



Tolar I.S.D. School Health Advisory Council Meeting DRAFT Minutes

10:00 AM, Monday, October 12, 2026

Meeting Location: Tolar ISD Board Room or Zoom Video Conference

Agenda Item
1. Call to order and establish a quorum Time: 10:02 AM Present: Kristen Carey Sarah Price Ashley Cooper Heather Bufkin - via Zoom Nathan Helton - via Zoom Wendy Bonnell - via Zoom Jake Valdez - via Zoom Kirstin Guinn - via Zoom
2. Welcome, Committee Introductions and Recognition of Guests Introductions of new committee members - Jena Pickett, Jake Valdez, and Kirstin Guinn
3. Public Comment None
4. Duties of SHAC Kristen reviewed the duties of the SHAC; no comments/questions
5. Review SHAC By-laws (adopted October 2021) Kristen reviewed the SHAC By-laws; no comments/questions
6. Nominations and election of Parent Co-Chair and Secretary Nomination of Wendy Bonnell for Parent Co-Chair, no other nominations Vote: 7-0 passes Nomination of Kirstin Guinn for Secretary, no other nominations Vote: 7-0 passes
7. Review/Approve: Meeting Minutes from May 8, 2026 Motion: Ashley Cooper 2nd: Wendy Bonnell Vote: 8-0, passes
8. Discussion/Approval: SHAC Annual Reporting 25-26 Motion: Sarah Price 2nd: Nathan Helton Vote: 8-0 passes

9. Review TISD Wellness Plan

Kristen recommended updating Goal 3 under School-Based Activities to "Increase opportunities and resources that support the physical, mental, emotional, and social well-being of Tolar ISD employees".

The committee agrees, and the change to the Wellness Plan will be presented to the TISD school board at the next meeting.

10. Discuss Staff Wellness

Results from the SHAC survey at the end of the 25-26 school year indicated that Staff Wellness needed to be addressed. The committee discussed appropriate ways to address staff wellness and chose to send a survey to staff with a few anonymous questions, including "What could the district specifically do to support employee wellness?"

11. Items from members (brief announcements, suggestions for future topics, recognitions, etc.)

Kristen shared an idea from Debbie Riale with the Child Nutrition department about providing birthday goody bags for elementary students at a cost. We need to find out if birthdays are celebrated once a month for certain grade levels. We will also ask whether field trips might be another way to provide something at a cost.

Future Meeting Dates:

Monday, January 11, 2027

Monday, February 22, 2027

Friday, April 9, 2027

12. Adjourn

Motion: Sarah Price

2nd: Ashley Cooper

Time: 10:28 AM