CARROLLTON-FARMERS BRANCH ISD
cfb HIGH EXPECTATIONS FOR ALL

CFB ISD School Health Advisory Council (SHAC) Meeting notes – October 23, 2025

1. **Introduction and welcome**
   Chairperson, April Hooper-Christenson called the SHAC meeting to order on October 23, 2025 at the ESDC (1820 Pearl St. Carrollton) Building B Irving room at 6:36 pm with quorum met. The following SHAC members were in attendance: April Hooper-Christenson, Lyat Mizrahi, Zoher Bharmal, Kim Graham, Leon Sulak, Sandra Lieck, Laura Brookover-Ybarra, Linda Villemarette, Veronica Morales, Josh Carter, Gwen Perkins, Lakshmi Ananthakrishnan.
   Other guests in attendance: Daniel Brasic.

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**
   Daniel Brasic, Smart Snacks in Schools, came to discuss wanting to put healthy vending machines in the schools.

4. **Approval of Minutes from Sep 25, 2025**
   The minutes from the Sep 25, 2025 regular meeting were approved as presented by general consent.

5. **Kabuki Syndrome Awareness**
   April spoke to the SHAC members as well as any guests in attendance about Kabuki Syndrome: what it is, how it affects the body, and the different learning difficulties and how the CFBISD gives support for her child who is diagnosed with it.

6. **"Supporting Well-Being: The Power of Therapy for Children and Teens"**
   Dr. Alefiyah Bharmal, PsyD, Clinical Psychologist & Katie Mecham, LMFT-A, Licensed Marriage and Family Therapist Associate
   Dr Alefiyah spoke about healthy minds and how to get students into therapy and how therapy is beneficial especially in the early and late teen years. Katie spoke about student stressors and the school impact. Also how social media has affected this next generation of kids. She talked about the fight or flight syndrom from the nervous system and how kids can freeze up and their nervous system can collapse.

7. **Progress Report on CFBISD Rollout of SB 12 Consents for Physical Health and Mental Health- Leon Sulak, Executive Director of Student Services, Vicky Cisneros, Executive director of Counseling Services and Sandra Lieck, Director of Health Services**
   SB 12 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.
   There was discussion on how to get the parents more understanding of actually needing to fill out the correct paperwork that is needed because not all of them are opening their emails or the parent square that the nurses from the schools have sent.

8. **Topics for future meetings**
   Senate Bill 9 curriculum
   Next SHAC meeting date is February 26, 2026 at 6:30pm. With no further business, the meeting was adjourned at 7:34pm.

   Lyat Mizrahi, Secretary