

**Argyle ISD School Health Advisory Council (SHAC)
2025–2026 Annual Report to the Board of Trustees**

The Argyle Independent School District School Health Advisory Council (SHAC) met four times during the 2025–2026 school year in accordance with Texas Education Agency requirements. The SHAC serves in an advisory role to the Board of Trustees regarding student health, safety, wellness, and well-being.

2025–2026 SHAC LEADERSHIP

Chair:	Roshni Foster, MD, PhD, Allergist / Parent
Vice Chair:	Amy Fannin, PT, DPT, Physical Therapist / Parent
Secretary:	Alona Finch, BSN, RN, Nurse / Parent

District Members:

Assistant Superintendent	Dr. Dawn Jordan, EdD, MEd
Director of Counseling /Crisis Counselor	Dr. Heather Quast, PhD, CSC, LPC, LMFT

Health Services – District Staff

School Nurse – Argyle Middle School	Denise King, MSN, RN
School Nurse – Sixth Grade Center	Traca Maestas, RN

Community Members

Nutritionist / Parent, Radiant Nutrition	Janna Weaver, RDN, LD
Psychiatrist / Parent	Dr. Erica Swicegood, MD
Nurse / Parent	Emily Mericle, RN
Argyle Lions Club, GST Coordinator	Deborah Cottle

Committee Membership Included: District administration, Counseling leadership, School nursing staff, Student nutrition leadership, Community healthcare professionals, Parent representatives, and Community members.

PRIMARY AREAS OF FOCUS

After reviewing district programming and community needs, the SHAC focused on:

- Nutrition services and nutrition education
- Mental, emotional, and social health
- School health environment, safety, and wellness
- Student, family, and staff well-being

MAJOR TOPICS AND INITIATIVES

Employee Health Clinic Exploration

One of the most significant strategic discussions during the school year involved exploring the feasibility of a future employee health clinic partnership between Argyle ISD and Methodist Health System.

Dr Jordan presented information regarding potential clinic models designed to improve access to healthcare services for employees and their families while supporting staff recruitment, retention, wellness, and reduced absenteeism. SHAC reviewed potential operational models, facility needs, staffing considerations, startup costs, utilization projections, and opportunities for collaboration with community partners.

The committee also discussed the district's existing telehealth benefit and considered whether in-person healthcare access would provide additional value for employees and their families. Members recommended gathering additional information regarding employee preferences, utilization patterns, and long-term financial viability before future decisions are made.

The concept remains a longer-term initiative and SHAC supports continued exploration of innovative employee wellness solutions that may strengthen Argyle ISD's ability to attract, support, and retain outstanding staff members.

Launch of the Wellness Corner

A major accomplishment of the 2025–2026 SHAC was the development and launch of the Argyle ISD Wellness Corner.

Following a concept introduced by SHAC Chair, the committee discussed creating an ongoing wellness communication platform to provide practical, evidence-based health information to district families and staff. District administration approved the initiative and established a dedicated Wellness Corner within district communications.

The Wellness Corner was designed to extend SHAC's impact beyond committee meetings by providing accessible wellness information throughout the year. Topics identified by the committee included:

- Nutrition and healthy eating habits
- Mental and emotional wellness
- Illness prevention and seasonal health topics
- Parent wellness resources
- Student wellness information
- Athletic nutrition and performance
- District wellness programs and resources

Healthcare professionals, nutrition experts, counselors, nurses, and district leaders collaborated to develop content and identify future topics. The first Wellness Corner communication launched during the spring semester and focused on summer health and safety topics.

SHAC views the Wellness Corner as a sustainable, cost-effective initiative that strengthens communication between the district, families, and community health professionals while promoting healthy lifestyles and wellness awareness throughout the Argyle community.

Nutrition Services and Student Nutrition Education

The committee received a comprehensive review of district nutrition services, wellness policies, meal programs, and student nutrition initiatives from the Student Nutrition Department.

Discussion included:

- School meal program operations requirements
- Wellness policy compliance
- Nutrition promotion efforts across campuses
- Federal and state nutrition requirements
- Triennial wellness assessment findings
- New menus with student input

Committee members also discussed opportunities to expand practical nutrition education for students, particularly at the middle school and high school levels. Potential future initiatives included healthy breakfast education, sports nutrition, hydration awareness, healthy snack choices, and monthly nutrition themes.

The committee emphasized the importance of providing practical, age-appropriate nutrition information that students can apply in everyday life.

Mental, Emotional, and Social Health

SHAC continued its review of Argyle ISD's counseling and wellness programming. The committee received updates regarding prevention education and student support services, including:

- Substance abuse prevention
- Bullying prevention
- Skills for Learning curriculum
- Resilience
- Suicide prevention
- Healthy relationships education
- Character development and student

Members discussed opportunities to strengthen communication with families regarding available counseling resources and explored ways to align wellness messaging across district programs.

LOOKING AHEAD TO 2026–2027

The committee identified several priorities for continued focus next school year:

- Expansion of nutrition education resources
- Continued growth of the Wellness Corner initiative
- Increased student-facing wellness communication
- Ongoing review of counseling and prevention programming
- Continued exploration of employee wellness initiatives
- Increased community engagement and wellness outreach

The SHAC appreciates the support of the Board of Trustees, district administration, staff, parents, and community members who contributed throughout the year. The committee looks forward to continuing its work in support of healthy, safe, and thriving students, staff, and families across Argyle ISD.