



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, February 12, 2025 in-person and virtually at the GISD PDC (Shugart Professional Development Center).

Meeting Attendees:

Kim Thiehoff	Board Appointed Member	In Person
Virginia Pollard	Board Appointed Member	In Person
Amy Sausameda	Community Member - Hope's Door	In Person
Teena Johnson	Community Member - Because Cullen	In Person
Connie Pown	District Member - Bullock Elem SNS	In Person
Dr. Lisa Olsen	District Member - Student Services	In Person
LeeAnn Stephenson	District Member - Health & PE / SHAC Co-Chair	In Person
Nwakaego Oriji	District Member - Counseling	Virtual
Renee Kotsopoulos	District Member - Health Services	Virtual
Shelley Garrett	District Member - Safety & Operations	In Person
Tiffany Setty	Parent Member	Virtual
Sophia Green	Parent Member	In Person
Sheri Thompson	Parent Member	In Person
Samantha Bohrt	Parent Member	In Person
Karen Gonzalez	Parent Member	In Person
Jessica "JR" Chester	Parent Member - Past SHAC Co-Chair	In Person
Gwen Way	Parent Member	Virtual
Esther Galvan	Parent Member	In Person
Dr. April Givens	Parent Member	In Person
Carissa Richardson	Parent Member	In Person



Beth Harshman-Martinez	Parent Member	In Person
Laura Vayda	SHAC Co-Secretary - Health Services (non-member)	In Person
Leslie Blaylock	Parent Member	In Person
John Beltz	Guest	Virtual
Bob Duckworth	Guest - Community	In Person

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 | 2.12.2025](#)

Meeting Presentation:

[SHAC Meeting Presentation | 2.12.2025](#)

Meeting Dates:

Meetings for the 2024-2025 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 12:12 p.m.**

Membership

Included a review of the SHAC committee membership including an update, member make up, and list of members.

Legislative Updates

- No new updates for Health/PE
- Screen Time- recommendations vary by age groups, committee members will review the information and make recommendations to the school board and district leaders
- Recess guidelines- will be reviewed by subcommittee
- Off campus PE requirements- changes will be presented by LeeAnn to the SHAC at the next meeting

Subcommittees

Sub-committees members were listed.

Membership Status:

Our SHAC consists of 29 total members. Four of the five board appointed members appointed by the Board of Trustees accepted their appointments. One appointee declined due to scheduling conflicts. LeeAnn has submitted a request provided to the Board to appoint one additional member to meet TEA (Texas Education Agency) requirements.

Department Updates:

Counseling - Nwakaego Orij

- Mental Health convening on February 24, 2025 that will bring mental health professionals in the community together to help us better serve our students and families.

Question: Can community members access information about this?

A: Will send more information soon from Ghobriel.



Employee Wellness - N/A

- No updates from Renee Kotsopoulos.

Student Nutrition - Craig Hempel

- SNS will celebrate National School Breakfast Week March 3-7 highlighting new breakfast items.
- Next Menu Advisory Meeting will take place on April 28, 2025 at 5pm at Padgett Building.

Student Engagement & Support Services - Dr. Lisa Olsen

- Will host a McKinney Vento event with a local church.
- Interns from TWU are helping the district put the event together.
- [Behavior Academy](#) celebration happened recently for Parsons PreK staff who participated in a year-long program to help students be present and safe.
 - Encouraging students to feel welcomed at school.
- Vaccines were given at the Student Services clinic.
- The district is continuing with the threat assessment and title IX work to help campus administrators.
- Dr. Hemphill put together a PD for paraprofessional staff to equip them with tools to care for students including mental health information.

Question: What is the behavior academy?

A: A series of sessions over a year to create an environment that is welcoming for students, including restorative practices and supportive measures.

- David's Law has requirements for bullying reports.

Question: Can parents access information about bullying?

A: School administration is the first resource and place to go. With no resolution, you can contact Student Services for further support. The Student Code of Conduct has a definition of bullying. Encouraged to educate on the laws/policies and meet with the campus administrator.

Question: What resources are available for parents when their child is being bullied?

A: Responsive Services Counselors on campuses can assist. Campus counselors can also assist students who are being bullied.

Health & Physical Education - LeeAnn Stephenson

- HSR (Human Sexuality & Responsibility) instruction is complete for grades 3-6.
 - High School Spring semester Health classes are underway and will



complete HSR with their spring students, as well.

- FitnessGram results are due for the district on June 13, 2025. We hope to see improvements from pre-test data.

Health Services - Renee Kotsopoulos

- Health Services is focusing on communicable disease prevention and monitoring flu activity.
 - Antimicrobial spray is sprayed every night at every school, disinfecting high touch areas frequently during the day.
 - Monitoring norovirus and RSV as well to keep as many students well and in class as possible.

Question: Curious about the lingering effects of flu including the cough and throat mucus.

A: A cough can last for a few weeks after the flu although they are no longer contagious.

Question: What are we misting the schools with?

A: A quad mist is sprayed after everyone has left the school. It falls to surfaces and dries to prevent any microbes from growing.

Question: When did the spraying start?

A: We have been spraying for years on a weekly basis. We increase spraying daily during flu season or when there is a communicable illness outbreak.

- CPR classes are offered on campuses for staff.
- Completing health screenings and referrals for students.
 - The Lion's Club hosted a vision clinic at Student Services on March 5.

Healthy & Safe Schools - Dr. Shelley Garrett

- Perfect intruder response drills have been conducted for 2 months in a row.

Question: How many schools and how often?

A: 3 schools every month in our district.

- District Vulnerability Assessment- we volunteered to pilot the program - our deficiencies were very minor.



Question: Where do we stand on the mold in schools?

A: Facilities and Maintenance work on air quality with Risk Management. John King in Risk Management can help with that question.

Parents & Community

Because Cullen - Teena Johnson

- Dallas County has a new hotline for people who would like to get off substance abuse.
 - You call to give information including the drug being used, the hotline will send them a text with all resources for them in Dallas County.
 - It is free and confidential.

Hope's Door - Amy Sausamede

- The Youth Advisory Council is doing a film contest about dating violence.
 - Would love to have more GUSD students participate.
 - Film festival information on hdnbc.org.

Healthy Futures of Texas - Jessica Chester

- Will host a sexual health education webinar on Friday, February 21, 2025.
- Healthy Futures of Texas also has an annual film contest.
 - Will share more information.

Guest - John Beltz

- John shared that he has been through Behavior Academy I & II and felt it was excellent training.
 - If anyone has any questions about the program, feel free to email him.

Committee Business

Members added to a subcommittee are listed below:

- Sophia Green - [Screen Time](#)
- Leslie Blaylock - [Recess Guidelines](#)

The SHAC committee went into Executive Session from 1:18-1:26pm.

Closing Meeting Information:

The meeting was adjourned at 1:13 p.m.

The Next SHAC Meeting will take place on Wednesday, April 9, 2025 at 12:00 PM at the PDC.



Meeting Recording:

[SHAC Meeting Recording - 2.12.2025](#)

SHAC Members:

1.	Brenda Monk	Board Appointed Member
2.	Dr. Danielle Chukwumah	Board Appointed Member
3.	Kim Thiehoff	Board Appointed Member
4.	Virginia Pollard	Board Appointed Member
5.	Amy Sausameda	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 Orij	District Member - Counseling
13.	Renee Kotsopoulos	District Member - Health Services
14.	Shelley Garrett	District Member - Safety & Operations
15.	Beth Harshman-Martinez	Parent Member
16.	Brittney Gillyard	Parent Member
17.	Carissa Richardson	Parent Member
18.	Dr. April Givens	Parent Member
19.	Esther Galvan	Parent Member
20.	Gwen Way	Parent Member
21.	Jessica "JR" Chester	Parent Member - Past SHAC Co-Chair



22.	Karen Gonzalez	Parent Member
23.	Karyn Shaw	Parent Member
24.	Liz Kiertscher	Parent Member
25.	Samantha Bohrt	Parent Member
26.	Sheri Thompson	Parent Member
27.	Sophia Green	Parent Member
28.	Tiffany Setty	Parent Member
29.	Veronica Davis	SHAC Co-Chair / Parent Member
30.	Leslie Blaylock	Parent Member
31.	Ashley McDonnell	Parent Member