

IRVING INDEPENDENT SCHOOL DISTRICT

Working - BOARD OF TRUSTEES  
5:00 PM

Irving ISD Board Room  
2621 West Airport Freeway  
Irving, TX 75062  
Monday, June 16, 2025

**A G E N D A**

**I. CALL TO ORDER FOR 5:00 P.M. WORK SESSION**

**II. PUBLIC COMMENTS**

A. Public Comment - Individuals Wishing to Address the Board on Agenda Items.

**III. Special Recognition**

**IV. DISCUSSION**

A. Receive the 2024-2025 Annual Health Advisory Council Report (A. Gomez/ G. Lawrence) 3

B. Discuss Items on the June 16, 2025, Regular Board Meeting Agenda

**V. EXECUTIVE SESSION - The Board May Recess the Open Meeting and Reconvene in a Closed Meeting Pursuant to the Following Sections of the Texas Government Code and as Authorized by Sections 551.071-551.076 and 551.082-551.084 Therefore of**

A. Section 551.071 - To Seek the Advice of the Board's Attorney About:

1. Pending or Contemplated Litigation, Settlement Offer, or Matter Under Investigation.
2. A Matter in Which the Professional Duty of the Attorney to the Board Conflicts with the Applicable Provisions of the Texas Open Meetings Act.

B. Section 551.072 - To Deliberate the Purchase, Exchange, Sale, Lease or Value of Real Property if such Deliberation in Open Session Would Have a Detrimental Effect on the Board's Position in Negotiations with a Third Party.

C. Section 551.074 - To Deliberate the Appointment, Employment, Resignation, Evaluation, Reassignment, Proposed Nonrenewals, Termination, Duties, Discipline, or Dismissal of a Public Officer or Employee; or to Hear a Complaint or Charge Against an Officer or Employee.

D. Safety and Security - Discussion of District-Wide Intruder Detection Audit Report Findings (A. Smith/ K. Dodge)

- VI. **RECONVENE** from Closed Meeting for Action Relative to Items Covered in Such Meeting.
  - A. Consider Action by the Board Related to Pending or Contemplated Litigation, Settlement Offer, or Matter Under Investigation.
  - B. Consider Action Regarding Purchase, Exchange, Sale, Lease or Value of Real Property.
  - C. Public Comments - Individuals Wishing to Address the Board or Make Comments Regarding Issues Not on the Agenda will be Heard at this Time.
- VII. **ADJOURNMENT**

## **RECEIVE THE 2024-2025 ANNUAL SCHOOL HEALTH ADVISORY COUNCIL REPORT**

The Chairperson of the Irving ISD School Health Advisory Council (SHAC) will present the 2024-2025 Annual School Health Advisory Council Report to the Irving ISD Board of Trustees. An annual update is required by Senate Bill 283. This report details the activities of the School Health Advisory Council during the 2024-2025 school year, as well as meeting dates and support of district initiatives that impact student health and wellness. It also contains a list of SHAC members for the next year.

*Submitted by:* Gayla Lawrence, Director of Visual Arts and Dr. Sandi Cravens, Health and Physical Education Coordinator

Attachment:

- 2024-2025 School Health Advisory Council Annual Report

May 6<sup>th</sup>, 2025

**To:** Gayla Lawrence, Director of Visual Arts

**From:** Dr. Sandi Cravens, Health and Physical Education Coordinator

**Subject:** Annual Report - School Health Advisory Council

Please see attached for the annual report detailing the activities of the School Health Advisory Council during the 2024-2025 school year. As required by law, the report is to be provided to the Board of Trustees. The Council met the required four times and continues to support district initiatives that impact student and employee health and wellness.

Thank you.

**School Health Advisory Council**  
**Annual Report to IISD School Board**  
**2024-2025**

**As required by S.B. 283, the following details the activities of the School Health Advisory Council during the 2024-2025 school year:**

**Meetings (see Exhibit A for agendas):**

**September 24th:** The first meeting of the year began with Old Business, such as department updates. Since Food Services was the only department able to attend the meeting, they shared lots of information, welcomed questions, and facilitated discussion for a variety of nutrition-related topics. First, Olga Rosenberger, Exec. Director of Student Nutrition & Extended School Programs, was happy to report that all Irving ISD students continue to eat breakfast, lunch and supper (for those in after school programs) at no cost. In addition, as in past years, Food Services was able to provide new shoes and inserts for all cafeteria workers. This goodwill gesture keeps workers safe and sends an unspoken message that they are valued.

Next, Hannah Mckethan, Food Service Menu Planner/Dietitian, shared USDA changes in sugar and sodium requirements that will be phased in over the next several years. Noticeable reductions in both will require students to adjust to a new taste in a variety of menu items. She also detailed the Farm Fresh Challenge, an event sponsored by the Texas Department of Agriculture during the month of October featuring foods grown in Texas with taste tests and other promotions.

Lastly, LeeAnn Lachance, Purchasing, Nutrition and Menu Planning Coordinator, shared the exciting news that their department is bringing back the Harvest of the Month program which introduces a new fruit or vegetable to students each month. It had always been well-received but was discontinued for several years because of COVID. She also gave an overview of National School Lunch Week (NSLP) which takes place the week of 10/15-1018. The theme is "School Lunch Pirates, Find Your Treasure." They will have a coloring contest at all elementary schools, and secondary students that eat school lunch will have their name put in for a drawing. FNS staff will also encourage the schools to get involved in their "Dress Up Week" so students can be part of the pirate crew.

Jose Villasenor, Employee Wellness Strategist, Karyn Beauchamp, Director of Clinic & Health Services, Sofia Lopez, Director of Risk/Responsive Services, and Julie Soberanis, Director of Guidance, Counseling & College Readiness, were all unable to attend.

Dr. Sandi Cravens, Health & Physical Education Coordinator, shared that a sponsor is still needed for iRun, our districtwide run/walk program, so the fun run has not been scheduled. She has exhausted most grant and sponsorship avenues over the past 10 years and budget cuts prevent the PE budget for covering the entire cost of \$50,000 needed for incentives and t-shirts. Campus payment for participation in the program was briefly mentioned. It was agreed to table this topic until the next meeting. She also reported that Hoop It Up Saturday will take place on Nov. 16 at Bowie Middle School. This event determines which students qualify for the Elks Hoop Shoot in December. The Elks have always been a big supporter of Irving ISD health and physical education initiatives, so efforts are always made to participate in their annual Hoop Shoot event.

The final topic in Old Business was the Campus Wellness Assessment. Members were asked to review the results of the wellness assessment and discuss their initial thoughts. All agreed that some of the negative responses may reflect lack of communication versus a campus being unwilling to

carry out various tasks outlined in the Wellness Plan, so that needs to be addressed on those campuses. It was also encouraging to see that the overwhelming majority answer to most questions was, “yes.” This indicates that most campuses are carrying out the tasks outlined in the Wellness Plan. In addition, members were pleased to see that all campuses are carrying out the topics of mental health, safety and social education. However, all agreed that it is concerning that three campuses did not complete the assessment even after several reminders. After further discussion, all felt this was a good start to establishing baseline data for the Wellness Plan and addressing the results of the questionnaire.

In New Business, Dr. Cravens informed the SHAC that Irving ISD is no longer requiring health education as a graduation requirement. The reason behind this decision is to give more flexibility to transfer students who come from districts that don't require health and don't have room in their schedule for it. She stressed that according to upper leadership, students will still be scheduled in health as though it is required, but this change allows solutions to some common scheduling issues that have come up with new students transferring into Irving ISD from a district that doesn't require health as a graduation requirement.

No other new business was discussed, and the meeting was adjourned.

**November 12<sup>th</sup>:** The meeting began with department updates. Jose Villasenor, Employee Wellness Strategist, had several updates to share from “MAHI Wellness,” the new term for Employee Wellness. First, his department welcomed Sara Saubert and Uliser Salmeron, our district's two new Well-Being & Fitness coordinators, to their staff this fall. Next, he listed all that MAHI Wellness has to offer, such as a variety of fitness classes from yoga to HITT workouts offered outside the work hours for employees, the 21-Day Snacking Challenge sponsored by Medical City Dallas, the Lunch & Learn Zoom sessions currently being piloted at several campuses, and online behavior health services (hoping to add an in-person at MAHI in the future). In addition, Jose gave an overview of several initiatives his department is involved in. For example, they are working with the City of Irving on the Blue Zones Project, a wellness designation that identifies communities committed to living well with opportunities for its residents to practice habits that promote longevity such as physical activity, healthy eating and stress reduction routines. And they are in the planning stages with The National Fitness Campaign to build an exercise court on the south side of Irving. It would be located near Nimitz so employees on that side of town have better access to a workout facility.

Julie Soberanis, Director of Guidance, Counseling & College Readiness, shared that 8<sup>th</sup> grade students are currently registering for next year's classes using the Xello program again; it allows students to gauge their interests and consider various career pathways which helps them plan for their future high school years. High school students will start registering for classes after the winter break. In addition, her and her team have been observing guidance lessons at the elementary schools this fall.

Karyn Beauchamp, Director of Clinic & Health Services, was happy to report that our annual immunization snapshot was 99.6% compliance, and much of this is made possible because of the support from the Vaccines for Children Foundation of Texas. To date this school year, Health Services has given 2,000 vaccines to 1,000 students. Additionally, she detailed how her department is working with leadership to educate teachers on how to help students develop resilience and self-regulation skills in efforts to decrease nurse visits that are not necessary. Currently, many teachers feel they must send a student to the nurse if they ask, or they will be reprimanded. This is not the case, but it's important to train teachers so they make appropriate decisions when sending students or the nurse is overwhelmed with students who often, “just want to get out of class.”

Sofia Lopez, Director of At Risk/Responsive Services, was unable to attend.

Olga Rosenberger, Executive Director of Adult Support Services and Student Nutrition, was unable to attend, so LeeAnn Lachance, Purchasing, Nutrition and Menu Coordinator, gave the report from Food Services. LeeAnn shared the success of the food tasting at Singley Academy. Those attending gave the thumbs up for flautas and a new breakfast taco, so both items will be on the menu next year. In addition, LeeAnn reported that the Harvest of the Month program is going well. The carrot salad served this month was very well received by the students. The month of December will feature a spinach salad. She also reported that Sylvia Saucedo, Assistant Director of Food Services, will be retiring in December. They are sorry to see her go, but it is well deserved.

Dr. Sandi Cravens, Health & Physical Education Coordinator, reported that she still does not have a sponsor for the program. It was suggested that she contact Crystal Scanio for a possible partnership with Toyota of Irving. She also reminded members that the Hoop It Up Saturday basketball clinic that ends in a free throw contest and the top four in each age/gender group move on to the Irving Elks Lodge Hoop Shoot in December. The Elks make a yearly donation to the physical education program through various grants.

Last, Dr. Cravens led further examination and discussion regarding the results of the Campus Wellness Assessment which prompted action steps and plans to COLOR CODE the Survey for easier reading.

- **Action Step #1:** To address negative answers to questions that appear to be based on confusion, we'll give specific examples to assist in clarification in hopes of yielding more accurate results.
  - **Questions addressed:** (All Levels) Questions 1.2, 2.1, 2.2, 2.3
  - **Responsibility:** Food Services, Health/PE, MAHI Wellness
  
- **Action Step #2:** To improve communication and connectivity for employee wellness information, we will use various methods such as ITK, social media, and provide wellness information via Campus Wellness Champions.
  - **Questions addressed:** (All Levels) Question 2.2
  - **Responsibility:** MAHI Wellness
  
- **Action Step #3:** We will provide infographs/brochures with QR codes to Smart Snack guidelines and calculators so others can verify snacks provided on campuses meet the requirements. Food Services will also crack down on snacks sold on campuses during school hours.
  - **Questions addressed:** (All Levels) Question 3.1
  - **Responsibility:** Food Services
  
- **Action Step #4:** We will provide infographs/brochures that encourage responsibility for food choices with QR codes to the School Café Program website so students/staff can evaluate their food intake/meals.
  - **Questions addressed:** (All Levels) Question 2.2
  - **Responsibility:** Food Services, Health/PE, MAHI Wellness
  
- **Action Step #5:** We will increase distribution of flyers via Peachjar, posters and social media posts that provide healthy living tips (fitness, nutrition, stress reduction tips etc.) for students/staff/parents.
  - **Questions addressed:** (All Levels) Question 1.1
  - **Responsibility:** Food Services, Health/PE, MAHI Wellness, Counseling

No New Business was discussed, and the meeting was adjourned.

**January 28<sup>th</sup>:** This meeting featured a flexible agenda and began with a presentation from an outside organization. First, Vanessa Baum, Family Place Director of Prevention, shared information about the Be Project which provides culturally related school-based programming designed to prevent violence and encourage healthy friendships/relationships in middle and high school. It engages the entire school community in promoting healthy relationships by changing social norms at school and the community. After some discussion, Terri Harbin made a motion to approve, Sofia Lopez seconded it, and the School Health Advisory Council voted to approve use of the Be Project in our secondary schools.

Next, we moved on to department updates. Julie Soberanis, Director of Guidance, Counseling & College Readiness, shared that approximately 50% of the high school students have chosen their classes for next year through Xello, and registration should be complete for all students by spring break. Additional news in her department includes a March 5<sup>th</sup> SAT testing date for all 11<sup>th</sup> grade students, TSI testing for sophomores, and TSI practice testing for 9th grade students. This initiative allows counselors to identify students who are not on track to graduate college and/or career ready and provide early intervention services if needed.

Karyn Beauchamp, Director of Clinic & Health Services, reported that flu cases are up, and thorough campus cleaning is underway, however, there is no cause for concern, this happens every year. Other current events in her department included continued immunizations for recently enrolled students as enrollment continues to climb each week and plans to review the current elementary growth and development program in the near future.

Sofia Lopez, Director of At Risk/Responsive Services, shared multiple pieces of information regarding student mental health. First, she detailed the alarming news that the number of elementary students' self-harm incidents is on the rise, and counselors attended a 1.5-day training to equip them with the skills needed to handle those situations. A parent workshop was also offered; unfortunately, attendance was lower than anticipated. Second, the Irving Police Department is reporting an increase in mental health related calls. Third, many of the non-teacher staff have now been trained in Youth Mental Health First Aid, which is a state requirement. Fourth, her department has partnered with Bridging the Gap, a company that will provide free counseling to Irving ISD students without insurance. And last, Sofia highlighted the Hope Squad, an organization at Singley, Bowie, Davis and Schulze made up of students who are tasked with identifying others on their campus who are feeling isolated and need peer support. Hope Squad students recently attended a training conference in Arlington, and it has had great success on those campuses so far.

Olga Rosenberger, Executive Director of Student Nutrition & Extended School Programs, was unable to attend so LeeAnn Lachance, Purchasing, Nutrition and Menu Operations Coordinator, shared the update. LeeAnn highlighted key events happening in her department, starting with the new Assistant Director, Salvador Perez, who replaced Sylvia Saucedo who recently retired. Additional exciting news included the Student/Parent Food Show scheduled for the Community Health Fair on April 12; it will feature 20 vendors that will provide potential menu items for students and parents to taste and evaluate. And her department is preparing dress-up costumes and contests for National School Breakfast week coming up soon, both are always a big hit on the campuses.

Jose Villasenor, Employee Wellness Strategist and Sara Saubert, Well Being & Fitness Coordinator, shared key happenings in the four pillars of employee wellness. In Fitness, the district continues to offer nine fitness classes per week, as well as MAHI Wellness videos and the Active & Fit Directory which provides other resources such as workout videos, health coaching, and gym memberships. 34

teams are also currently competing in the MOOVE Challenge, a head-to-head team competition to accumulate more MOOVE points each week than your opponent. In Nutrition, 30 campuses completed the 21-Day Snack Challenge sponsored by Medical City, and Lively Elementary School won the free LaMadeleine lunch. In Mental Health, a speaker series focused on how meditation benefits mental health is currently being offered. In addition, support groups for cancer survivors and military veterans have just been added to the current list of MAHI wellness resources. And in Financial Wellness, the district continues to work with PNC Bank and the Employees Educational Credit Union to offer services and support to Irving ISD staff.

Dr. Sandi Cravens, Health & Physical Education Coordinator, reported that she still does not have a sponsor for the iRun program, and they had 46 participants at Hoop It Up Saturday which was down from last year, but the November date may have kept some families from participating. It was held in December last year. She also detailed the key points of the Action for Healthy Kids grant initiative. She's working with Food Services to survey high school students, via a QR code to a google form for their feedback, after tasting new Harvest of the Month fruits and vegetables. Unfortunately, to date, participation has been minimal. Dr. Cravens is hoping it will pick up in February.

Time was limited so the continued discussion on the Campus Wellness Assessment Action Steps was not possible, and Dr. Cravens assured all that she would follow up with each department individually or schedule a meeting to plan specifics on them.

No New Business was discussed, and the meeting was adjourned.

**March 25<sup>th</sup>:** The last meeting of the year began with department updates. Jose Villasenor, Employee Wellness Strategist, was unable to attend so Uliser Salmeron, Employee Wellness Coordinator, provided the update from their department. After leading a cooperative game of Team Rock, Paper, Scissors, he took a moment to review all the wellness opportunities available to employees. They continue to offer multiple fitness classes in yoga, strength/conditioning, and Pilates at MAHI. Attendance is growing with an average attendance of 15 to 18 per class, and there are plans to continue them throughout the summer. Uliser also highlighted a few wellness challenges, including the six-week MOOVE Challenge. In January, 34 Irving ISD wellness teams of six signed up to compete in head-to-head contests, earning points for daily physical activity. A team from Nimitz won the championship. The financial challenge through Foundation 99 also starts soon; employees are encouraged to sign up and challenge themselves to focus on their financial status, learning strategies for money management while earning prizes along the way. Last, he mentioned a wellness fair planned for this fall and stressed that his department is currently working with HR to develop the best way to communicate with employees about all these opportunities.

Julie Soberanis, Director of Guidance, Counseling & College Readiness, was unable to attend, so Kimest Sanders, Guidance & Counseling Coordinator/AVID DDL, shared the update. Kimest shared some data regarding counselors and how they assist our students. To date, counselors have had over 40,000 contacts with students, 12,960 contacts with adults on behalf of students, and conducted 1,631 guidance lessons on topics such as suicide, bullying, feelings, and stress management. They also continue to offer workshops for parents at different times to reach as many as possible. Additionally, there was good news that three Irving ISD counselors have been nominated for Lonestar Counselor of the Year through that organization, and Lady Bird Johnson, Schulze, Singley and Irving High counseling teams have also been recognized by the Texas School Counselors Association.

Karyn Beauchamp, Director of Clinic & Health Services, was excited to share that Catherine Contero, Hanes School Nurse, was named staff member of the month. This is the first time a nurse has been recognized for this award. Karyn also shared data as the nurses work tirelessly to support our

students. They served 50,000 student walk-ins and 130 employees during the 1st semester, and those numbers continue to grow as the flu, a stomach virus, and daily medical procedures keep nurses busy. Karyn assured us all that the prevalence of those illnesses is in line with Dallas County stats so there is no need for concern. In addition, she confirmed that there are no reported measles cases in the DFW area. Her department continues the vaccine program at the Administration Building and will be providing vaccines at multiple clinics this spring, including the Community Resource Fair on April 12.

Sofia Lopez, Director of At Risk/Responsive Services, was unable to attend, so Kimest Sanders, Guidance & Counseling Coordinator/AVID DDL, provided the update. They have recently hired a social worker, she is the Handle with Care specialist, who is following up with students who are identified by the police department that may have experienced a traumatic event the night before. The social worker will continue to ensure that the student is thriving and communicates with parents to connect the student with outside counseling services. In addition, Meadows Mental Health Policy Institute has created training modules for staff where they will learn more about trauma informed care. In the past, this training was done through compliance training at the beginning of the year, but the modules offer more detailed information as to how to support a student that has experienced trauma, the rollout will be in the next few weeks. Finally, May will be Mental Health Awareness month, activities for the campuses will be released soon to counselors to start planning the rollout. May will also include the Fentanyl Awareness week, which includes a guidance lesson provided to every student in secondary level to inform them of the dangers of this drug.

Olga Rosenberger, Exec. Director of Student Nutrition & Extended School Programs, was unable to attend so Salvador Peredes, the new Assistant Director of Food Services, and LeeAnn Lachance, Purchasing, Nutrition and Menu Operations Coordinator, provided the updates for their department. They shared several events that are happening this spring, including National School Lunch Hero Day, National School Breakfast Week, and the taste testing initiative at the Community Resource Fair on April 12<sup>th</sup> where they'll have 13 vendors offering 28 different foods for attendees to try. The results will help them make decisions on menu items for next year, which they are planning right now. They are also seeking more feedback from students on food served in the cafeteria using an innovative device that allows them to give their opinions easily. The last two informational items shared included a staffing update, and the summer meal schedule for youth 18 and under that will be available at all summer school sites.

Dr. Sandi Cravens, Health & Physical Education Coordinator, reported that iRun will receive a donation from Methodist Hospital thanks to Dr. Terri Harbin, SHAC parent, who works at the hospital. She was unsure of the amount, but anything is appreciated. Dr. Cravens also asked members for suggestions on how to increase student participation in the Harvest of the Month fruit and vegetable surveys. It was determined that some high schools may not allow phones at lunch, so students are unable to respond.

Regarding the Campus Wellness Assessment, Dr. Cravens provided a status update for her tasks and the Action Steps (below), and it was decided that the assessment would go out next January and we'd ask campuses to have one administrator, and one staff member to fill it out for the campus. The deadline would be spring break.

Assessment form status: She has categorized questions by department on the form and will color code results.

- **Action Step #1:** To address negative answers to questions that appear to be based on confusion, we'll give specific examples to assist in clarification in hopes of yielding more accurate results.
  - **Questions addressed:** (All Levels) Questions 1.2, 2.1, 2.2, 2.3
  - **Responsibility:** Food Services, Health/PE, MAHI Wellness
  - **Status:** Dr. Cravens followed up with these departments to provide specific examples for the next assessment.
    - Jose sent examples where nutrition education opportunities for employees are advertised. Added to assessment 2/20/25...complete.
    - Olga sent examples of how nutrition marketing materials are being used in the cafeteria. Added to the assessment 2/20/25...complete.
    - Sandi will add the 21-Day Snacking Challenge for students to 2.3 and list other examples such as family fitness nights and the Community Resource/Wellness Fair. Added to the assessment 2/20/25...complete.
  
- **Action Step #2:** To improve communication and connectivity for employee wellness information, we will use various methods such as ITK, social media, and provide wellness information via Campus Wellness Champions.
  - **Questions addressed:** (All Levels) Question 2.2
  - **Responsibility:** MAHI Wellness
  - **Status:** In progress, lots of communication is going out via Campus Wellness Champions, social media & ITK...complete.
  
- **Action Step #3:** We will provide infographs/brochures with QR codes to Smart Snack guidelines and calculators so others can verify snacks provided on campuses meet the requirements. Food Services will also crack down on snacks sold on campuses during school hours and send a list of approved snacks to campuses and third-party vendors that fill the vending machines. It is an ongoing battle; campuses don't want to lose funding.
  - **Questions addressed:** (All Levels) Question 3.1
  - **Responsibility:** Food Services
  - **Status:** In progress. Food Services is currently working on a nutrition infographic with the QR code to the Smart Snack computer on their website, Sandi will have posters made and send out to the campuses, and via Peachjar to parents.
  
- **Action Step #4:** We will provide infographs/brochures that encourage responsibility for food choices with QR codes to the School Café Program website so students/staff can evaluate their food intake/meals.
  - **Questions addressed:** (All Levels) Question 2.2
  - **Responsibility:** Food Services, ~~Health/PE, MAHI Wellness~~
  - **Status:** In progress. Food Services is working on a flyer with information on how parents can access School Café on their phone.

- **Action Step #5:** We will increase distribution of flyers via Peachjar, posters and social media posts that provide healthy living tips (fitness, nutrition, stress reduction tips etc.) for students/staff/parents.
  - **Questions addressed:** (All Levels) Question 1.1
  - **Responsibility:** ~~Food Services~~, Health/PE, MAHI Wellness, Counseling
  - **Status:** In progress.
    - Employee Wellness working on a flyer that promotes healthy living in the four pillars of wellness for employees.
    - Sandi has posters for healthy living promotion for parents/students ready to send via Peachjar w/ SHAC approval. Examples. Sandi will send them monthly. It was suggested that she also send the posters to the PEACE department.
    - Counseling shared posters being displayed in the schools. Examples.

In New Business, Mary Richarte, SHAC Community Member and Board Member, shared that the Main Place, located at 2236 W. 5<sup>th</sup> Street, needs donations of housewares and clothing for the recent fire and tornado victims in Irving.

Dr. Cravens also asked for input on how to hold the campuses accountable for teaching the reproductive health unit. It was suggested that she email department heads asking for dates of when it will be/was taught and copy the principal to ensure she gets the information she needs.

No other New Business was discussed so Dr. Cravens thanked members for another year of service and the meeting was adjourned.

## School Health Advisory Council Meeting

Sept. 24<sup>th</sup>, 2024

Training Room 5

- **Welcome, Eat, Introductions, Thank You, In-Person & Zoom Logistics (5:00 – 5:15)**  
Dr. Sandi Cravens – Health & Physical Education Coordinator
- **Friendly reminder – all SHAC meetings will be recorded.**
- **Old Business (5:00 – 5:15)**
  - **Review March 2024 Meeting Notes – changes/additions?**
  - **Updates**
    - **Department Updates – estimated timeframe**
      - ✓ **Olga Rosenberger** – Exec. Director of Student Nutrition & Extended School Programs (5:15 – 5:25)
      - ✓ **Jose Villasenor** – Employee Wellness Strategist (5:25 – 5:35)
      - ✓ **Karyn Beauchamp** – Director of Clinic & Health Services (5:35 – 5:45)
      - ✓ **Sofia Lopez** – Director of At Risk/Responsive Services (5:45 – 5:55)
      - ✓ **Julie Soberanis** – Director of Guidance, Counseling & College Readiness (5:55 – 6:05)
    - **Programs/Events – Information Item (6:05 – 6:10)**
      - ✓ **Northlake Aquatics Center (repairs)**
      - ✓ **iRun – update on sponsorship**
      - ✓ **Hoop It Up Saturday – Nov. 16 @ Bowie Middle School**
- **Campus Wellness Assessment Results, Discussion & Action Plan (6:10 – 6:45)**
- **New Business (6:45 – 7:00)**
  - **High School Health Requirements – Update**
  - **Anything else?**

**Adjourned & thank you!**



## **School Health Advisory Council Meeting**

*Nov. 12<sup>th</sup>, 2024*

*Training Room 5*

- **Welcome, Eat, Introductions, Thank You, In-Person & Zoom Logistics (5:00 – 5:15)**
  - Dr. Sandi Cravens – Health & Physical Education Coordinator
- **Friendly reminder – all SHAC meetings will be recorded.**
- **Old Business (5:00 – 5:15)**
  - **Review March 2024 Meeting Notes – changes/additions?**
  - **Updates**
    - **Department Updates – estimated timeframe**
      - ✓ **Jose Villasenor** – Employee Wellness Strategist (5:15 – 5:25)
      - ✓ **Julie Soberanis** – Director of Guidance, Counseling & College Readiness (5:25 – 5:35)
      - ✓ **Karyn Beauchamp** – Director of Clinic & Health Services (5:35 – 5:45)
      - ✓ **Sofia Lopez** – Director of At Risk/Responsive Services (5:45 – 5:55)
      - ✓ **Olga Rosenberger** – Exec. Director of Student Nutrition & Extended School Programs (5:55 – 6:05)
    - **Programs/Events – Information Item (6:05 – 6:10)**
      - ✓ **iRun** – still no sponsorship
      - ✓ **Hoop It Up Saturday** – Nov. 16 @ Bowie Middle School
      - ✓ **Action for Healthy Kids Grant** – Harvest of the Month
- **Campus Wellness Assessment Results, Discussion & Action Plan con't (6:10 – 6:45)**
  - **3 to 5 Action Steps**
  - **Determine responsibilities**
  - **Discuss assessment timing/distribution**
- **New Business (6:45 – 7:00)**
  - **Anything else?**
- **Adjourned & thank you!**



## School Health Advisory Council Meeting

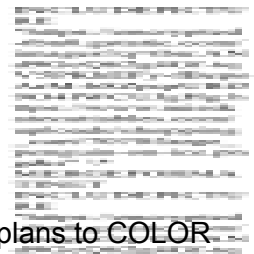
Jan. 28, 2025

Training Room 5

- **Welcome, Eat, Introductions, Thank You, In-Person & Zoom Logistics (5:00 – 5:15)**  
Dr. Sandi Cravens – Health & Physical Education Coordinator
- **Friendly reminder – all SHAC meetings will be recorded.**
- **Flexible Agenda: New Business – Family Place Presentation (5:15 – 5:25)**  
Vanessa Baum – Director of Prevention
- **Old Business**
  - **Review November 2024 Meeting Notes – changes/additions?**
  - **Updates**
    - **Department Updates – estimated timeframe**
      - ✓ Julie Soberanis – Director of Guidance, Counseling & College Readiness (5:30 – 5:40)
      - ✓ Karyn Beauchamp – Director of Clinic & Health Services (5:40 – 5:50)
      - ✓ Sofia Lopez – Director of At Risk/Responsive Services (5:50 – 6:00)
      - ✓ Olga Rosenberger – Exec. Director of Student Nutrition & Extended School Programs (6:00 – 6:10)
      - ✓ Jose Villasenor – Employee Wellness Strategist (6:10 – 6:20)
    - **Programs/Events – Information Item (6:20 – 6:25)**
      - ✓ iRun – still no sponsorship
      - ✓ Hoop It Up Saturday – Nov. 16 @ Bowie Middle School: 46 participants
      - ✓ Action for Healthy Kids Grant – Harvest of the Month just getting started
- **Campus Wellness Assessment Results – Action Plan (6:25 – 6:55)**

Further examination and discussion regarding the results prompted action steps and plans to COLOR CODE the Survey for easier reading.

  - **Action Step #1:** To address negative answers to questions that appear to be based on confusion, we'll give specific examples to assist in clarification in hopes of yielding more accurate results.
    - **Questions addressed:** (All Levels) Questions 1.2, 2.1, 2.2, 2.3
    - **Responsibility:** Food Services, Health/PE, MAHI Wellness



- **Action Step #2:** To improve communication and connectivity for employee wellness information, we will use various methods such as ITK, social media, and provide wellness information via Campus Wellness Champions.
  - **Questions addressed:** (All Levels) Question 2.2
  - **Responsibility:** MAHI Wellness
  
- **Action Step #3:** We will provide infographs/brochures with QR codes to Smart Snack guidelines and calculators so others can verify snacks provided on campuses meet the requirements. Food Services will also crack down on snacks sold on campuses during school hours.
  - **Questions addressed:** (All Levels) Question 3.1
  - **Responsibility:** Food Services
  
- **Action Step #4:** We will provide infographs/brochures that encourage responsibility for food choices with QR codes to the School Café Program website so students/staff can evaluate their food intake/meals.
  - **Questions addressed:** (All Levels) Question 2.2
  - **Responsibility:** Food Services, Health/PE, MAHI Wellness
  
- **Action Step #5:** We will increase distribution of flyers via Peachjar, posters and social media posts that provide healthy living tips (fitness, nutrition, stress reduction tips etc.) for students/staff/parents.
  - **Questions addressed:** (All Levels) Question 1.1
  - **Responsibility:** ~~Food Services~~, Health/PE, MAHI Wellness, Counseling
  - **Status:** Counseling shared posters being displayed in the schools.
  
- *Discuss assessment timing/distribution*

- **New Business (6:55 – 7:00)**

- *Anything else?*

**Adjourned & thank you!**

# School Health Advisory Council Meeting

March 25, 2025

Training Room 5

- **Welcome, Eat, Introductions, Thank You, In-Person & Zoom Logistics (5:00 – 5:15)**  
Dr. Sandi Cravens – Health & Physical Education Coordinator
- **Friendly reminder – all SHAC meetings will be recorded.**
- **Old Business**
  - **Review January 2025 Meeting Notes – changes/additions?**
  - **Updates**
    - **Department Updates – estimated timeframe**
      - ✓ **Jose Villasenor** – Employee Wellness Strategist (5:15 – 5:25)
      - ✓ **Julie Soberanis** – Director of Guidance, Counseling & College Readiness (5:25 – 5:35)
      - ✓ **Karyn Beauchamp** – Director of Clinic & Health Services (5:35 – 5:45)
      - ✓ **Sofia Lopez** – Director of At Risk/Responsive Services (5:45 – 5:55)
      - ✓ **Olga Rosenberger** – Exec. Director of Student Nutrition & Extended School Programs (5:55 – 6:05)
    - **Programs/Events – Information Item (6:05 – 6:10)**
      - ✓ **iRun – Methodist Hospital Sponsorship** 😊
      - ✓ **Action for Healthy Kids Grant** – Harvest of the Month update
- **Campus Wellness Assessment Results – Action Plan (6:05 – 6:30)**

Further examination and discussion regarding the results prompted action steps and plans to COLOR CODE the Survey for easier reading. **Status:** Sandi has categorized questions by department on the form and will color code results.

  - **Action Step #1:** To address negative answers to questions that appear to be based on confusion, we'll give specific examples to assist in clarification in hopes of yielding more accurate results.
    - **Questions addressed:** (All Levels) Questions 1.2, 2.1, 2.2, 2.3
    - **Responsibility:** Food Services, Health/PE, MAHI Wellness
    - **Status:** Dr. Cravens followed up with these departments to provide specific examples for the next assessment.
      - Jose sent examples where nutrition education opportunities for employees are advertised. **Added to assessment 2/20/25...complete.**
      - Olga sent examples of how nutrition marketing materials are being used in the cafeteria. **Added to the assessment 2/20/25...complete.**
      - Sandi will add the 21-Day Snacking Challenge for students to 2.3 and list other examples such as family fitness nights and the Community Resource/Wellness Fair. **Added to the assessment 2/20/25...complete.**
  - **Action Step #2:** To improve communication and connectivity for employee wellness information, we will use various methods such as ITK, social media, and provide wellness information via Campus Wellness Champions.
    - **Questions addressed:** (All Levels) Question 2.2
    - **Responsibility:** MAHI Wellness
    - **Status:** In progress, lots of communication is going out via Campus Wellness Champions, social media & ITK...**complete.**

- **Action Step #3:** We will provide infographs/brochures with QR codes to Smart Snack guidelines and calculators so others can verify snacks provided on campuses meet the requirements. **Food Services will also crack down on snacks sold on campuses during school hours.**
  - **Questions addressed:** (All Levels) Question 3.1
  - **Responsibility:** Food Services
  - **Status:** In progress. Food Services is currently working on a nutrition infographic with the QR code to the Smart Snack computer on their website, Sandi will have posters made and send out to the campuses, and via Peachjar to parents.
  
- **Action Step #4:** We will provide infographs/brochures that encourage responsibility for food choices with QR codes to the School Café Program website so students/staff can evaluate their food intake/meals.
  - **Questions addressed:** (All Levels) Question 2.2
  - **Responsibility:** Food Services, ~~Health/PE, MAHI Wellness~~
  - **Status:** **In progress.** Food Services is working on a flyer with information on how parents can access School Café on their phone.
  
- **Action Step #5:** We will increase distribution of flyers via Peachjar, posters and social media posts that provide healthy living tips (fitness, nutrition, stress reduction tips etc.) for students/staff/parents.
  - **Questions addressed:** (All Levels) Question 1.1
  - **Responsibility:** ~~Food Services~~, Health/PE, MAHI Wellness, Counseling
  - **Status:** **In progress.**
    - Employee Wellness working on a flyer that promotes healthy living in the four pillars of wellness for employees.
    - Sandi has posters for healthy living promotion for parents/students ready to send via Peachjar w/ SHAC approval. **Examples.**
    - Counseling shared posters being displayed in the schools. **Examples.**
  
- *Discuss assessment timing/distribution*

- **New Business (6:30 – 7:00)**

- *Anything else?*

**Adjourned & thank you!**



***Members of Health Advisory Council  
2023 – 2025***

<b>Member</b>	<b>Campus</b>	<b>Service</b>	<b>Status</b>
1. Tracy Bennett	Parent – Farine	2 years	Returning
2. Lynette Cleveland	Parent – MacArthur	2 years	Returning
3. Leslie Tillerson	Community member	2 years	Returning
4. Cindy Buchanan	Parent – Travis, MacArthur	2 years	Returning
5. Bonnie Jones	Parent – Bowie, Townley	2 years	Returning
6. Susie Griffin	Parent – Nimitz, Lamar	2 years	Returning
7. Eileen Parks	Community Member	2 years	Returning
8. Sarah Stegall	Parent – Singley & at Houston MS Library	2 years	Returning
9. Terry Harbin	Parent – MacArthur, Travis	2 years	Returning
10. Michelle Vinson	Parent – Nimitz	2 years	Returning
11. Kam Junejo	Parent – Brandenburg, Travis	2 years	Returning
12. Yolanda Rawls	Parent – MacArthur HS	2 years	New
13. Ebony Collinsworth	Parent – MacArthur HS	2 years	New
14. Porfy Martinez	Parent – MacArthur HS	2 years	New
15. Mary Richarte	Community member & School Board Trustee	2 years	Returning
16. Rebecca Amador	Impact Communities	2 years	New
17. Sheila Browning	Retired (Nurse – Lively) – Community Member	2 years	Returning
18. Amber McHugh	Health/PE teacher – Singley Academy	2 years	Returning
19. Kimest Sanders*	Counseling & Guidance Coordinator	2 years	Returning
20. Rachel Chamberlain	Counselor – Lady Bird Johnson Middle School	2 years	Returning
21. Sandra Silva	Counselor – Keyes Elementary	2 years	New
22. Kathy Miller	Classroom teacher – Lively Elementary	2 years	Returning
23. Olga Rosenberger*	Executive Director of Adult Support Services and Student Nutrition	District Rep	ongoing
24. Salvador Peredes*	Asst. Director – Food Services	District Rep	ongoing
25. LeeAnn Lachance*	Purchasing, Nutrition and Menu Operations Coordinator	District Rep	ongoing
26. Hannah Mckethan*	Menu Planner/Dietitian – Food Services	District Rep	ongoing

27. Julie Soberanis*	Director – Guidance, Counseling & College Readiness	District Rep	ongoing
28. Sofia Lopez*	Director At-Risk/Responsive Services	District Rep	ongoing
29. Karyn Beauchamp*	Director of Health Services	District Rep	ongoing
30. Sandi Cravens*	Health and PE Coordinator	District Rep	Ongoing
31. Jose Villasenor*	Employee Wellness Strategist	District Rep	Ongoing
32. Imelda Little*	School Leadership	District Rep	Ongoing

**\*Administrative representatives – ongoing service, non voting members**