CARROLLTON-FARMERS BRANCH ISD
cfb HIGH EXPECTATIONS FOR ALL

CFBISD SHAC meeting minutes for October 7, 2026

CFBISD School Health Advisory Council (SHAC) meeting minutes - October 7, 2026

1. **Introduction and welcome**

   April Hooper-Christenson called the SHAC meeting to order on October 7, 2026 at the ESDC (1820 Pearl St. Carrollton) Building B Texas room at 6:40 pm with quorum met and appointed Sylvia Mazuera as secretary to take the minutes of this meeting. She reminded everyone to sign-in and pick up an agenda. The following SHAC members were in attendance: April Hooper-Christenson, Shannon Cooper, Adam Lewin, Jonathan Wilk, Linda Villemarette, Kim Graham, Leon Sulak, Laura Brookover-Ybarra, Veronica Morales, Josh Carter, Lakshmi Ananthakrishnan, Marjorie Barnes, Sylvia Mazuera.

   Other guests in attendance: Laura Gallegos, Alexis Dixon, Tasha Carroll, Vicky Cisneros, Shawne Poplar, Richard Rivera, and Sommer Flores.

2. **Review of SHAC Mission /Purpose**

   April reviewed the Texas requirement for school districts to have a SHAC appointed by the School Board, 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 by submitting the audience for guests form to the secretary.

3. **2026-27 SHAC members**

   April presented the list of SHAC members appointed by the CFBISD School Board at the August meeting that make up the SHAC voting body:

   - April Hooper-Christenson
   - Zoher Bharmal
   - Lyat Mizrahi
   - Maria A Retiz
   - Caleb Rosier
   - Lacey Tomanek
   - Elizabeth Aviles
   - Josh Carter
   - Gwen Perkins
   - Melissa Munoz
   - Dr. Lakshmi Ananthakrishnan
   - Leon Sulak
   - Shannon Cooper - Advisor
   - Adam Lewin
   - Kristen Hess / Laura Brookover–Ybarra
   - Jonathan Wilk
   - Linda Villemarette
   - Veronica Morales
   - Sylvia Mazuera
   - Kim Graham
   - School Board Trustee Representative: Marjorie Barnes

4. **Approval of Minutes from 2025-26**

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The 2025-26 minutes omitted the approval of the prior meeting minutes, that took place during the meetings. The following minute corrections were submitted for approval and the minutes provided in advance of the meeting:

- Sep 25, 2025 meeting minutes as presented
- Oct 23, 2025 meeting minutes including the approval of Sep 25, 2025 minutes
- Feb 26, 2026 meeting minutes including the approval of Oct 23, 2025 minutes and the vote on the SB9 curriculum approval and recommendation to the School Board
- Apr 16,2026 meeting minutes including the approval of the Feb 26, 2026 minutes

In addition, a correction was requested for the Apr 16, 2026 meeting minutes to add Zoher Bharmal who attended the meeting.
The minutes from the Sep 25, 2025, Oct 23, 2025, Feb 26, 2026 and Apr 16, 2026 regular meetings with the noted corrections were approved by general consent.
The following committee was appointed to review and approve today's meeting minutes: Linda Villemarette, Lakshmi Ananthakrishnan and Leon Sulak. The secretary will email the minutes for review and approval.

5. **Election of Officers for 2026-27**

The officers of the SHAC are a Chair, a Co-Chair and a Secretary. According to the bylaws:

> "The Chair or Co-Chair must be a parent member and at least one of the remaining two officer positions shall be held by a parent or community member not employed by the District. The third position may be held by a CFBISD employee."

Sylvia Mazuera nominated April Hooper-Christenson for the office of Chair. There were no other nominations and April Hooper-Christenson was declared Chair.
For the office of Co-Chair: With no nominations, this was tabled to the next meeting.
April nominated Sylvia Mazuera, a CFBISD district employee, for the position of Secretary. There were no other nominations and Sylvia Mazuera was declared Secretary.

6. **Audience for guests**

There were no guest submissions.

7. **Presentation on Personal Safety lessons (SB9) for SHAC review by Shawne Poplar, Counseling Support Specialist**

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.
Character Strong Personal Safety lessons were already approved for 9-12 grades. The Personal Safety lessons are presented to students in January/February each year, and we can continue to use the ones used that have already been approved in prior years. The following Character Strong Personal Safety and Digital Citizenship lessons for elementary and middle school are presented to SHAC for review and approval:

Grade /Intended Audience	Character Strong SB9 Personal Safety Opt-In Lessons		
Pre K, K, 1st and 2nd Grades	Relationships	Personal Boundaries	Recognizing Risks
3rd, 4th and 5th Grades	Relationships	Personal Boundaries	Recognizing Risks
	Scope & Sequence PreK-5th grade		
6th, 7th and 8th Grades	Relationships	Personal Boundaries	Recognizing Risks
	Scope & Sequence 6th to 8th grade		

Grade /Intended Audience	Character Strong Digital Citizenship Opt-In Lessons
3rd, 4th and 5th Grades	Online Safety
	Scope & Sequence PreK-5th grade
6th, 7th and 8th Grades	Online Safety
	Scope & Sequence 6th to 8th grade

Please note:
Login to Character Strong: you need to login for the links to work.
Time expected for review: 20 min per lesson - about 3h and 45 min for all lessons
Lessons are differentiated by grade level (Example: 3rd, 4th and 5th grade lessons are not exactly the same)
Link to google drive with files

8. **Update on SB12 Consent by Executive Director of Counseling Services, Vicky Cisneros, Coordinator of Counseling Services, Sommer Flores and Director of Health Services, Shannon Cooper.**

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SB12 requires consent from parents for different services including to allow school districts to provide routine physical and mental health services. It was included in the enrollment paperwork this year for parents to sign, and parents can change their choice at any time. Student Services is working with our technology provider to improve the system. Nurses and counselors have to check if permission has been signed, prior to providing services.

9. **Committee for review of Personal safety SB9 lessons**
   The following committee was appointed to review the Character Strong Personal Safety curriculum and present a recommendation to SHAC: Richard Rivera, Lakshmi Ananthakrishnan, April Hooper-Christenson, Tasha Carroll, and Sylvia Mazuera.

10. **Topics for future meetings**
    Safety and Security update
    Hidden in Plain Sight trailer presentation

11. **Adjournment**
    Next SHAC meeting date is probably November 11, 2026 at 6:30pm. With no further business, the meeting was adjourned at 7:30pm.

Sylvia Mazuera, SHAC Secretary 2026-27
Approved by committee: Linda Villemarette, Lakshmi Ananthakrishnan and Leon Sulak.