



SHAC MEETING MINUTES

Below are the meeting minutes from the SHAC (Student Health Advisory Council) committee meeting.

Meeting Information:

The SHAC meeting took place on Wednesday, September 11, 2024 in-person and virtually at the GISD PDC (Shugart Professional Development Center).

Meeting Attendees:

Brenda Monk	Board Appointed Member	In Person
Dr. (Letitia) Danielle Chukwumah	Board Appointed Member	In Person
Kim Thiehoff	Board Appointed Member	In Person
Virginia Pollard	Board Appointed Member	In Person
Amy Sausameda	Community Member - Hope's Door	Virtual
Teena Johnson	Community Member - Because Cullen	In Person
Craig Hempel	District Member - Student Nutrition Services	In Person
Dr. Lisa Olsen	District Member - Student Services / SHAC Secretary	In Person
LeeAnn Stephenson	District Member - Health & PE / SHAC Co-Chair	In Person
Nwakaego Orij (Mrs. E)	District Member - Counseling	In Person
Renee Kotsopoulos	District Member - Health Services	In Person
Tiffany Setty	Parent Member	In Person
Sophia Green	Parent Member	In Person
Sheri Thompson	Parent Member	Virtual
Liz Kiertscher	Parent Member	In Person
Karyn Shaw	Parent Member	Virtual
Karen Gonzalez	Parent Member	In Person
Jessica "JR" Chester	Parent Member - Past SHAC Co-Chair	Virtual
Gwen Way	Parent Member	Virtual
Carissa Richardson	Parent Member	Virtual



Beth Harshman-Martinez	Parent Member	In Person
John Beltz	Guest	Virtual
Meaghan Moran	EverFi Presenter	Virtual
Veronica Davis	Parent Member	Virtual

Committee Purpose:

The TEA requires all school districts to establish a district School Health Advisory Council, TEC Chapter 28, Section 28.004. SHAC is a group of members representing segments of individuals of the Garland ISD community, district employees, and parents appointed by the Board of Trustees. The SHAC assists in addressing the physical and health needs of students in Garland ISD. The SHAC plays an important role in communicating the connection between health and learning to school administrators, parents, and community stakeholders. The SHAC assists the district in ensuring that local community values are reflected in the district’s coordinated school health program. Coordinated school health focuses attention on the priority areas that include student nutrition services, health services, a healthy and safe school environment, counseling and mental health services, employee wellness, family and community engagement, physical education, and health education for the most effective way to meet the health needs of district’s students.

Responsibilities:

The SHAC must hold 4 meetings each school year. A school district MUST consider the recommendations of the SHAC before changing the district’s health education curriculum or instruction. The SHAC will provide a written annual report to the Board of Trustees each school year. A majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district.

Agenda:

[Agenda SHAC Meeting - 9.11.2024](#)

Meeting Presentation:

[SHAC Meeting Presentation | 9.11.2024](#)

Meeting Dates:

Meetings for the 2023-2024 school year are scheduled as follows. Meetings will be conducted in person.

- September 11, 2024
- November 6, 2024



- February 12, 2025
- April 9, 2025

Meeting Minutes:

The meeting was called to order by LeeAnn Stephenson at 12:15 p.m.

Presentation - LeeAnn Stephenson

The meeting began with lunch, during which attendees signed in and found their assigned seats. LeeAnn initiated the session by reviewing the responsibilities of the SHAC (School Health Advisory Council) as outlined in the presentation. She also highlighted the meeting's agenda. The recording was started, and the focus shifted to the SHAC's requirements, followed by a review of the upcoming meeting schedule.

Membership Status:

Our SHAC consists of 28 total members. A membership confirmation vote was held, and it was noted that four of the five members appointed by the Board of Trustees accepted their appointments. One appointee declined due to scheduling conflicts. LeeAnn has reached out to the Board to request an additional appointee to meet TEA (Texas Education Agency) requirements. Meanwhile, recruitment for additional parent members is ongoing, and LeeAnn encouraged attendees to spread the word to bolster parent involvement.

What is SHAC?

The SHAC is a committee composed of GISD parents, district staff, and other community members. Its purpose is to ensure compliance with TEA guidelines, as outlined in Chapter 28, and to set district health-related goals. A key requirement is that the majority of SHAC members must be parents of students enrolled in the district who are not district employees. The SHAC plays a vital role in connecting health initiatives with student learning outcomes. The council's responsibilities include holding four meetings annually, making recommendations to the district, and presenting an annual written report to the school board.

Priority Areas:

The SHAC's priority areas were presented, including:

- Nutrition & Employee Wellness
- Health Services
- Healthy & Safe School Environment
- Counseling/Mental Health Services
- Family & Community Engagement
- Health and Physical Education



Each of these areas is represented by a designated member of the committee.

Requirements and Compliance:

As required by the TEA, SHAC meeting minutes will be posted on the district’s website. Most sub-committee work will be handled outside of regular SHAC meetings. Meeting notifications will be posted 72 hours in advance, both on the district website and at each school campus. Additionally, the SHAC must submit an annual school health survey to the TEA, with links to the relevant guidelines provided in the presentation.

Current SHAC Membership:

To date, 16 parent member applications have been received, and 14 of those applicants were officially accepted as members during the meeting. On October 6, 2023, the Board of Trustees appointed four members to SHAC, though one later declined the role due to scheduling conflicts. This leaves us with four board-appointed members. The SHAC is structured around the eight components of coordinated school health, with one representative for each area:

- Health & Physical Education: LeeAnn Stephenson
- Healthy & Safe School Environment: Shelley Garrett
- Counseling & Mental Health Services: Mrs. E (Nwakaego Oriji)
- Parent & Community Involvement: Jonathan Armstrong
- Staff Wellness: N/A
- Health Services: Renee Kotsopoulos
- Nutrition Services: Craig Hempel

This establishes our current committee of 14 parent members, seven district representatives, and four board-appointed members. Additional applicants will be considered and voted upon for the 2024-25 SHAC as they are received.

Ongoing Efforts:

The SHAC continues working to meet the requirement that parents make up at least 51% of the committee. The membership application process remains open, as it is each year, and recruitment efforts continue. The SHAC has reached out to the Family & Community Engagement department to engage PTA members and other parents who may be interested in joining. Member recruitment information is also being shared on social media, with a request for parents to spread the word through their own networks.

EverFi Presentation by Meaghan Moran

Megan from Everfi gave a virtual presentation discussing the free digital resources available in the district, which cover topics such as health and prevention, financial literacy, and college and career readiness. These resources, supported by local and national organizations, include over 30 courses, with pre- and post-assessments that help teachers gauge student learning.



While Megan presented the full catalog, she focused on the health and wellness offerings, highlighting courses like *Character Playbook*, which teaches about healthy relationships, and modules on prescription drug usage, including one added last year on fentanyl. A mental wellness module helps students navigate real-world scenarios, seek help, and build resilience.

Everfi's platform has seen growing use, with 56 teachers using the resources, and students typically completing 2-3 courses. By the end of the year, 1,400 student enrollments marked a quadruple increase from the previous year. Bullying prevention and digital wellness are also popular courses, with significant growth in the use of the drug usage module—rising from 62 students to over 1,000, accounting for 37% of all students accessing the module. Supplemental materials are available for additional support, but not as standalone content.

(input upon receipt)

[EverFi Presentation Link](#)

[Current GISD Teacher Data](#)

[EverFi Parent Demo](#)

Questions:

Where is EverFi instruction taking place?

LeeAnn stated that most related to her department take place in Health classes. Other departments that utilize the platform are CTE and Counseling for SEL programming.

How long has the EverFi platform been used in GISD?

Implemented in GISD in 2017. Became more robust in 2019. Utilized in Health classes 1+ years.

→ *The meeting proceeded with introductions for all beginning with in-person attendees, then virtual attendants.*

Department Updates:

Guidance & Counseling - Mrs. E (Nwakaego Orijji)

September is Suicide Awareness Month. The Curtis Culwell Center will host college night on September 18, 2024. October is Drug Prevention and Red Ribbon month.



Family & Community Engagement - Jonathan Armstrong

Parent University will take place on Tuesday, September 17, 2024 at Lyles Collegiate Middle School beginning at 6:00 p.m.

Health & Physical Education - LeeAnn Stephenson

Parent Consent Forms:

The consent forms for child abuse, dating violence, and similar topics have not expired. Although some forms expired for certain cases, our combined opt-in forms remain the same as last year, with no procedural changes.

Q: This raised the question of why parents are receiving notifications to complete new permission forms?

- TEA requires an annual notification of human sexuality and responsibility instruction be delivered, absent from attachment to any other subject, to all students enrolled in the district that will receive instruction.

Recess and PE Guidelines:

We will continue to review recess guidelines and there is potential for changes based on a review of other successful models. We may conduct a more in-depth evaluation of our Physical Education (PE) programs. This includes exploring possible changes. Scheduling for PE classes will remain under review to ensure compliance with TEKS (Texas Essential Knowledge and Skills) requirements. For example, we cannot effectively teach TEKS if our classes are overloaded in our gyms which vary in size.

Screen Time:

We are committed to ensuring appropriate screen time for students. A subcommittee will be formed to assess current practices and provide recommendations to the board.

Q: How are these policies communicated to campuses?

- The information is shared via WAIP (Weekly Administrative Information document) and will be a teaching point for educators at the beginning of the year. Any concerns should be addressed with the teacher, and LeeAnn is available to provide additional support.

Fitnessgram:

A more in-depth review of Fitnessgram will take place in November.

Tucker's Law and House Bill 3908:

Teena Johnson will provide more information on Tucker's Law, as well as the Fentanyl awareness requirement under House Bill 3908.

Health Services - Renee Kotsopoulos



An informal survey was conducted to assess whether students could move through lines in the cafeteria in a timely manner. Feedback from teachers, paraprofessionals, and parents assisting in the cafeteria indicated that most elementary and middle school campuses faced no significant issues. However, the high school level, particularly Sachse High School, experienced more challenges. One major issue at the high school was the closure of restrooms, which delayed students who needed to use the restroom before eating. Additionally, students socializing and playing around further slowed the process, and there is little flexibility to address these delays at Sachse High School. The administration is aware of the issues and is working to make adjustments.

There is also a concern about the lack of water fountains in the cafeteria. Renee is focused on several initiatives, including improving mental health support by applying for grants to assist families. She is also addressing indoor air quality, particularly for students with asthma, and managing the effects of ongoing construction on air quality. In response to air quality concerns, she is working to secure albuterol for students in need. Additionally, Renee serves on the Pediatric Death Review Committee, which examines non-illness-related child deaths and looks for ways to prevent such tragedies in the future.

Parents & Community

Because Cullen - Teena Johnson

The Mental Health & Substance Use Connection will host a free event. Join this free community event focused on the fentanyl crisis and mental health connection to substance use on Saturday, October 5, 10:00 am at Chase Oaks Church Legacy in Plano. Over 40 vendors with resources for drug use and mental health will be present.

Hope's Door - Any Sausameda

Hope's Door is looking for opportunities to share in the Garland community about Domestic Violence.

Member Input: Rowlett HS has a reset room for students. Brenda said she might want to reach out to Carmen Chadwick to see if they can support.

Student Nutrition - Craig Hempel

The first MAC meeting will take place on Monday, September 23, 5:00 pm at the Padgett Building. This meeting is open to all students, parents, and staff of Garland ISD. This gives parents and students the opportunity to check out new menu items and the school cafe.

Student Engagement & Support Services

They are working in conjunction with Safety & Security to report suspicious activity. Lisa Olsen showed posters and flyers reflecting safety and highlighted that they are posted



on all campuses. She also shared that we are working on videos to dissuade those from making terroristic threats.

Closing Meeting Information:

The meeting was adjourned at 1:32 p.m.

The Next SHAC Meeting will take place on Wednesday, November 6, 2024 at 12:00 PM at the PDC.

Meeting Recording:

[SHAC Meeting Recording - 9.11.2024](#)

SHAC Members:

1.	Brenda Monk	Board Appointed Member
2.	Dr. (Letitia) Danielle Chukwumah	Board Appointed Member
3.	Kim Thiehoff	Board Appointed Member
4.	Virginia Pollard	Board Appointed Member
5.	Amy Sausamedia	Community Member - Hope's Door
6.	Teena Johnson	Community Member - Because Cullen
7.	Connie Pown	District Member - Bullock Elementary SNS
8.	Craig Hempel	District Member - Student Nutrition Services
9.	Dr. Lisa Olsen	District Member - Student Services / SHAC Secretary
10.	Jonathan Armstrong	District Member - Family & Community Engagement
11.	LeeAnn Stephenson	District Member - Health & PE / SHAC Co-Chair
12.	Nwakaego Oriji	District Member - Counseling
13.	Renee Kotsopoulos	District Member - Health Services
14.	Shelley Garrett	District Member - Safety & Operations
15.	Veronica Davis	Parent Member
16.	Tiffany Setty	Parent Member
17.	Sophia Green	Parent Member



18.	Sheri Thompson	Parent Member
19.	Liz Kiertscher	Parent Member
20.	Karyn Shaw	Parent Member
21.	Karen Gonzalez	Parent Member
22.	Jessica "JR" Chester	Parent Member - Past SHAC Co-Chair
23.	Gwen Way	Parent Member
24.	Esther Galvan	Parent Member
25.	Dr. April Givens	Parent Member
26.	Carissa Richardson	Parent Member
27.	Brittney Gillyard	Parent Member
28.	Beth Harshman-Martinez	Parent Member
29.	Laura Vayda	SHAC Co-Secretary - Health Services (non-member)