Red Oak ISD School Health Advisory Council (SHAC)
Meeting Minutes

Tuesday, October 13, 2026

SHAC Members Present

Angie Torres—Parent (DTS)*
Robyn Green—Community (Texas A&M AgriLife)*
Cassie Street—Parent (ROHS) and Community (REACH Council)—Secretary*
Brittni Garcia-King—PE Teacher (ROE)
Lori Rowe—Director of Health Services (District Staff)
Shelsey Wood—Parent (EES) and Community—Chair*
Audrey Taylor—Parent (ROHS & PTSA)—Co-Chair*
Melody Hawkins—Counseling & Family Services (District Staff)
Maricela Torres—SHAC Coordinator (District Staff)
Miranda Johnson—Wooden
Antoinette Johnson—Shaw
Camille McCoy—DTS* (virtual participation)
Debbie Howard—Grandparent (RPS)*
*=Voting SHAC member

Call to Order

The meeting was called to order at 6:06 p.m. by Shelsey Wood. A quorum was confirmed after Camille McCoy joined remotely and before the policy vote.

Introductions

Discussion/Action Items

1. Approval of FFA (Local)—Local Wellness Policy Update

Maricela Torres reviewed the revision recommended at the September meeting to remove the provision encouraging community use of district recreational facilities outside school hours. Members discussed that secured playgrounds and other district facilities are not generally accessible to the public, and the policy should reflect current district practices.

Cassie Street moved to approve the recommended policy revision. Shelsey Wood seconded the motion. The motion passed unanimously, with no opposition.

Maricela Torres will forward the approved recommendation to district staff for preparation of the formal policy revision, with the goal of presenting it to the Board in November. Following Board approval, the revised policy will be posted on the district website.

2. Local Wellness Plan Review

Maricela Torres explained the relationship between the local wellness policy and the wellness plan, identified as FFA (Regulation). The plan outlines activities, responsibilities, and measures used to implement the policy goals. Members began a preliminary review and identified outdated activities and provisions for further discussion. No final wellness plan revisions were approved.

Physical Activity and Recess

Members reviewed the elementary physical activity and recess language and discussed whether the stated minutes reflect current requirements. Discussion included the distinction between PE, structured physical activity, and unstructured recess; daily versus weekly activity totals; indoor alternatives; and implementation when schedules or weather affect activities.

Members considered language providing students the “opportunity to participate” and reviewed examples from another district. The group also discussed middle school PE requirements. Maricela Torres will work with the curriculum coordinator and PE representatives to verify applicable requirements before revisions are finalized.

Wellness Activities and Community Access

Members identified wellness plan language concerning community use of district facilities that may need removal or revision to align with the recommended policy change. Other activities requiring review included the Color Run, Santa Shuffle, PTA family activities, After the Bell physical activities, and the former Healthy Hawks employee wellness program. Members discussed the need to distinguish current programs from activities that are no longer offered.

Employee Wellness and AgriLife Resources

Maricela Torres described previous staff walking challenges and challenges with platform access, scheduling, administration, and access to participation data. Texas A&M AgriLife resources were discussed, including Walk Across Texas, a youth version suitable for school participation, and a healthy school recognition opportunity involving youth and adult programming.

Members expressed interest in exploring Walk Across Texas as an option for staff wellness and possible campus participation. Additional information and feedback will be gathered before the February meeting.

Community Engagement and Partnerships

Members discussed increasing SHAC visibility through partnerships supporting physical activity and family engagement. Ideas included district-wide fun runs, walking events, and family activities that would bring campuses and community members together. Members emphasized accessible participation opportunities and discussed partnering with the Education Foundation and other district or community groups. These ideas remained exploratory; no event or funding commitment was approved.

Continued Review

Members agreed that a more detailed review of wellness plan goals, activities, responsibilities, and measures would benefit from additional staff and partner input at the February meeting. Suggested participants included middle school PE representatives, the curriculum coordinator, Student Nutrition, and the Education Foundation. Input will also be sought regarding After the Bell activities.

3. Action/Follow-Up Items

- Maricela Torres will forward the approved FFA (Local) recommendation for formal preparation and anticipated November Board consideration.
- Maricela Torres will coordinate verification of elementary physical activity and recess requirements and middle school PE requirements with curriculum and PE staff.
- Maricela Torres will seek middle school PE representation and contact the Education Foundation Executive Director regarding past activities and potential partnerships.
- Melody Hawkins will seek input regarding physical activities incorporated into the After the Bell program.
- Maricela Torres will explore Walk Across Texas and gather feedback for the February meeting.
- Members will continue reviewing the wellness plan and prepare to discuss proposed revisions with relevant staff and partners at the next meeting.

4. Next Meeting

The next scheduled SHAC meeting is February 9, 2027.

5. Adjournment

The meeting adjourned at 7:13 p.m.