CARROLLTON-FARMERS BRANCH ISD
cfb HIGH EXPECTATIONS FOR ALL

CFB ISD School Health Advisory Council (SHAC) Meeting notes – September 25, 2025

1. **Introduction and welcome**
   Chairperson, April Hooper-Christenson called the SHAC meeting to order on September 25, 2025 at the ESDC (1820 Pearl St. Carrollton) Building B Irving room at 6:36 pm with quorum met. The secretary was absent and the chair appointed Sylvia Mazuera to take the minutes of this meeting. The following SHAC members were in attendance: April Hooper-Christenson, Zoher Bharmal, Kim Graham, Leon Sulak, Sandra Lieck, Laura Brookover-Ybarra, Linda Villemarette, Veronica Morales, Josh Carter, Gwen Perkins, Lakshmi Ananthakrishnan, and Sylvia Mazuera.
   Other guests in attendance: Liz Binion, Ban Brasic, Lorena Simanca, Pamela Hendrix, Diana Forrosa, Rita Berkley, Vicky Cisneros, Shawne Poplar, Cesar Ramos, Norma Juarez, Tasheem Contractor, and Dominique Chesley.

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**
   There were no guest submissions.

4. **Presentation on Personal Safety lessons (SB9) for SHAC review by Sommer Flores, Coordinator of Counseling and Shawne Poplar, Counseling Support Specialist**
   Ms. Flores and Ms. Poplar presented Personal Safety lessons for SHAC to review. SB9 requires school districts to offer curriculum to students in the prevention of child abuse, family violence, dating violence and sex trafficking. Before a student may be provided with instruction relating to these topics the school district must obtain the written consent of the student's parent by way of opting-in. The CFB SHAC has reviewed and recommended lessons to the school board on these topics and has requested counselors have several options to choose from so students get different lessons every year. The lessons presented today for approval are adding to the already approved ones:

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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		

5. **Committee for review of Personal safety SB9 lessons**
   The following committee was appointed to review the Personal Safety curriculum and present a recommendation to SHAC: Gwen Perkins, Lakshmi Ananthakrishnan, April Hooper-Christenson, Zoher Bharmal, Kim Graham and Sylvia Mazuera.

6. **Presentation on SB12 Consent Rollout by Leon Sulak, Executive Director of Student Services, Vicky Cisneros, Executive director of Counseling Services and Sandra Lieck, Director of Health Services**
   SB12 requires consent to allow school districts to provide routine physical and mental health services and allow students to join authorized clubs. This was enacted after online enrollment was almost over and school districts have had to come up with ways to roll out consent forms to parents. CFB has implemented a two-step process for parents to consent to physical health services and mental health services and has created videos and FAQ on the website.
   Next year the district plans to include the consent in the enrollment paperwork parents have to fill each year to enroll their children in school.
   The district has a meeting next week to brainstorm other ways to educate parents on these new requirements and the purpose of the consent. Attendees made suggestions on how to improve this process.

7. **Topics for future meetings**
   Tasneem Contractor presenting on counseling topics.
   Next SHAC meeting date is October 23, 2025 at 6:30pm. With no further business, the meeting was adjourned at 7:34pm.

Sylvia Mazuera, Appointed Secretary