Red Oak ISD Student Health Advisory Committee
Meeting Minutes

Date: 5/12/26

SHAC Members Present

Maricela Torres- SHAC Coordinator
Victoria Ybarra- Director of Student Nutrition
Melody Hawkins- ROISD, District Counseling Services
Dr. Rebeca Piatini- Community Member*
Shelsey Wood- Parent (Eastridge)- Chair*
Cassie Street- Parent (Shaw) and Community- Secretary*
Audrey Taylor- Parent (ROHS & HS PTSA)*- Co-Chair
Elizabeth Haugh- Curriculum Coordinator for Health Science, PE & Math
Kendra Morris- Parent (DTS)*
Stephen Flores- District Elementary PE lead
Julie Phillips- Director of Purchasing
Lori Rowe- Director of Health Services

*=voting SHAC member

Call to Order

Maricela Torres called the meeting to order at 6:05pm and welcomed attendees. Members introduced themselves and shared their roles within the district or community.

Agenda Item: Review of Local Wellness Policy and Wellness Plan

The committee discussed the district's current Local Wellness Policy (FFA) and related regulations/wellness plan. Members reviewed the distinction between:

- Legal Policy – state/federal requirements
- Local Policy – board-adopted district policy
- Regulation/Wellness Plan – implementation procedures and action steps within the district

Discussion focused on three major wellness areas:

1. Nutrition and nutritional environment
2. Physical fitness/activity
3. Wellness and health services

Nutrition and Smart Snacks Discussion Victoria Ybarra presented information regarding:

- USDA/TDA Smart Snack requirements
- Competitive foods regulations
- Foods sold versus foods made available to students

- Fundraiser exemptions
- Audit and reimbursement implications for noncompliance

Key discussion points included:
- Foods sold during the school day must meet Smart Snack standards except for six approved fundraiser days per campus annually.
- Foods given away as incentives currently lack consistent oversight.
- Existing policy allows elementary campuses five approved free-food event days, with additional principal discretion.
- Concerns were raised regarding:
    - excessive sugary snacks used as incentives,
    - allergy concerns,
    - highly spicy snacks,
    - and classroom food rewards.

The committee discussed the need for:
- Better guidance for campuses regarding approved snack items
- Training for requisitioners and campus staff
- Possible “avoid lists” or preferred item guidance
- Gradual implementation to avoid burdening campuses and staff

Proposed Revisions Discussed
- Remove outdated language regarding carbonated beverages due to updated TDA allowances for certain high school beverages.
- Update references from “junior high” to “middle and high school.”
- Revise implementation procedures/regulations to align with current practices and legal requirements.

Physical Activity and Fitness Discussion
Members discussed revising wellness plan action items related to physical activity and fitness. Topics included:
- Encouraging movement throughout the school day
- Incorporating classroom movement activities
- Community and campus-wide wellness initiatives
- Reviewing outdated action steps and district wellness events no longer in practice

Suggestions included:
- Fitness Fridays
- Community walks/runs
- Classroom activity breaks
- Teacher support and professional development opportunities

Wellness and Health Services Discussion
The committee discussed recent legislation related to:
- parental consent,

- parental rights,
- counseling services,
- and student wellness supports.

Members noted that current local policy and implementation plans will need revisions to align with updated legal requirements.
Reference districts and sample policies from other districts, including Goose Creek ISD, were discussed as possible models.

Agenda Item: SHAC Bylaws and Membership Discussion

The committee reviewed SHAC bylaws and discussed:

- correcting a typographical error,
- clarifying voting member language,
- and maintaining staggered member terms for continuity.

Discussion also included:

- officer term limits,
- upcoming leadership transitions,
- and planning for next year's committee membership and September meeting.

Action Items

- Review and revise wellness regulation/implementation plan.
- Update nutrition-related language regarding carbonated beverages and grade-level references.
- Develop guidance/training materials related to Smart Snack compliance.
- Review parental consent and wellness-related legal updates.
- Present bylaw revisions and SHAC annual report to the school board by June.
- Recruit and confirm SHAC parent members for the upcoming school year.

Adjournment

The meeting adjourned at 7:20pm