

**Academy of Accelerated Learning, Inc.**

6711 Belfort St.,  
Houston, TX 77087  
713-668-8237

*“Reaching for the Stars”*

**Date:** June 2, 2026

**Time:** 2:00 PM

**Location:** Belfort Campus - Virtual Meeting

## **Meeting Overview**

The meeting was called to order by Brianna Perez, Health Coordinator. A quorum was present. The purpose of the meeting was to review student health curriculum options, finalize wellness priorities for the 2026-2027 school year, and discuss upcoming wellness initiatives, including planning for a district-wide family health fair.

## **Approval of Previous Minutes**

- Previous meeting minutes from April 2026 were reviewed
- No corrections were noted
- Minutes were approved unanimously

## **Wellness Priorities for 2026-2027**

SHAC reviewed the district's wellness policy discussions conducted throughout the school year and facilitated discussion regarding priority focus areas for the upcoming school year.

### **Potential Areas Discussed**

- Health Education and Prevention
- Hygiene, Puberty, and Student Development
- Nutrition and Physical Activity
- Family and Community Engagement

### **Priority Area #1: Nutrition and Physical Activity**

- Continued education and resources promoting healthy lifestyles
- Increased awareness of nutrition and wellness practices

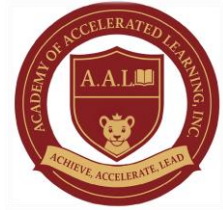
### **Priority Area #2: Hygiene, Puberty, and Student Development**

- Age-appropriate instruction and resources for students
- Focus on personal hygiene, physical development, self-care, and healthy decision-making

Members agreed these priorities reflected previously identified student needs and should guide SHAC planning efforts for the upcoming school year.

## **Curriculum Review and Voting Results**

The committee reviewed health and wellness curriculum options and members were provided the opportunity to submit final recommendations through the SHAC Curriculum Review and Voting Survey.



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### Curriculum Options Reviewed

- Choosing the Best - Focus on relationships, decision-making, risk avoidance, and age-appropriate human development
- CATCH (Coordinated Approach to Child Health) - Focus on physical activity, nutrition, classroom-based health instruction, and family/community engagement
- Always Changing & Growing - Focus on puberty, hygiene, adolescent development, self-care, and confidence-building
- Youth Equipped - Focus on character development, leadership, healthy decision-making, social-emotional skills, risk prevention, and personal responsibility
- CATCH + Supplemental Curriculum Model - Layered model combining CATCH with targeted supplemental resources

### Voting Summary

| Option                                | Final Recommendation Count |
|---------------------------------------|----------------------------|
| CATCH + Supplemental Curriculum Model | 5                          |
| Choosing the Best                     | 5                          |
| Youth Equipped                        | 4                          |
| Always Changing & Growing             | 3                          |

### Consensus

Based on discussion and voting results, the committee supported recommending a CATCH + Supplemental Curriculum Model for district consideration. This model allows the district to address nutrition, physical activity, wellness, hygiene, puberty, student development, healthy decision-making, healthy relationships, and family engagement through a layered instructional approach.

The survey results also showed support for supplemental resources such as Choosing the Best, Always Changing & Growing, and Youth Equipped, indicating that members favored a comprehensive model rather than a single-resource approach.

### District-Wide Wellness Initiative

Ms. Perez reviewed plans for a district-wide Back-to-School Health and Resource Fair.

### Proposed Focus Areas

- Student immunization compliance
- Health and wellness resources
- Nutrition education
- Community service resources
- Family support services

Discussion included tentative planning for an event during the last week of July or first week of August 2026 to assist families in preparing for the upcoming school year. No objections were raised by committee members.



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### **Consensus**

The committee supported moving forward with planning a Back-to-School Health and Resource Fair for the 2026-2027 school year.

### **Parent Communication and Consent**

The committee reaffirmed the importance of:

- Providing parents with advance notice regarding health-related programs and presentations
- Communicating program information prior to implementation
- Obtaining parent consent when required for student participation

Members agreed that transparent communication with families should remain a priority for all health-related programming.

### **Final Recommendations to Leadership**

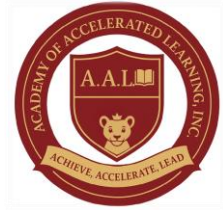
The SHAC committee agreed to forward the following recommendations to district leadership and the Board:

- Adopt two primary wellness focus areas for 2026-2027: Nutrition and Physical Activity; Hygiene, Puberty, and Student Development
- Move forward with a CATCH + Supplemental Curriculum Model as the recommended health and wellness curriculum framework
- Use supplemental resources, as appropriate, to support instruction in hygiene, puberty and student development, healthy relationships, decision-making, self-care, and personal responsibility
- Continue planning a district-wide Back-to-School Health and Resource Fair
- Continue parent communication and consent procedures for student health education programs
- Prepare a summary report and recommendation for presentation to the Board in August 2026

### **Next Steps**

Ms. Perez stated that she will:

- Finalize the SHAC Meeting #4 minutes
- Compile and maintain curriculum voting results with SHAC documentation
- Prepare a summary report and recommendation for district leadership and Board review in August 2026
- Coordinate next steps for the Back-to-School Health and Resource Fair
- Ensure SHAC documentation and website posting requirements remain compliant with TEA guidelines
- Share finalized voting outcomes and next steps with SHAC members
- Coordinate planning for the 2026-2027 SHAC program year



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**Adjournment**

- Motion to Adjourn: Brianna Perez
- The meeting was adjourned at 2:26 PM

**Attendance**

**District Representatives**

- Brianna Perez, SHAC Council Coordinator
- Jeri (Gracie) Brown, SHAC Liaison/Secretary
- Janet Jefferson, District Counselor
- Kathy Queen, RN

**Parent/Community Representatives**

- Crystal H.
- Raquel Thomas
- Dominisha Brown
- Yordanos Tesfaye
- Maria, Parent Representative
- Ursula, Parent/Community Representative

**Actions Taken**

- Quorum Established
- April 2026 Meeting Minutes Approved
- Wellness Priorities Established for 2026-2027
- Back-to-School Health and Resource Fair Supported
- Parent Communication and Consent Expectations Reaffirmed
- Curriculum Voting Results Reviewed

CATCH + Supplemental Curricula