Red Oak ISD School Health Advisory Council (SHAC)
Meeting Minutes
Tuesday, September 22, 2026

SHAC Members Present
Angie Torres—Parent (DTS)*
Robyn Green—Community (Texas A&M AgriLife)*
Cassie Street—Parent (ROHS) and Community (Reach Council)—Secretary*
Dessica Willis—Parent (ROE)*
Brittni Garcia-King—PE Teacher (ROE)
Stephen Flores—PE Teacher (EES)
Victoria Ybarra—Director of Student Nutrition (District Staff)
Lori Rowe—Director of Health Services (District Staff)
Shelsey Wood—Parent (EES) and Community—Chair*
Tangela Jordan—Parent (ROE & PTA)*
Debbie Howard—Grandparent (RPS)*
Dr. Rebecca Piantini—Community Member (Pediatrician)*
Elizabeth Haugh—Curriculum Coordinator (District Staff)
Audrey Taylor—Parent (ROHS & PTSA)—Co-Chair*
Melody Hawkins—Counseling & Family Services (District Staff)
Maricela Torres—SHAC Coordinator (District Staff)
*=Voting SHAC member

Call to Order
The meeting was called to order at 6:04 p.m. by Shelsey Wood. A quorum was present.

Introductions

Discussion/Action Items

1. **Attendance and Membership**
   The meeting began with introductions from parents, community partners, district staff, and health professionals. Representatives included parents from multiple campuses, Texas A&M AgriLife Extension, Reach Council, counseling and family services, curriculum, health services, food service, and campus PE staff. SHAC leadership emphasized the need to finalize representation from all campuses, noting that a representative from Wooden Elementary was still needed before submitting the membership roster to the Board.

2. **SHAC Overview**
   Maricela Torres reviewed the role of SHAC, explaining that the committee evaluates health, wellness, physical activity, and health-related curriculum matters and provides recommendations. District staff support the process, but voting authority for recommendations rests primarily with parent and community representatives rather than district employees.

3. **Nomination and Election of Officers; Chair, Co-Chair, Secretary**
   The committee discussed officer positions and confirmed the current leadership structure:
   - Chair: Shelsey Wood
   - Co-Chair: Audrey Taylor
   - Secretary: Cassie Street

The group discussed officer terms and succession requirements, including the three-year consecutive term limitation for a specific position.

4. **Set SHAC meeting dates for 2026-2027**
   The committee discussed and tentatively established SHAC meeting dates for the year:
   - **October 13** (in-person with virtual participation available)
   - **February 9** (in-person with virtual participation available)
   - **April 20** (in-person with virtual participation available)

   Members noted flexibility to add additional meetings if SHAC business requires it.

5. **Membership Approval Timeline**
   The group discussed submitting the SHAC membership list to the Board for approval. Key points included:
   - The Board's October agenda submission deadline is **October 8**.
   - Membership acknowledgments may be collected electronically through ParentSquare.
   - The goal is to complete the membership roster and acknowledgment process before Board submission.

6. **Local Wellness Policy Review**

   Policy Alignment Review
   Vicki Ybarra and Maricela Torres reported that they had compared the district's current wellness policy to the most recent TASB template and found only a few differences. The committee reviewed sections including:
   - Development and oversight
   - Wellness plan requirements
   - Nutrition guidelines
   - Physical activity goals
   - School-based wellness activities
   - Implementation and evaluation requirements
   - Public notification and record retention

   Physical Activity Section Change Proposed
   The committee identified one provision recommending that community members use district recreational facilities such as playgrounds and tracks outside school hours.
   Discussion centered on the fact that:
   - Many campuses now have secured fencing and locked playground areas.
   - Access has changed since the original policy was adopted.
   - The language may no longer reflect actual district practice.

   Committee members recommended **removing this provision** from the draft revisions because it no longer aligns with current campus security measures.

   Nutrition and Wellness Considerations
   Discussion included:
   - Fundraiser food exemptions.
   - Nutrition standards for food sold versus food provided.
   - Food advertising and marketing restrictions.
   - Employee wellness opportunities.
   - Consideration of student food allergies when food is distributed.

   Members emphasized maintaining a practical and flexible policy while continuing to support student health and wellness goals.

Wellness Plan Next Phase

The committee clarified the distinction between the **Wellness Policy** and the **Wellness Plan**:

- The policy requires Board approval.
- The wellness plan contains implementation details and district strategies.
- Once policy revisions are finalized, SHAC will begin reviewing and updating the wellness plan.

7. Action/Follow-Up Items

1. Confirm remaining campus SHAC representatives.
2. Send membership acknowledgments electronically through ParentSquare or email.
3. Distribute electronic copies of the wellness policy documents reviewed during the meeting.
4. Prepare revised wellness policy language for SHAC review and eventual Board presentation.
5. Continue development and future review of the district wellness plan.

8. Adjournment

The meeting adjourned at 7:03 p.m.