Poth ISD SHAC Meeting Minutes

Summary: The meeting was called to order at 3:06 pm on October 7, 2026 by M. Taylor.

The first meeting of the 2026-2027 Student Health Advisory Council (SHAC) began with a sign in. In attendance were , S. Garza, C. Landrum, C. Lyssy, B. Moy, S. Shannon, B. Skloss, M. Skloss, M. Taylor, J. Wadsworth, and K. Zidek

Meeting minutes from the previous meeting were sent out with the meeting invite for today. K. Zidek motioned to approve minutes for the last meeting and S. Shannon seconded. We discussed a SHAC recipe contest to involve parents and students in a wellness activity. Sample flyer shown by K. Zidek calling it a SHAC Hidden Veggie Recipe Challenge. All agreed to send out a flyer at the beginning of November advertising the contest and to have the deadline be December 4, 2026. Contest submissions to be submitted to the campus offices. See attached flyer for further details. K. Zidek states that all states required vision/ hearing screenings for the school year are completed and that we hope to start the spinal screenings next week. B. Skloss will be getting her state vision/ hearing certifications at the end of October. B. Skloss and K. Zidek are also starting on getting together a Cardiac Emergency Response Plan and Team so that it can be fully implemented by next school year. B. Moy states that there is not much new in the cafeteria right now but that she would like to get the free standing hand sanitizer dispensers back in place in the cafeteria as she is not sure where they went. J. Wadsworth states that he will find them and get them back to the cafteria. J. Wadsworth spoke on behalf of athletic updates and states that there are a few cases of staph infections amongst the student athletes and that the locker rooms and athletic facilities are being double fogged and sanitized to prevent further spread of infection. S. Garza states that guidance lessons are ongoing at the elementary and junior high and that CAST is doing Positive Actions at the high school level. S. Garza spoke about possibly having When Sean Speaks come to speak at the district. S. Garza states that she is soon going to be sending out emails to families to ask who may need assistance with school supplies, Christmas gifts, and food for the holidays. S. Garza spoke of the upcoming breast cancer awareness events on campus including the silent auction at the volleyball game on October 9, 2026 and the pink out football game on October 16, 2026. C. Landrum states that her students are now Stop the Bleed certified and that they are working on their AHA BLS certification now. C. Landrum also shared that some of her healthcare practicum students provided dental education to the 1st grade students last month. C. Landrum states that she will talk to her class to see who may be interested in being a student representative for SHAC. K. Zidek discussed the need for SHAC Bylaws and states that a sample will be sent out for the committee to review prior to the next meeting so that at the next meeting we can edit and approve the bylaws. No other updates/ concerns brought forward by anyone.

The meeting wrapped up with a reminder of the next meeting date set for December 9, 2026 at 3:00 at Poth ISD Administration Building and/ or Google Meet.

K. Zidek motioned to adjourn the meeting and J. Wadsworth seconded the motion. All agree. Meeting adjourned at 3:27 pm.

SHAC HIDDEN VEGGIE RECIPE CHALLENGE

Hide it. Make it. Taste it!

Think you can sneak a vegetable into a delicious recipe without anyone noticing?
Create a sweet or savory recipe featuring a hidden vegetable and enter the SHAC Hidden Veggie Recipe Challenge!

AWARD CATEGORIES

- **Best "You'd Never Know!"**
  For the recipe that hides its vegetable the best!
- **Most Colorful**
  For the recipe with the most fun, colorful presentation!
- **SHAC Favorite**
  The recipe chosen as the overall SHAC favorite!

HOW TO ENTER

1. **Create a recipe!**
   Your recipe can be sweet or savory.
2. **Follow the rules:**
   - Your recipe must contain at **least 1 vegetable.**
   - The vegetable should be incorporated in a way that is not immediately obvious.
   - Give your recipe a fun and creative name.
   - Submit the complete recipe and ingredient list.
   - Include a picture of you with your finished product.
3. **Submit your entry to:**

   _____

   Deadline: _____

Get Creative!

You might be surprised by how delicious vegetables can be when they're hiding!



YOUR RECIPE ENTRY

Student Name: _____

Grade: _____ Teacher: _____

Fun Recipe Name:

_____

What vegetable(s) did you hide?

_____

Is your recipe: ☐ Sweet ☐ Savory

Ingredients:

_____

_____

_____

_____

_____

_____

Directions:

_____

_____

_____

_____

_____

_____

ATTACH OR SUBMIT A PICTURE OF YOU WITH YOUR FINISHED RECIPE!

Good luck and have fun!