CYPRESS FAIRBANKS
INDEPENDENT SCHOOL DISTRICT

School Health Advisory Council

The Mark Henry Administrative Building

December 1, 2026

9:30-11:00 AM

Welcome • Karen Thomas, Co-Chair • Chris Hecker, Co-Chair, Assistant Superintendent for School Leadership
Introductions • Drizanna Sandoval, Secretary
Overview from December Meeting • Chris Hecker, Co-Chair
Approval of Minutes • Karen Thomas, Co-Chair
Physical Activity and Fitness Planning Subcommittee Update • Elaine Waier
Wellness Subcommittee Update • Emmy Durand, Assistant Director of Nutrition Services
Adjournment • Karen Thomas, Co-Chair
Physical Activity and Fitness Planning Subcommittee Meeting
Wellness Subcommittee Meeting

Next Meeting

February 11, 2027