



SHERMAN

INDEPENDENT SCHOOL DISTRICT

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Sherman ISD SHAC Committee 9/24/2026

Minutes

Meeting began at 10:03 am on 9/24/26

- Discussed introductions and SHAC purpose
- Kallie Wilson will keep minutes
- Wellness Plan
 - Nutrition Playbook - ACE Show - Healthy habits, balanced nutrition, hydration - very Elementary oriented
 - Melissa (last name?) - nutrition department
 - Passed around visuals to the committee that show the support for nutrition education for students
 - Physical activity - recess/PE
 - Snacks & ice cream in the cafeteria line - can we limit the day or options?
 - Concerned that the chips are majority “spicy” flavored
 - Can it be limited to Fridays or one day a week?
 - Can the ice cream or snacks come around afterwards so they have to eat their tray first
 - Students are going to the nurse more frequently due to spicy chips
 - What physical fitness test(s) are students required to take? PACER test?
 - What are we doing with the information?
 - What are we learning from the physical fitness test?
 - Is this elementary only?
 - Social emotional wellness/mental health
 - Presented Counseling Year at a Glance
 - Discussed that we just completed College & Career Week
 - This week is Suicide Awareness (9/21-9/25)
 - SOS - Signs of Suicide - program for 6-12 - easily accessible for teachers to push play and reach all students in a simple way and that they are comfortable giving
 - Every month has a habit & character trait that ties back to Leader in Me
 - Guidance lessons vary for elementary, middle school, and high school - but they are all centered around the same habit/character trait
 - Unity Day - October 21 - National Day of Kindness, Acceptance & Inclusion - this is our Bullying Prevention - PK-12
 - Encouraged to wear ORANGE
 - Age appropriate lessons & videos for all levels
 - Red Ribbon Week - October 26-30 - Fentanyl awareness

- Elementary will have Sherman ISD Police present to 4th & 5th graders to promote fentanyl awareness and safety
 - Secondary will have their programs to promote fentanyl awareness
- Ms. Torres - Pointed out that we have a high bilingual and Spanish speaking population in Sherman ISD - do we have any bilingual counselors or how do we communicate with students who need translating?
 - We use our campus translators and specific staff for counseling needs and staff that are experienced in those sensitive situations
 - Politi spoke to the goal to recruit bilingual staff for counselors & nurses, etc. to help bridge that gap and make sure we are making families comfortable and included
- Social Media posts will increase for the district to engage parents and families more aware and be transparent about mental health and needs
 - Ms. Torres loved when Crutchfield sent out the chart that showed bedtimes depending on age and wake up times - committee would like to see that go out again from the district because it was very helpful
- Staff wellness
 - K. Wilson spoke about the Employee Wellness spaces on campuses - counseling team is working to partner with community partners to fund getting the wellness room up and running on each campus
 - Lunch & Learns from a partner TMC for staff - to incentivize participation - punch card for activities with a reward
 - Ms. Boren - showed an App that they use at her workplace - A Step Ahead challenge - connects to the health app on your phone and to encourage getting a certain number of steps per day and gives you points with a game - all of the participants are connected and leaderboard
- Will bring attendance history, discipline trends, nurse visits, counseling & mental health referrals to the next meeting to discuss what the district looks like from that perspective
- Human Sexuality instruction - AIM for Success
 - Have to approve as a committee
 - Occurs in the Spring after STAAR testing
 - 5th grade & 7th grade
 - Livestream parent preview opportunity
 - YES! (Youth Equipped to Succeed) presents the lesson
 - Opt-In only - parent permission required
 - Concerned that we are not doing a presentation in high school
 - Is it possible to send support communication and tips to parents whether they participate in the presentation or not?
 - Is there follow up material to facilitate conversations after the presentation for families at home?
- Child Abuse Prevention - Grayson County Advocacy Center will not be available this year to do the child abuse prevention lessons
- Need to make goals for the future as a committee
 - Speak to Nutrition Department regarding snack/ice cream options/frequency
 - Look at Employee Wellness incentives and how to encourage participation

- Want to make sure to include in the district-wide communication information regarding bedtime/sleep chart and more things like that
 - We will look into who other districts around us are using for Child Abuse prevention curriculum and bring options for November meeting
 - Will bring attendance history, discipline trends, nurse visits, counseling & mental health referrals to the next meeting to discuss what the district looks like from that perspective
- Voted on Ms. Boren as Co-Chair
- Meeting adjourned at 11:12 am on 9/24/26