

School Health Advisory Council

September 14, 2026



Sign-In



Agenda

- SHAC Introduction
- Overview of SHAC and the Coordinated School Health Programs
- Fentanyl Presentation
- Child Nutrition Program
- Wellness Plan – Texas Health Community Hope
- Subcommittees



Questions?

Please submit using this QR code

Keller ISD SHAC Meeting
Questions



- Take a picture of this QR code
- Use this throughout the night to submit questions.
- We will ensure they are routed to the appropriate district contact for answers to your question.
- A link to all questions and answers will be provided to SHAC members and appropriate district staff.

SHAC Overview

Jennifer Price, Chief Academic Officer



SHAC Introduction:

Overview of SHAC Requirements

Texas districts are required to form a School Health Advisory Committee (SHAC)

Texas law (Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004)

- Districts must consider SHAC recommendations before changing any health education or instruction.
- School Health Advisory Committees (SHACs):
 - Assist the district in ensuring that local community values are reflected in the district's health education instruction.
 - Make recommendations in the following areas:
 - Number of hours for health education (K-8th) and yes/no graduation requirement for high school health education.
 - Policies, procedures, strategies, and curriculum appropriate for preventing physical health and mental concerns
 - Grade levels and methods for human sexuality instruction
 - Strategies for integrating the general school curriculum with the coordinated health services program
 - Collaborations and partnerships with community organizations
 - Strategies to increase parent awareness of drug abuse, prevention, and opioid antagonists
 - Grade levels and curriculum for: child abuse, family violence, dating violence, and sex trafficking
 - Advise trustees on any course materials and instruction relating to human sexuality, sexually transmitted diseases, or human immunodeficiency virus or acquired immune deficiency syndrome.
 - Provide trustees with an annual report of recommendations and council activities.



SHAC Introduction:

Overview of Coordinated School Health Programs

Texas Education Agency (TEA):
Eight Components of Coordinated School Health

1. Health Education
2. Healthy and Safe School Environment
3. Counseling and Mental Health Services
4. Parent and Community Involvement
5. Staff Wellness Promotion
6. Health Services
7. Physical Education
8. Nutrition Services

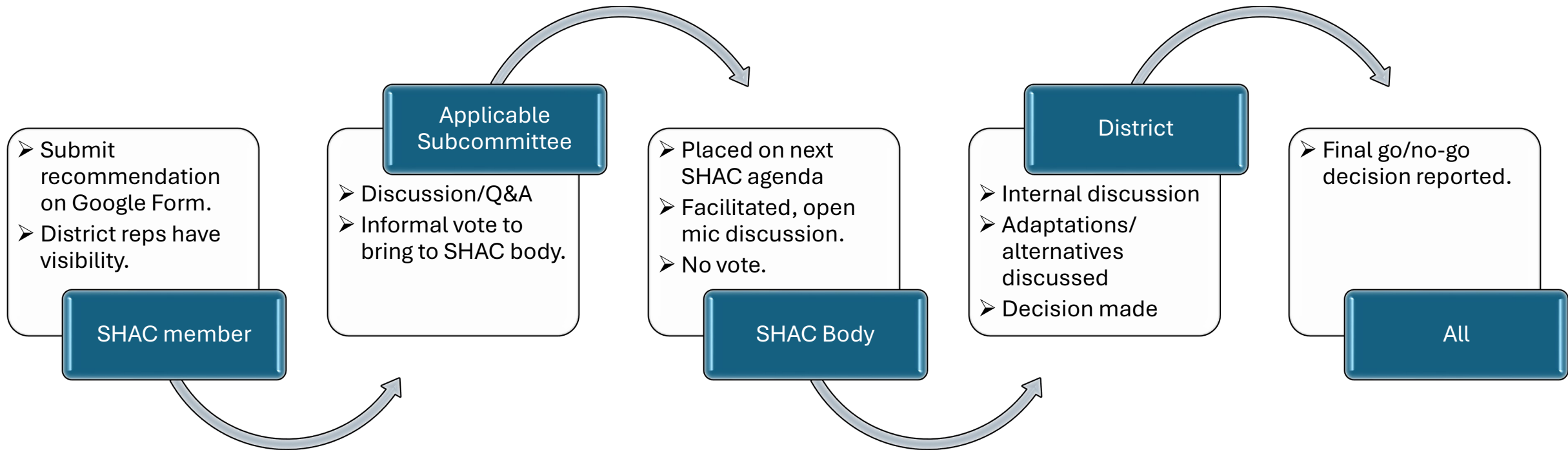


CDC: Whole School, Whole Community, Whole Child



SHAC Introduction:

Overview of Recommendation Process



SHAC Introduction:

Resources

- Keller ISD SHAC Website
 - Meeting dates
 - Meeting agendas, minutes, and recordings
 - Bylaws
 - BDF, FFA, and EHAA policies
 - <https://www.kellerisd.net/departments/health-services/school-health-advisory-council>
- Texas Department of State Health Services
 - SHAC Guidance Packet
 - <https://www.dshs.texas.gov/texas-school-health/texas-school-health-advisory-committee-tshac/school-health-advisory-councils>
- Texas Education Code requiring SHAC formation:
 - <https://statutes.capitol.texas.gov/Docs/ED/htm/ED.28.htm#28.004>
- Healthier Texas
 - <https://healthiertexas.org/shac/>
- Texas SHAC Network
 - <https://www.txshacnetwork.com/>



SHAC Introduction:

2025-2026 Review

1. Established a process for SHAC member recommendations
2. Reviewed/updated SHAC Bylaws
3. Fostered active subcommittees
4. Reviewed the updated Wellness Plan
5. Fostered community partnerships
6. Reviewed curriculum, programs, and components of Coordinated School Health
7. Provided opportunities for educational parent forums on topics such as drug, alcohol, gun safety, and trafficking awareness



Fentanyl Presentation

Kristen Elam, Director of District Counseling Programs and CCMR



History on Fentanyl Lessons

- 2023-2024-House Bill 3908, known as Tucker's Law
- Requires Texas public schools to provide instruction on Fentanyl and opioid abuse prevention and drug poisoning awareness.
- In KISD, Alliance for Children delivered lessons regarding Fentanyl and opioid abuse prevention (2023-2026)
- 2026-2027-Alliance for Children funding source changed and they were no longer able to provide instruction regarding drugs/Fentanyl.



Fentanyl Presentation

Fentanyl Presentation



Questions and Feedback

Fentanyl and Opioid Abuse
Prevention Lessons





WHITSONS®

Culinary Group



WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

ABOUT US

Whitsons Culinary Group is currently the 15th largest dining service provider in the U.S. We lead the industry with customized services, innovative programs, and commitment to quality, nutrition, local sourcing, sustainability, and community support.



SERVING MULTIPLE SECTORS

Bringing 45 years of food manufacturing experience to the food service industry table.

LONG AND PROUD HISTORY OF GROWTH SINCE 1979

Whitsons is setting new standards for the food service industry with wholesome foods and family values.

FAMILY OPERATED- NMSDC CERTIFIED

We are committed to supporting diversity and safety among our team members and customers.



Whitsons Mission is ENHANCING LIFE ONE MEAL AT A TIME™

Our mission of Enhancing Life One Meal at a Time™ means more than just serving food; it's about fostering a sense of community and hospitality in everything that we do.

We're dedicated to helping people live healthier lives through nourishing food, authentic relationships, and leaving this world a better place than we found it. It is this invisible spirit of service to others that makes our mission more than just words.

“At Whitsons, our culture is driven by our mission.”



A diverse group of people, including men and women of various ages and ethnicities, are walking away from the camera in a line. They are all wearing teal-colored t-shirts and have their arms around each other's shoulders, suggesting a strong sense of community and teamwork. They are walking on a grassy field with trees in the background. A semi-transparent purple rectangle is overlaid on the right side of the image, containing the text "OUR PASSIONS" and a paragraph about the organization's values.

OUR PASSIONS

Whitsons' team has an unwavering passion for food, family, and service that ignites the Whitsons Way. These ideals are at the heart of our organization, the inspiration behind our culture, and the vision that lights our path forward.

A photograph of two male chefs in a kitchen. The chef on the left is bald with a goatee, wearing a black cap and a blue chef's coat with a name tag that reads "Peter Jason". The chef on the right has a full beard and is wearing a blue chef's coat with a name tag that reads "Anthony Nazari" and a "WHITSON'S Culinary Group" logo. They are both smiling at the camera.

CORE VALUES

Our team members embody and express our passions through a set of core values each day. Together, these values shape our culture and drive our mission to serve our customers and surrounding communities by enhancing life one meal at a time.

TEAMWORK. Create a collaborative environment where teamwork creates opportunity.

WELLNESS. Help people lead healthier lives through balanced nutrition and activity.

SAFETY. A commitment to a safe work environment and total well-being for all.

INTEGRITY. Honor your word. Do what you say you are going to do.

AUTHENTICITY. Be transparent about what's working and what's not.

K-12 IS OUR SPECIALITY

Cultivating Healthy Minds and Bodies Through Nutritious Meals

We understand the vital role that wholesome meals play in students' academic success and overall well-being. Our commitment to providing nutritious food spans all types of educational institutions, ensuring that every child receives the sustenance they need to learn, grow, and thrive.





OUR COMMITMENT TO THE KELLER COMMUNITY

Whitsons is committed to providing meals made with wholesome, recognizable ingredients.

Consistent with our clean-label food philosophy, Whitsons has taken a leadership position by voluntarily eliminating food and beverage items containing the eight synthetic dyes flagged for removal by the FDA.

In addition, our chicken products are made with whole muscle chicken, reflecting our focus on quality, transparency, and nutrition.

By focusing on wholesome ingredients and thoughtful sourcing practices, we continue to provide meals that families, students, and clients can feel confident about.

OUR SCORECARD

Our Sustainability Scorecard measures our commitment to serving wholesome, all-natural meals to all of our customers.

Local Purchasing



rBGH FREE milk



Cage Free
Shelled & Liquid Eggs



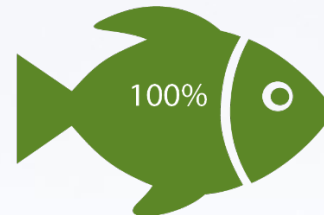
High Fructose Corn
Syrup Free milk



Organic Bulk Yogurt



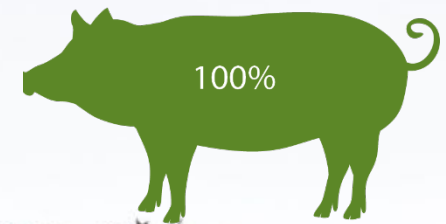
Sustainable Seafood



Antibiotic Free &
Hormone Free Chicken



Hormone Free Pork



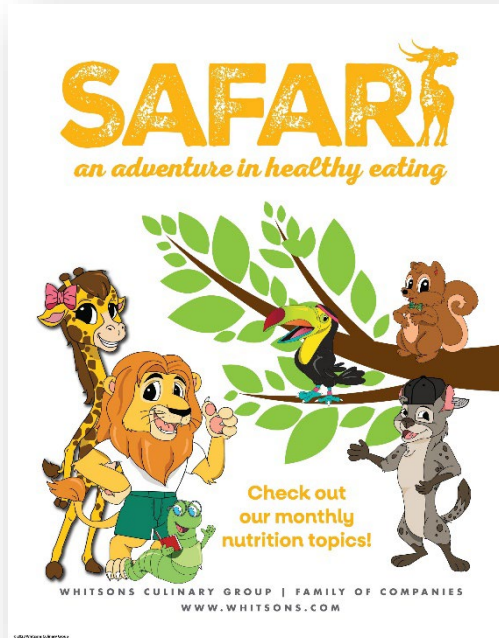
Award Winning Nutrition Education Programs

INSPIRING HEALTHY HABITS

Education is the cornerstone of healthy living, that's why we're proud to offer a holistic approach to well-being through our award-winning nutrition education programs. We understand the vital role nutrition plays in academic performance and overall health, which is why we've curated innovative programs tailored to different age groups:

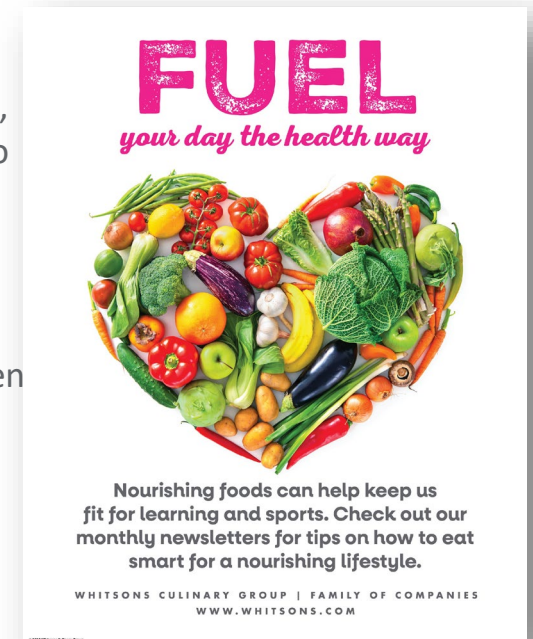
ELEMENTARY SCHOOLS

- For our younger learners, we've created our award-winning "Nutrition Safari[®]," an exciting and educational journey into the world of nutrition.
- Introduces fun 'spokesanimals', activity sheets, videos and supplemental lesson plans, creating an immersive learning environment.
- Through adventures and exploration, students discover the importance of eating right, instilling healthy habits from an early age.



SECONDARY SCHOOLS

- Designed specifically for secondary school levels, our "Fuel" program is a dynamic initiative aimed at informing, educating, and motivating students to make nutritious choices.
- Engaging tools such as monthly newsletters and promotional events.
- Through these we empower students to understand the connection between proper nutrition and optimal learning and physical performance.



CULTURAL & SPECIAL MEALS

We offer special meals-based catering towards cultural and regional food preferences among diverse demographics.

We have experience with multiple dietary preferences, cultural considerations, and food allergies.

Offering a more personalized and inclusive experience for your customers.

Including offering Gluten-free and Halal meals.



PLANT-BASED MEALS

Whitsons Partners with the Humane World for Animals to increase healthy, sustainable plant-based menu offerings to K-12 schools through Veggabols.



The first 100% plant-based K-12 concept in the country.



Harvest of the Month

Whitsons' HARVEST OF THE MONTH features farm fresh items each month. We host monthly promotional days, featuring farm fresh produce that is in season along with our fun and colorful marketing materials.



HARVEST

of the month

Bringing seasonally available items
directly to your cafeteria. Check your menu
for details about this month's feature.



WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
WWW.WHITSONS.COM

GREENLEAF *cuisine*

Fresh from farm to fork!
We source produce locally whenever
in season and available!



WHITSONS CULINARY GROUP | FAMILY OF COMPANIES
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Whitsons is committed to supporting local farmers by sourcing produce locally whenever available and in season. That makes our produce fresher, tastier and better for our customers, while helping to conserve the earth's resources, one meal at a time. In keeping with our local commitment, we are pleased to offer Greenleaf, Whitsons' local produce program. Our goal is to provide the very best produce the region has to offer, fresh from farm to fork!



WHITSONS POP-UP SHOPS

Whitsons Pop-Up Shops won the **2022 Food Management Best Concept Award** in the K-12 marketplace.

BUILDING BUZZ AND PARTICIPATION

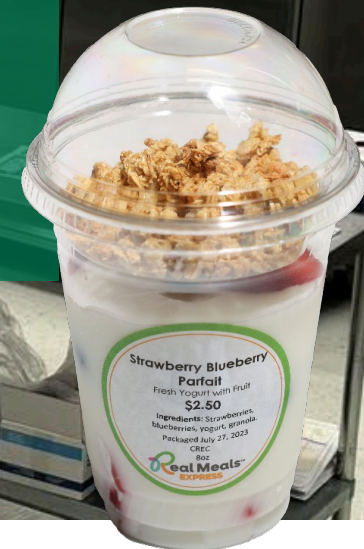
- Utilizes popular and emerging culinary food trends
- Generates excitement
- Keeps menu offerings fresh
- Entices students to try new foods
- Increases engagement





Whitsons fresh vibe for our K-12 Education service is Real Meals™ by Whitsons. With wholesome ingredients, Real Meals™ are made from scratch, using local ingredients whenever possible, helping fuel the minds and bodies of students across the country.

Watch our
Real Meals™ by
Whitsons video.





THANK YOU



WHITSONS FAMILY OF COMPANIES
WWW.WHITSONS.COM

Child Nutrition Program

Stephanie Greving, Child Nutrition Coordinator



Overview

- ❖ Child Nutrition Program
- ❖ How We Purchase Food/Supplies
- ❖ School Menus & Nutrition Standards
- ❖ What Makes a School Meal
- ❖ Smart Snacks
- ❖ Meal Prices
- ❖ Online Resources



Child Nutrition Program

- **Keller ISD** serves breakfast and lunch at every campus through the **National School Breakfast and Lunch Program**.
- These programs are **federally funded** and help provide healthy, affordable, or free meals to students who qualify.
- The programs are **authorized and funded by the United States Department of Agriculture (USDA)** and **administered at the state level by the Texas Department of Agriculture (TDA)**.



How We Purchase Food/Supplies

- Keller ISD partners with **Whitsons**, a Food Service Management Company, to **manage the day-to-day operations of the program.**
- Whitsons** purchases food and supplies to support meal service.
- Food purchased must meet **USDA nutritional guidelines.**
- Products are selected based on **USDA guidelines, student preferences, and availability.**
- Keller ISD provides **oversight of the meal program** to ensure requirements are met.



School Menus & Nutrition Standards

- Menus must follow **USDA meal pattern guidelines**.
- These standards are based on the **Dietary Guidelines for Americans**.
- Includes:
 - **Reimbursable or Complete Meals**
 - **Offer vs. Serve**
 - **Meal Patterns** for NSLP and SBP



What Is a Reimbursable Meal?

- Schools receive **federal reimbursement** for each meal that meets **USDA nutrition standards**.
- Reimbursable meals are also known as complete meals.
- To stay compliant, menus must meet specific requirements, including:
 - **Calorie ranges** based on age/grade group
 - **Sodium limits**
 - **Saturated fat limits**
 - **Sugar limits**
 - **No trans fats**



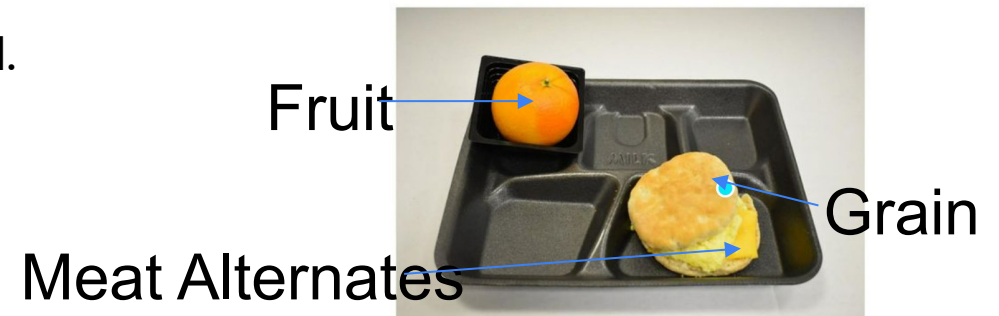
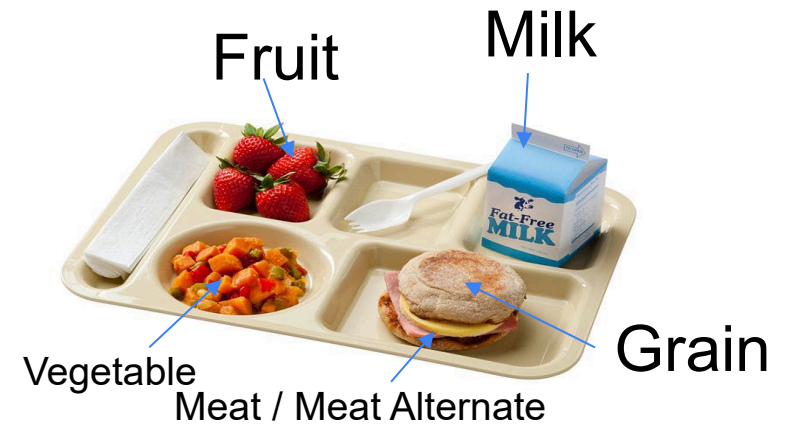
Offer vs Serve (OVS)

- **Offer vs Serve** allows students to **decline some food items** on the serving line.
- The goal is to **reduce food waste** and let students **choose what they want to eat**.
- If a student selects all required components for a **reimbursable meal**, the **meal price stays the same**.
- **Incomplete meals** are charged **à la carte pricing**.
- Clear guidance ensures students understand **what counts as a reimbursable breakfast or lunch**.



Breakfast Menu Items

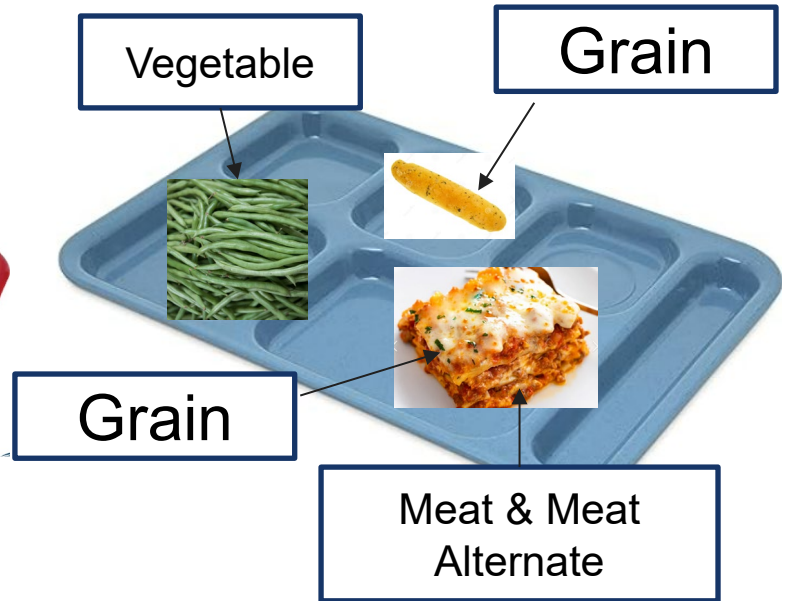
- We must offer **3 required items daily** at breakfast:
 - Fluid Milk
 - Fruit (or Vegetable)
 - Grain (*Meat/Meat Alternate may be offered after a grain*)
- Students must select **at least 3 items** for a **reimbursable meal**.
 - One item must be **½ cup of fruit or vegetable**.
 - **Juice** counts as **½ cup of fruit** at breakfast.
 - Students may **decline milk** if they choose.



Lunch Meal Components

❖ 5 Food Components:

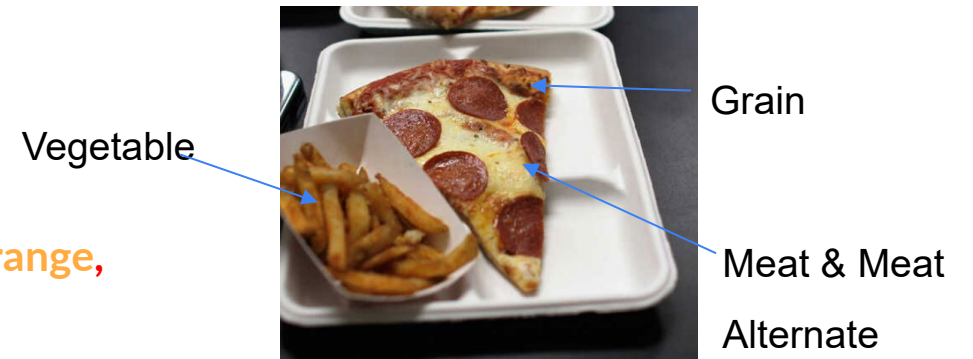
- Fruit
- Vegetables
- Grains
- Meat/Meat Alternates
- Milk



❖ Student must **select 3 out of the 5 food components**:

- *1 of the components must be $\frac{1}{2}$ cup of fruit or vegetable.
- *Potatoes count as a starchy vegetable.
- *Students may decline milk.

Menus must meet weekly veggie subgroups for dark green, red/orange, beans/peas/lentils, starchy, and other vegetable subgroups.



Smart Snacks

- Snacks and Beverages sold in our cafeterias must meet USDA Smart Snack standards.
 - Calorie limits
 - Sodium limits
 - Fat limits
 - Sugar limits
 - Whole Grain requirements

[Smart Snacks Product Calculator](#)



Smart Snacks vs Regular Snacks



K-12 product



Regular product



K-12 product



Regular product



Student Meal Prices

- Meal prices follow **USDA guidelines**.
- Students who qualify for **reduced-price meals** can eat breakfast and lunch at **no charge** this year.
- Paid meal prices** are set using the **Paid Lunch Equity (PLE) Tool** to ensure federal reimbursements are not used to subsidize paid meals.
- Increase by **5 cents** in the **past 7 years**
- Breakfast Pk-12th \$1.25
- Pk/Elementary Lunch \$3.05
- Secondary Lunch \$3.10



Adult Meal Prices

- **Adult meals are not eligible for federal reimbursement.**
- **USDA requires districts to calculate adult meal prices every year through their calculator tool.**
- **This ensures that Child Nutrition funds remain dedicated to student meals.**
- **Breakfast \$2.75**
- **Lunch \$4.50**



Online Resources

- District Homepage: [Child Nutrition - Keller Independent School District](#)
- Families and Staff may use **School Café** to view meal transactions, add funds, online application, and set purchase restrictions: [SchoolCafé - KELLER ISD](#)
- Menus are available online: [FD MealPlanner](#).



Wellness Plan

Jodi Webster, Director of Health Services - Nursing



Wellness Plan

- FFA (LEGAL): *Each district must establish a local school wellness policy for all schools participating in the National School Lunch Program and/or School Breakfast program under the jurisdiction of the district. The local school wellness policy is a written plan that includes methods to promote student wellness, prevent and reduce childhood obesity, and provide assurance that school meals and other food and beverages sold and otherwise made available on the school campus during the school day are consistent with applicable minimum federal standards. 7 C.F.R. 210.31(a)*
- The Wellness Plan implements FFA (LOCAL)
- Triennial assessment complete in April 2026
- Goals for
 - Nutrition Promotion
 - Nutrition Education
 - Physical Activity
 - Other School Based Activities
- Implemented at the campus level
 - Caprock Elementary – Texas Health Community Hope



Wellness Plan – Nutrition Promotion

- GOAL 1: The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.
- GOAL 2: The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
- GOAL 3: The District shall ensure that food and beverage advertisements accessible to students outside of school hours on District property, only contain products that meet the federal guidelines for competitive foods.



Wellness Plan – Nutrition Education

- GOAL 1: The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.
- GOAL 2: The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.
- GOAL 3: The District shall provide professional development so that teachers and other staff responsible for the nutrition education program are adequately prepared.



Wellness Plan – Physical Education

- GOAL 1: Provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those not in PE or competitive sports.
- GOAL 2: Encourage parents to support their children's participation and be active role models.
- GOAL 3: Physical Education classes shall regularly emphasize moderate to vigorous physical activity.



Wellness Plan – Other School-Based Activities

- GOAL 1: The District shall promote wellness for students and their families at suitable District and campus activities.
- GOAL 2: The District shall promote employee wellness activities and involvement.

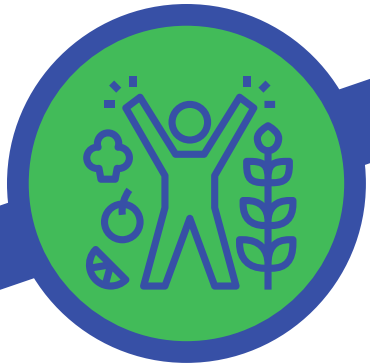


September 14, 2026

School Wellness Network



Texas Health School Wellness Best Practices



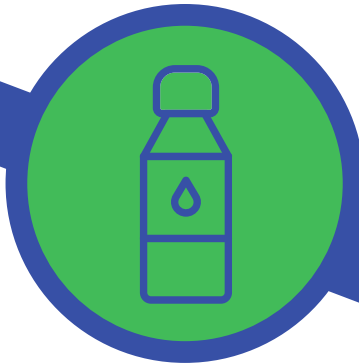
School-wide Wellness Activities

Ideas include clubs that emphasize student wellness such as gardening, yoga, running, pickleball, or other team activities, school-wide challenges such as kickball tournaments, Start the Day with Play, etc.



Walk or Bike to School

Host a school-wide walk or bike to school event, Walking Day, or recurring walking program. Participate in Safe Routes to School or pedestrian safety programs.



Thirsty Thursday

Participate in Thirsty Thursday, No Soda November, or other hydration programs that promote drinking water over sodas or other sugary drinks.



Calm Spaces

Designate spaces designed to help students or staff regulate their emotions and take breaks when feeling overwhelmed, anxious, or agitated.



Family Wellness Events

Host events focused on nutrition education and food environment changes with cooking demonstrations, replacing candy prizes with healthier options, etc.

Texas Health School Wellness Best Practices



Student Ambassador Committee

Implement a Student Ambassador Committee that focuses on promoting wellness, activity, and nutrition throughout the year.



Farmers Market Simulation

Conduct a farmers market simulation, which includes produce, cash registers, and literacy components.



Promoting Healthier Food Choices

Promote fruits, vegetables, and healthier options in your cafeteria and throughout campus through signage and other visual messages



Student Health and Weekly Wellness

An event to encourage students to engage in activities supportive of well-being, which are protective factors for disease and promote literacy, a social determinant of health.



Create Your Own Wellness Initiative

Create your own program that promotes school well-being.

Rankin Elementary

Best Practice 1: Recess Refresh

Summary of Best Practice: Encourage more student movement during recess through enhanced programming and graphics in our recess area.

Artifacts/Verification of Criteria Met:



Nichols Junior High School

AEF Micro-Grant – Ride & Read Strong Bodies and Strong Minds

- Take the Ms. Kennard's Ride & Read Challenge!



Stephens Elementary

Best Practice 1: Financial Literacy & Book Access



William James Middle School

Best Practice 3: Wellness Week

Summary of Best Practice: **We helped remind both staff and students to make healthy choices physically & emotionally.**

Artifacts/Verification of Criteria Met:



Impact of Wellness Week

Wellness Week was new for us this year. We had fun learning about different ways we could promote wellness in our school community. We focused on easy steps that students and staff could do each day to promote feeling good both physically and emotionally. Students and staff alike both enjoyed taking part in our water drinking challenge, Walking Wednesday, and our mindfulness coloring page.

Keller-Harvel Elementary

Best Practice 1: Healthy Living and Learning

Summary of Best Practice: The Outdoor Learning Center was used for weekly outdoor classes and Garden Club meetings for all students throughout the year thanks to Made Green.



Keller-Harvel Elementary

Best Practice 2: Building a Strong Community

Provide opportunities for families beyond the school day such as

- Family events that encourage physical activity (Cosmic Bowling, Ninja Warrior, Skate Nights, Fun Run/5k- Casey's Kids & Community Storehouse, Monster Mini Golf, etc.) &/or healthy food choices (Jason's Deli)
- Classes for parents such as PTA Technology safety course, All Pro Dads, etc.
- Super Saturday Garden Event for staff, families, and local businesses to provide enhancements to the school garden (outdoor learning center)



**Calling All Families
to Get Talking About
Digital Safety!**



6

M. H. Moore Elementary

Best Practice 1: Walking School Bus

Summary of Best Practice: Staff members pick up students and parents at designated bus stopping points and walk to school together in the morning.

Artifacts/Verification of Criteria Met:



M. H. Moore Elementary

Best Practice 2: Student Wellness Summit

- Summary of Best Practice: Student wellness ambassadors and their coaches attended the Student Wellness Summit in November

2025
Artifacts/Verification of Criteria Met:



M. H. Moore Elementary

Best Practice 3: Thirsty Thursdays

Summary of Best Practice: Thirsty Thursdays around our campus. Our students were encouraged to stay healthy, hydrated, and energized by drinking more water throughout the day.

Artifacts/Verification of Criteria Met:



Caprock Elementary: Thirsty Thursdays



Scan the QR Code to Join the
Texas Health Community Hope School Wellness Network



Contact: AdjoaBrown@TexasHealth.org

Subcommittees

Jodi Webster, Director of Health Services - Nursing

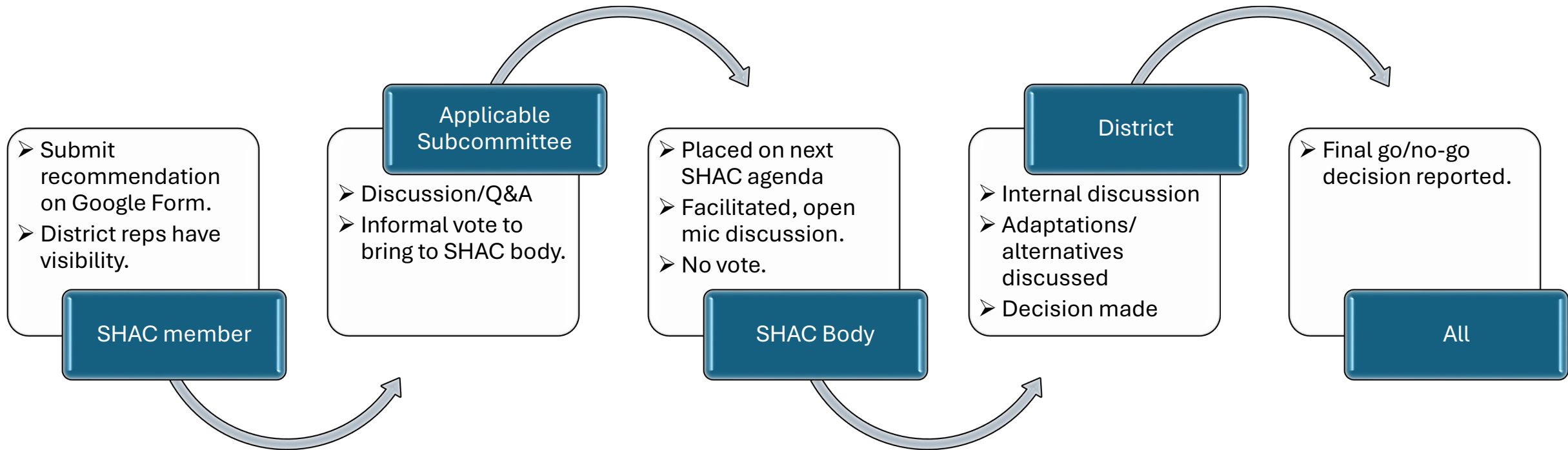


Subcommittees

- Established in alignment with the Components of Coordinated School Health
 - Systematic approach to addressing the needs of students
 - Opportunity for collaboration of various stakeholders
- Objectives
 - Learn / discuss
 - Tools available
 - District representatives
 - TEA references – Components of Coordinated School Health
 - Wellness Plan
 - Feedback / recommend



Recommendation Process



SHAC Recommendations



Subcommittee Assignments

Health Education & Health Services

- Dr. Beck
- Adeline Castleberry
- Lucky Fischer
- Lindsay Lovell
- Dr. Romano
- Lisa Webb
- Jodi Webster

Counseling & Mental Health Services

- Gena Bohl
- Summer Crow
- Courtney Mullaney
- Stephanie O'Dell
- Krystyna Wesp
- Jennifer Price

Physical Education & Healthy Safe School Environment

- Colin Hodges
- Joshua Phillis
- Rebekah Pierro
- Stephanie Snow
- Ashlea Stickane
- Lindsay Moncrief
- Dustin Blank

Nutrition Services & Staff Wellness Promotion

- Angela Hall
- Stephanie Nelson
- Nikki Paris
- Heather Sternke
- Sandi Walker
- Sheri Rich
- Stephanie Greving



Adjourn

Next meeting November 9, 2026

