

ARGYLE ISD

SHAC Minutes 10-01-26

Purpose of SHAC

The Argyle ISD School Health Advisory Council (SHAC) met for its first meeting of the 2026–2027 school year. SHAC serves in an advisory capacity to the Argyle ISD Board of Trustees and provides a forum for parents, community members, health professionals, and district staff to collaborate on issues related to student health and wellness.

The committee reviewed the role of SHAC and its areas of responsibility. Building upon the work begun last year, the committee will continue to focus primarily on:

- Nutrition services and the school food environment
- Mental, emotional, and social health
- School health, safety, and wellness
- Strategies and resources that support students, families, and staff

SHAC also provides annual recommendations related to the district wellness plan, health curriculum, and applicable state requirements.

Review of 2025–2026 Initiatives

The committee reviewed several initiatives from the previous school year. One of the primary accomplishments was the development of the Wellness Corner, which provides health and wellness information and resources to Argyle ISD families throughout the school year.

SHAC also heard a presentation from Argyle ISD Child Nutrition staff last year regarding school meal programs, nutrition standards, and federal and state requirements. This helped the committee better understand current district nutrition programs and identify opportunities for future health education.

Employee Health Clinic Update

The committee received an update from Dr Dawn Jordan, Assistant Superintendent, regarding the previously discussed possibility of an employee health clinic. At this time, the initiative remains on hold due to the additional financial commitment that would be required. The district will continue to evaluate opportunities to support employee health and wellness.

Stock Albuterol and Epinephrine

The committee discussed efforts to expand access to emergency medications in Argyle ISD schools.

Campuses have agreed to support the cost associated with implementing a stock albuterol program. District staff will continue working through the necessary forms and implementation process. Dr. Roshni Foster, SHAC Chair and allergist/immunologist, offered to assist with the

required medical forms and provide prescriptions for stock albuterol as needed to help support implementation of the program.

The district will also review the current supply of stock epinephrine auto-injectors (EpiPens) and determine what may be needed to ensure appropriate emergency medication availability on campuses.

Student Technology Use and the Phone-Free School Day

The committee discussed the district's reduction in student technology use and the impact of the phone-free school day.

Feedback from the Superintendent's student and teacher advisory groups has been encouraging. Students in grades 6–12 reported that they enjoy using less technology during the school day, feel more engaged, and believe they learn better when they write and interact more directly with classroom material.

Teachers have also generally supported the reduction in technology, although adjusting curriculum and grading practices has created some additional workload as teachers transition to new instructional approaches.

District administrators also reported fewer discipline referrals involving online bullying at school and a reduction in Gagggle alerts at the middle school. SHAC discussed sharing information about these early outcomes with families through the Wellness Corner.

Expanding the Wellness Corner

SHAC members agreed to continue contributing health and wellness topics to the district's Wellness Corner.

Members will contribute information and resources through a shared document so that educational materials can be developed for families and students. The committee also discussed using campus displays to share brief health and nutrition messages with middle and high school students.

Argyle Strong: Wellness Week

The committee reviewed health initiatives used by SHACs in other Texas school districts and discussed potentially creating an Argyle ISD wellness week, potentially called Healthy Eagles/RedHawks Week or Argyle Strong: Wellness Week.

A possible week could include:

- Mindful Monday — stress management, gratitude, mindfulness, and emotional wellness
- Tasty Tuesday — nutrition, healthy breakfast/snack choices, and potentially fruit/vegetable taste testing
- Wellness Wednesday — movement, exercise, and physical activity

- Think Safe Thursday — safety topics such as bike/e-bike safety, concussion prevention, heat/sun safety, or emergency preparedness
- Family Friday — encourage healthy family time and activities together

SHAC members and district staff will explore how counselors, nurses, nutrition professionals, families, and other campus groups could participate.

Nutrition Education and Fruit & Vegetable Day

Registered dietitian and SHAC member Janna Weaver discussed nutrition issues affecting students, particularly middle and high school students. Topics included adequate nutrition for growing students and athletes, hydration, healthy food choices, iron deficiency and fatigue, and the increasing consumption of caffeine and energy drinks among adolescents.

The committee also discussed offering students opportunities to try unfamiliar fruits and vegetables as a fun way to encourage healthy eating.

Texas Fruit and Vegetable Day is April 2, 2027, and the committee discussed the possibility of coordinating a fruit and vegetable activity at elementary campuses with assistance from parent volunteers.

Emergency Preparedness and AEDs

The committee reviewed CPR and automated external defibrillator (AED) preparedness within the district. Argyle ISD has teams trained in CPR at each school, staff receive annual AED training, and AEDs are strategically located throughout district facilities.

The committee also discussed other health and safety initiatives being used in Texas school districts, including Stop the Bleed programs, safe routes to school, e-bike safety, and opioid prevention, as possible areas for future consideration.

Next Steps

During the coming months, SHAC will continue to develop the Wellness Corner, follow progress on stock albuterol and epinephrine availability, explore a district wellness week, and identify additional opportunities to promote student nutrition, mental and emotional wellness, safety, and healthy habits.

The committee plans to meet at least four times during the 2026–2027 school year. The next meeting is anticipated for November 2026, with the specific date to be determined based on member availability.