ACADEMY OF ACCELERATED LEARNING

School Health Advisory Council (SHAC)

Meeting Minutes | October 12, 2026

Meeting	2026-2027 SHAC Meeting #1
Time	5:08 PM - 5:59 PM
Sites	Ashcroft and Bellfort
Facilitator	Brianna Perez, SHAC Liaison

1. Call to Order

The meeting was called to order at 5:08 PM by SHAC Liaison Brianna Perez. Families from both the Ashcroft and Bellfort sites participated. Participants were informed that the meeting was being recorded and that required SHAC materials would be posted. Translation support was provided during the meeting.

2. Purpose of the Meeting

Brianna Perez reviewed the purpose of SHAC and the goals for the first meeting of the 2026-2027 school year. The council planned to review the prior year's work, establish the new membership and officer structure, identify wellness priorities, and establish future meeting dates and next steps. The council was reminded that SHAC serves in an advisory capacity regarding student health and wellness programs, policies, and curriculum.

3. Review of Prior-Year SHAC Work

- Established SHAC bylaws and a four-meeting annual cadence.
- Supported parent and community involvement.
- Collaborated with Harris County Public Health.
- Reviewed and recommended a health and wellness curriculum.
- Discussed nutrition, physical activity, mental wellness, and family engagement priorities.
- Selected the CATCH curriculum, which was approved by the Board in August 2026.

4. Officer Elections

Members discussed officer responsibilities, nominations were taken, and members voiced agreement with the proposed slate. The following officers were selected for the 2026-2027 school year:

- Chair: Sharnice Alexander
- Co-Chair: Brianna Sayles
- Secretary: Xotchil Serna

Other participating parents will continue serving as SHAC members.

5. 2026-2027 SHAC Priority Areas

After discussion, members agreed to focus on three combined priority areas:

- Mental Health and Belonging
- Attendance, Engagement, and Family Voice
- Nutrition and Physical Activity

6. CATCH Curriculum and Community Partnerships

The council received an update that the Board had approved the CATCH program previously recommended by SHAC. Implementation planning was underway, including physical activity, healthier food choices, tobacco prevention, physical education, nutrition services, and family involvement.

The council also discussed continued collaboration with Harris County Public Health to support nutrition education, physical activity, and family health resources. A possible family health and resource fair was discussed as a future initiative, with potential wellness resources, fitness activities or stations, mental health resources, and family support services.

7. Family and Community Voice Discussion

Strengths identified included:

- Full-time counseling support on campuses.
- Counselor visibility and availability for immediate and preventative student support.
- Full-time nursing support at Bellfort.
- Daily recess and PE opportunities.
- Availability of additional counseling or therapy resources through TCHATT, with appropriate school identification and parent consent.

Areas identified for additional attention included:

- Limited facilities and space for physical activity, particularly when weather prevents outdoor activities.
- Student hygiene education and resources.
- Parent education regarding nutrition expectations and food brought to school.
- Continued communication with families regarding student health and wellness resources.

8. Future Meeting Dates

Members agreed to continue meeting on Mondays at 5:00 PM. The remaining 2026-2027 SHAC meetings were scheduled as follows:

- December 7, 2026 at 5:00 PM
- February 8, 2027 at 5:00 PM
- April 5, 2027 at 5:00 PM

9. Next Steps

- Continue coordination related to implementation of the Board-approved CATCH curriculum.
- Coordinate with the Chair and Co-Chair regarding CATCH implementation information and future SHAC work.
- Follow up with Harris County health partners regarding health, nutrition, physical activity, and family resources.
- Begin planning for a family-facing health and resource initiative.
- Prepare the agenda and discussion topics for the December 7, 2026 SHAC meeting.
- Complete required SHAC documentation and posting following the meeting.

10. Adjournment

With no additional questions or comments, the meeting was adjourned at 5:59 PM.

Prepared by	Secretary

Brianna Perez, M.Ed.
SHAC Liaison

Xotchil Serna
SHAC Secretary