

SHAC (Student Health Advisory Council)

Annual Report 2025-2026

The Barbers Hill SHAC was organized in 2010. An application to join SHAC for 2025-26 was posted on the district website and applications were also distributed at Eagle Launch. Applications were received and new members were selected. The names were presented to Dr. Poole and the School Board at the August 25, 2025 board meeting. Members were approved and appointed. The total number of members is 13. Lesley Gershmel was the Chair and Jennifer Phillips the Co-Chair. Scheduled meetings were held on November 11, January 13, March 17, and May 12.

November 11, 2025

The Barbers Hill ISD Student Health Advisory Council (SHAC) met on November 11, 2025, to review district health and wellness initiatives. Members reviewed the 2025–2026 SHAC By-Laws and recommended no changes. Lesley Gershmel was appointed SHAC Co-Chair, and Sarah Strickland was appointed Minute Keeper for the 2025–2026 school year.

The council discussed this year's vaping prevention presentations at the middle schools, led by returning presenter Rob Holla. Feedback from students and parents has been positive, with reports that the presentations have encouraged some students to stop vaping.

District wellness updates included strong participation in the annual employee wellness screening, with 231 employees participating. West Chambers also provided flu, TDAP, and B12 vaccinations for staff. Additionally, BHISD will continue annual Stop the Bleed training for students in grades 7–12, with plans to expand participation and pursue grant funding for campus training kits.

The council also noted that the MD Anderson Mammogram Truck will continue to visit the district annually.

January 13, 2026

The Barbers Hill ISD Student Health Advisory Council (SHAC) met on January 13, 2026, to discuss employee wellness initiatives, parent engagement efforts, nutrition services, and student safety training. The committee approved the November 11, 2025, meeting minutes.

The council reviewed ideas for a new employee wellness challenge to increase staff participation. After discussing several options, members agreed to implement a district-wide step challenge. Participants who achieve at least 50,000 steps per week during the challenge will receive incentives, including running belts and opportunities to win additional prizes.

An update was provided on the district's planned parent workshop. Due to the need for additional planning and promotion, the workshop has been postponed until Spring 2027. The future event will focus on supporting parents of students of all ages through guest speakers and educational resources.

The committee also received an overview of the School Nutrition Department's special diet accommodation procedures and reviewed the monthly *Eagle Eats* newsletter, which provides nutrition education and highlights upcoming menu items for families.

Finally, updates were shared regarding the Stop the Bleed program. To increase accessibility and participation, students will now have the option to complete online training and a quiz, while annual in-person training opportunities will continue to be offered at the high school.

March 17, 2026

The Barbers Hill ISD Student Health Advisory Council (SHAC) met on March 17, 2026, to review student safety initiatives, employee wellness programs, health education updates, and physical activity opportunities for students. The committee approved the January 13, 2026, meeting minutes.

An update was provided on the Stop the Bleed training program, which was offered in an online format this year. Approximately 40 participants completed the online training and in-person demonstration. Due to the positive response, the district plans to continue offering the online option in the future.

The council discussed plans to enhance staff safety training for the 2026–2027 school year. BHISD will implement a new required online training module for all staff focused on choking prevention and emergency response.

Jennifer Phillips also shared details about the district's employee wellness initiative, *Step Into Spring*, a four-week step challenge designed to encourage physical activity and healthy habits among staff members.

Updates were provided regarding the *Youth Equipped to Succeed* program. The district will continue offering a virtual parent presentation due to strong participation last year, with student presentations scheduled for sixth and seventh-grade students in May 2026.

The committee also reviewed physical education and recess opportunities across the district. Elementary campuses have increased daily recess by 15 minutes, providing students with 30 minutes of recess each day, while intermediate students continue to receive 15–20 minutes of daily recess.

The meeting concluded with discussion of SB 865, the Landon Payton Bill, an emergency response drill requirement, with additional information expected in the future.

May 12, 2026

The Barbers Hill ISD Student Health Advisory Council (SHAC) met on May 12, 2026, to review employee wellness initiatives, student health programs, community events, and public health updates. The committee approved the March 17, 2026, meeting minutes.

Jennifer Phillips shared results from the district's employee wellness step challenge, which included participation from 216 employees. Incentives such as belt bags and a gift card for the "Top Stepper" were awarded. The initiative was well received, and the committee agreed to continue the program in future years. Staff also participated in the Barbers Hill Walk Together for Mental Health event, which helped conclude the challenge.

Lesley Gershmel provided an update on the Mental Health Walk, with discussion focused on strategies to increase participation next year, including improved communication from counseling staff.

Jennifer Phillips also reported on the MD Anderson Mammogram program, with 30 employees participating, and the committee agreed to continue offering this service annually.

The Youth Equipped to Succeed program concluded for the year, with approximately 60% participation across campuses and increased engagement in the virtual parent information sessions due to improved outreach efforts.

Ashlee Boothe shared plans for the upcoming School Supply Bash, a community partnership event scheduled for July 28 at the BHISD Field House, where School Health Services will provide health-related resources and information for families.

During open discussion, Makayla Emmons-Smith shared updates from the Chambers County Health Department, including support for back-to-school immunization efforts and preparedness for potential public health concerns related to increased international travel during the upcoming FIFA World Cup in Houston.

