

## **ARGYLE ISD**

### **SHAC Minutes 5-14-26**

#### **School Health Advisory Council**

Meeting Minutes – May 14, 2026

Meeting Time: 4:00 PM

Adjourned: 4:37 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

Traca Maestas, School Nurse – 6th Grade Center

Denise King, School Nurse – Argyle Middle School

##### Community Members

Dr. Erica Swicegood, Psychiatrist / Parent

#### **Members Unable to Attend**

Alona Finch, Jana Weaver, Emily Mericle, Deborah Cottle

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

Dr. Foster called the meeting to order. Members reviewed and approved prior meeting minutes.

The committee also discussed future SHAC membership and the possibility of adding additional parent and community participants next school year.

#### **2. Employee Health Clinic Update**

Dr. Jordan provided an update on the proposed employee health clinic partnership with Methodist Health System.

Discussion included:

- Updated projected costs
- Potential use of existing district facilities
- Existing telehealth benefits
- Long-term feasibility considerations

The clinic proposal remains a longer-term initiative rather than an immediate project for the upcoming school year.

### **3. Wellness Corner Initiative**

Dr. Jordan confirmed that the district Wellness Corner has officially launched within district communications.

The committee discussed:

- Continuing regular wellness messaging
- Summer safety and health topics
- Promoting the Wellness Corner through email and social media
- Expanding parent awareness and engagement

### **4. Nutrition Education Planning**

The committee discussed possible nutrition education initiatives for next school year.

Ideas included:

- Short nutrition-focused videos
- Monthly wellness themes
- Cafeteria signage
- Morning announcement wellness content
- Student-focused nutrition education

Members discussed practical methods for reaching students without significantly increasing staff workload.

### **5. Student Wellness Outreach**

Members discussed utilizing existing district events for wellness outreach opportunities, including:

- Back-to-School Bash
- Campus events and carnivals
- Informational wellness booths and activities

The committee discussed increasing SHAC visibility through existing district programs and events.

## **6. Counseling and Mental Health**

Dr. Quast shared that counseling staff will present mandated prevention education plans and updated counseling scope and sequence materials during future SHAC meetings.

The committee discussed continued focus on:

- Mental health awareness
- Counseling communication
- Parent education and wellness support

## **7. Board Communication and Meeting Planning**

Dr. Jordan reviewed SHAC reporting requirements and future public posting procedures for meetings.

The committee discussed:

- Preparing an annual SHAC summary report for the Board of Trustees
- Future agenda posting through BoardBook
- Tentative meeting months for next school year 2026-2027:
  - September
  - November
  - February
  - April

## **8. Action Items**

Dr. Jordan

- Continue coordinating Wellness Corner communications
- Share SHAC guidance resources
- Coordinate future meeting postings

Dr. Foster

- Prepare SHAC board summary report
- Coordinate future meeting dates

Committee Members

- Continue contributing wellness ideas and educational resources

## **9. Adjournment**

Dr. Foster adjourned the meeting at approximately 4:37 PM and thanked attendees for their participation throughout the school year.