CARROLLTON-FARMERS BRANCH ISD
cfb HIGH EXPECTATIONS FOR ALL

CFB ISD School Health Advisory Council (SHAC) Meeting notes – February 26, 2026

1. **Introduction and welcome**
   Chairperson, April Hooper-Christenson called the SHAC meeting to order on February 26, 2026 at the ESDC (1820 Pearl St. Carrollton) Building B Irving room at 6:38 pm with quorum met. The following SHAC members were in attendance: April Hooper-Christenson, Lyat Mizrahi, Kim Graham, Leon Sulak, Sandra Lieck, Laura Brookover-Ybarra, Linda Villemarette, Veronica Morales, Josh Carter, Lakshmi Ananthakrishnan, Sylvia Mazuera.

2. **Review of SHAC Mission /Purpose**
   April reviewed why we need a SHAC, the goals, the components of the coordinated school health program and the importance of parent participation.
   Other people in attendance are considered visitors and they can ask questions during the program and address the SHAC during audience for guests.

3. **Audience for guests**
   No one at this meeting.

4. **Approval of Minutes from Oct 23, 2025**
   The minutes from the Oct 23, 2025 regular meeting were approved as presented by general consent.

5. **Presentation on the CFBISD Counseling Connections Center- Victoria Cisneros, Executive Director of Counseling Services; Shawne Poplar, Counseling Student Support Specialist; Sommer Flores, Coordinator of Counseling Services**
   Victoria began by discussing the counseling services available to students and parents in the CFBISD district. She mentioned crisis counselors as well as counselors for students with chemical dependency. Shawne spoke about the Counseling Connections Center, a short-term therapy program that will be 6-8 sessions in total. After 8 sessions, students are referred to outside help. It is only available to students and their families in the CFBISD district. She discussed and showed how to sign up for the service. They talked about goals for the next year and are hoping to move to an EHR (Electronic Health Record) system. Sommer talked about the CFBISD Giving House, which collects donations to give to students in need of items ranging from hygiene products to shoes. Brighterbites provides healthy food options within the elementary schools that go to students and families. Lovepacs are food packs given to families and students during the calendar school breaks so that they may have what they need if they don't have it another way. The 80/20 Counseling Model relates back to Senate Bill 179, which states that the counseling work has to be first and foremost in helping the students.

6. **Local Wellness Policy Review/Revision- Kristen Hess, Director of Student Nutrition; Laura Brookover-Ybarra, Assistant Director- SNS Nutrition**
   Kristen started with discussing the local wellness policy and smart snacks for kids within the school district. They are going to discuss in our April meeting once they have the plan all set.

7. **SHAC Curriculum review committee report- April Hooper-Christenson, SHAC Chair**
   The following committee was appointed at the Sept 25, 2025 meeting: Gwen Perkins, Lakshmi Ananthakrishnan, April Hooper-Christenson, Zoher Bharmal, Kim Graham and Sylvia Mazuera.
   The committee was tasked to review the new curriculum written this summer that includes topics that fall under SB9: child abuse, family violence, dating violence, and sex trafficking. SB9 requires districts to have parent's written opt-in consent to provide this instruction. The committee members reviewed the curriculum individually and met virtually on Feb 12, 2026. After discussion the committee found the curriculum to be appropriate and members voted unanimously in favor of recommending the following lessons to SHAC for approval:

Curriculum	Estimated Time to Review	Intended Use
CFBISD created lesson- Personal Safety: Healthy Choices for the Road Ahead	15 to minutes	This is intended for 12 graders who are preparing to graduate, as an opt-in lesson
Character Strong Personal Safety- Chapter 1: Relationships	1 hour and 20 minutes (20 minutes per lesson)	This is intended for 9-12 graders at each CFBISD high school, as an opt-in lesson.
Character Strong Personal Safety- Chapter 2: Personal Boundaries	1 hour and 20 minutes (20 minutes per lesson	This is intended for 9-12 graders at each CFBISD high school, as an opt-in lesson.
Character Strong Personal Safety- Chapter 3: Recognizing Risks	1 hour and 20 minutes (20 minutes per lesson	This is intended for 9-12 graders at each CFBISD high school, as an opt-in lesson.
Character Strong Personal Safety- Chapter 4: Online Safety	1 hour and 20 minutes (20 minutes per lesson	This is intended for 9-12 graders at each CFBISD high school, as an opt-in lesson.
Approximately 5 hours and 35 minutes total - Content linked here		

   The SHAC members voted unanimously to approve the curriculum and recommend it to the school board for approval.

8. **Topics for future meetings**
   Talk about fitness and movement for kids.
   Next SHAC meeting date is April 16th 2026 at 6:30pm. With no further business, the meeting was adjourned at 7:49pm.

   Lyat Mizrahi, Secretary