knox 837,180
- Keith Barnes 809,770
- Liz Zeringue 766,415
- Anthony Tacin 766,415

\*Please note, data can take 15 minutes to update and refresh

[CLICK HERE to view your personal stats](#)



# EMPLOYEE WELLNESS

# Fit Don't Quit

## FIT DON'T QUIT

### District Dashboard

USE THE DROPDOWNS TO FILTER BY WEEK OR CAMPUS

Week #

Campus

Team



468,075

TOTAL DISTRICT  
MINUTES OF  
ACTIVITY



86

AVERAGE DAILY  
MINUTES OF  
ACTIVITY



61 oz

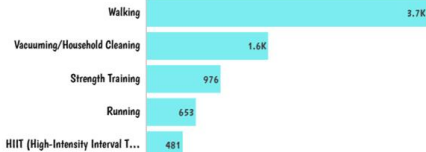
AVERAGE DAILY  
WATER INTAKE



10,528

AVERAGE  
STEPS A DAY

### TOP CHOSEN ACTIVITIES



## LEADERBOARD

| Rank | Team                             | Avg. pts |
|------|----------------------------------|----------|
| 1.   | How! Yeah!                       | 439.3    |
| 2.   | The Unseen Dark Hour Athletes    | 430.8    |
| 3.   | Sped Speedsters                  | 415.4    |
| 4.   | #GymCrush                        | 357.4    |
| 5.   | WooHoo Steppers                  | 354.8    |
| 6.   | For the LOVE of Fit              | 350.2    |
| 7.   | Cirque du Sore Legs              | 347.9    |
| 8.   | All Lion No Cryin                | 320.1    |
| 9.   | The Grith...itty, & The We Don't | 317.7    |
| 10.  | Conf...                          |          |
| 11.  | Hust...                          |          |
| 12.  | T...                             |          |

\*Please no



# WEEKLY WINNERS |

# Fit Don't Quit

# 1



**Haw Yeah!**  
Carter ES

# 2



**SPED Speedsters**  
Roanoke ES

# 3



**Dark Hour Athletics**  
Clara Love ES

# 4



**Gritty, Fitty, & Won't Quitty**  
Medlin MS



# Thank you

