PfISD SHAC (School Health Advisory Committee) Meeting Agenda
11/10/2026 at 4:30 P.M.
PfISD PACE Campus – Compliance Cove Room
700 W. Pecan Street
Pflugerville, Texas 78660

I. Attendance

Lindsay Ballard - Parent
Kyle Castro - Parent
Lyndrick Coleman - Parent
Tacoya Crump - Parent
Terry Flood - Parent
Mireya González - Member
Sabrina Romero - Parent

Shelby Edmondson - District Advisor
Sara Hill - District Advisor
Ralph Hoard - District Advisor
Geoff Holle - District Advisor
Christopher Houston - District Advisor
Zana Musgrove - District Advisor
Stephen Polk - District Advisor
Migdaly Centeno - Advisor

II. RECORD (HB 1525) and Call Meeting to Order 4:30 PM

A. Parent Chair Terry Flood called the meeting to order.

II. Roll Call and Establish Quorum 4:30 PM

A. Quorum established by at least 4 voting members being present.

III. Welcome New Member - Mireya González 4:30 PM

A. A new member has been appointed to SHAC by the PfISD Board of Trustees. Mireya Gonzalez is a public health professional, and she is excited to be part of SHAC.

IV. Reading and Approval of Minutes 4:31 PM

A. The committee reviewed the previous meeting minutes, noting a typo to be updated. A motion (Kyle Castro) and second (Sabrina Romero) were made to approve the minutes, and the motion passed unanimously.

V. Review SHAC Requirements and Meeting Expectations 4:33 PM

A. The committee reviewed the advisory role of the SHAC, reiterating that the committee operates from an advisory standpoint to the board, representing community values rather than making direct district decisions.
B. Meeting expectations and logistics were discussed, noting that agendas need to be provided to the district one week in advance to secure board approval prior to mandatory 72-hour website postings.

VI. New Business 4:34 PM

A. Presentation from Sara Hill, PfISD Science and Health Curriculum Coordinator 4:34 PM
    - Ms. Hill presented on the district's fentanyl abuse curriculum, One Pill Kills, in accordance with state requirements (TEC §28.004(c)).
    - Counselors and campuses actively push fentanyl and drug awareness to support students and teachers.
    - The district maintains unexpired stock Narcan on all campuses, managed and inventoried monthly by school nurses, with usage reported to DSHS as required.
    - The committee discussed local data tracking; it was noted that while disciplinary actions for possession are tracked, general campus counseling or nursing logs do not indicate an active fentanyl crisis within the system.
    - Ms. Hill noted that she will return for the January meeting to present the sex education curriculum, with review materials sent to members 30 days in advance.
B. Presentation from Geoff Holle, Aramark District Manager 4:41 PM
    - Mr. Holle presented updates regarding district food services and nutrition.
    - **Meal Programs & Universal Access:** The district provides breakfast, lunch, snacks, and supper, effectively feeding students nearly year-round—including robust, universally free summer programs for anyone 18 or younger. A key initiative is the universal free breakfast program districtwide, ensuring all students can eat breakfast regardless of their paid or free/reduced status. Additionally, 12 Community Eligibility Provision (CEP) campuses offer universal free meals to all students due to their socioeconomic qualifications.

- **Key Initiatives & Compliance:** Mr. Holle emphasized meal participation, health and wellness education, and strict compliance with USDA and Texas Department of Agriculture (TDA) regulations. He noted that the food service department has maintained a clean financial record with zero findings for over 25 years.
- **Financial Self-Sufficiency:** The food service operation is entirely self-sufficient, meaning it does not tap into the district's general fund for equipment or operational shortfalls. Instead, they manage a five-year capital expenditure plan to systematically replace and repair kitchen equipment.
- **Health, Wellness & Innovation:** The district employs a dedicated registered dietitian and chef to design healthy menus that meet strict federal limits on sodium, trans fats, and saturated fats. Initiatives like "Go For More" in elementary schools allow students to take free second helpings of fruits and vegetables. They also run student focal groups, taste-testing panels, and the annual Junior Chef Competition.
- **Community Outreach:** Beyond school meals, Mr. Holle highlighted community initiatives such as the Backpack Pfriends initiative, Samaritans Feet (shoe and sock drives), job mentoring with the 18+ student transition program, and local food drives.
- **Challenges & Future Hopes:** During the Q&A session, Mr. Holle addressed rising food and labor costs—noting that these are absorbed entirely by Aramark rather than the district. When asked about his ultimate "magic wand" wish, he stated that making *all* meals universally free would be his top goal to completely eliminate any lingering social stigma around school food.

C. Presentation from Christopher Houston, Coordinator of Athletics and PE
5:08 PM

- Mr. Houston presented updates and operations regarding district athletics and PE.
- **PE vs. Athletics:** Mr. Houston clarified that while PE and athletics are connected, they serve different purposes. PE is required for all students to teach foundational movement concepts, spatial awareness, and lifelong health habits. Athletics, by contrast, is more specialized, sport-specific, and competitive with limited roster spots.

- **Curriculum & Modernization:** PE is a required curriculum governed by the Texas Essential Knowledge and Skills (TEKS). He noted that PE has evolved beyond traditional games like dodgeball; secondary schools now structure gym classes more like workout facilities (incorporating walking, simulated lifting, and power bands) to engage students.
- **State Fitness Assessments:** Students from 3rd through 12th grade (including those in athletics, dance, marching band, color guard, and ROTC) participate in annual state fitness data collection (such as curl-ups, sit-ups, push-ups, pacer tests, and mile runs). He emphasized that this is a tracking data point for the state, not a graded test.
- **State Time Mandates:** For elementary schools, the state requires either 30 minutes of structured physical activity per day or 135 minutes per week. Secondary levels easily exceed minute requirements through block scheduling, while elementary schedules are closely monitored by PE teachers. The largest pain point in his department is that elementary minutes are occasionally taken away for other purposes in the school day.
- **Off-Campus PE (OCPE):** Middle and high schools offer OCPE for specialized activities the district does not provide, such as equestrian sports, gymnastics, fencing, barrel racing, and martial arts/boxing.
- **Lifelong Wellness & Community:** The overarching goal of PE is to build student confidence so they can overcome fear of peer judgment and adopt lifelong physical, mental, and social health habits. District PE teachers also support community engagement through events like field days, jump rope classes, and wellness programs.

D. Future Agenda Items 5:20 PM

- The list of identified focus areas will be sent to voting SHAC members in the form of a poll to help identify future topics of discussion. The poll will be a ranked-choice type poll so that each member can rank the topics in the order of their choice. The poll will be sent in December 2026.

VII. Adjourn 5:30 PM

A. A motion to adjourn (Kyle Castro) was seconded (Miyrea Gonzáles). The motion passed unanimously.