

LOVELADY INDEPENDENT SCHOOL DISTRICT

School Health Advisory Council (SHAC)

MEETING MINUTES

Date	Wednesday, October 14, 2026
Time	10:00 a.m.
Location	Elementary Library

I. Opening Remarks and Introductions

The meeting was opened, and introductions were completed by the representatives in attendance.

II. Introduction of SHAC Committee Members

The committee members introduced themselves and reviewed the membership approved by the Lovelady ISD Board of Trustees on September 21, 2026. The importance of parent, student, school personnel, and community representation was acknowledged.

III. Roles and Responsibilities of the SHAC and Wellness Policies

Mrs. Tullos reviewed the roles and responsibilities of the School Health Advisory Council (SHAC), including its advisory role to the Superintendent regarding coordinated school health programming. Members were reminded of their responsibility to provide input and recommendations regarding student health, nutrition, physical activity, health education, mental health, safety, and overall student wellness.

The committee discussed the importance of members reporting concerns related to school health and safety so that appropriate personnel can address them.

IV. Review and Approval of Previous Meeting Minutes

The review and approval of the previous meeting minutes were included on the agenda. The action taken regarding approval was not recorded in the meeting notes provided.

V. General Updates – School Personnel

A. Student Health Services – Nurse McKnight

Nurse McKnight reported that all beginning-of-year student health screenings had been completed. She also stated that she would be scheduling the district flu clinic soon, with dates to be posted on the district website and communicated to families. No other student health services updates were reported at this time.

B. Health Education and Physical Education Curriculum

Mrs. Robinson provided information regarding physical education requirements and student fitness activities, which are further detailed under Item X.

C. Child Nutrition and Wellness – Mrs. Mosley and Mrs. Stone

Mrs. Mosley reviewed the current cafeteria menu with the committee and requested feedback from members. Students reported that they liked the cycle menu and the meals being served. They also shared that when they did not care for the main menu item, they appreciated having other food options available.

Mrs. Stone provided an update on the new Mosaic system purchased by the district this school year. She also discussed plans to apply for an equipment grant to support improvements to the high school cafeteria.

D. School Safety and Security – Chief Merchant

Chief Merchant reported on the District Vulnerability Assessment completed in early October. The district is awaiting the final report. He shared that the auditor was pleased with the district's overall safety posture.

Students asked questions regarding the numbering of school doors. Mrs. Tullos explained the purpose of the door numbering system and the importance of ensuring that door numbers correspond with district and campus maps. This coordination supports emergency responders in quickly identifying locations during an emergency.

Students, parents, and teachers shared that they feel safe at school and understand the reasons for changes the district has made to doors and other safety procedures.

Mrs. Tullos reminded SHAC members of their responsibility to report concerns involving school health, safety, and student wellness.

E. Counseling, Mental Health, and Student Wellness – Mrs. Gilchrist

Mrs. Gilchrist discussed district counseling and mental health services. She explained the anonymous reporting option available to students through the district website and reviewed the consent forms provided to parents at the beginning of the school year for counseling and related services.

A high school student expressed concern that students would benefit from additional information regarding nicotine pouches, commonly referred to as Zyn, and energy drinks such as Monster, including their potential negative health effects. Mrs. Gilchrist thanked the student for bringing the concern forward and stated that she would coordinate with campus administration to determine how appropriate educational training could be provided.

Mrs. Tullos also reviewed the district's training for students in grades 7–12 in automated external defibrillator (AED) awareness and use, Stop the Bleed, and cardiopulmonary resuscitation (CPR). She explained how the district structures these trainings to meet applicable requirements.

VI. General Updates – Students and Parents

Opportunities were provided for students and parents to share concerns and provide input regarding school health, safety, and wellness.

Students shared positive feedback regarding cafeteria meal options and the new basketball court addition to the middle school play area. Students also raised the need for additional education about nicotine pouches and energy drinks.

No additional health or wellness concerns were reported by parents or other committee members.

VII. General Updates – Community Members

Community members were provided an opportunity to share information regarding community health resources, partnerships, and opportunities to support student wellness. No additional concerns or recommendations were reported during this portion of the meeting.

VIII. Review of Local Wellness Policy and Wellness Plan

The committee reviewed the district's Local Wellness Policy and wellness planning efforts. Discussion included student nutrition, physical activity, health education, mental health, and the identification of activities to support student wellness throughout the 2026–2027 school year.

The committee identified annual wellness activities and educational opportunities to support the district's ongoing wellness efforts, as detailed under Item XI.

IX. Triennial Assessment of the Local Wellness Policy

The committee reviewed the most current triennial assessment of the district's Local Wellness Policy. The assessment provided an opportunity to review policy implementation, progress toward wellness goals, areas of strength, and opportunities for improvement.

The committee completed the assessment as part of its review of district wellness practices and requirements.

X. Physical Fitness, Physical Activity, and Student Wellness Update

Mrs. Robinson reviewed the district's physical education requirements and explained the required minutes for physical education instruction. She reported that Lovelady ISD exceeds the required physical education minutes.

Mrs. Robinson also reviewed the district's fitness activities and opportunities for students to participate in physical activity.

A middle school student expressed appreciation for the new basketball court addition to the school's play area, noting it as a positive improvement to student recreational opportunities. Students also requested additional kickballs for the middle school recess area to provide more opportunities for physical activity and recreation during recess.

The committee discussed the importance of continuing to provide students with opportunities for physical activity and fitness throughout the school year.

XI. Health and Wellness Activities for the 2026–2027 School Year

The committee discussed and agreed on the following activities to serve as annual wellness activities for the 2026–2027 school year:

1. Turkey Trot: Promote physical activity and student participation in a schoolwide wellness event.
2. Walk Across Texas: Encourage regular physical activity and the development of healthy habits.
3. Health Education Training Videos: Provide educational information regarding nicotine pouches, including Zyn, and energy drinks, including Monster, to increase student awareness of potential health risks.

Mrs. Gilchrist will coordinate with campus administration regarding the development and delivery of appropriate educational information on nicotine pouches and energy drinks.

These activities will support the district's ongoing efforts to promote physical fitness, nutrition awareness, health education, and student wellness.

XII. Health Education and Prevention Requirements

The committee discussed health education and prevention needs, including the importance of providing students with age-appropriate information about substance use and potential health risks.

The student-raised concern regarding nicotine pouches and energy drinks was discussed, and the committee identified educational videos or training as a planned wellness activity for the school year.

Mrs. Tullos also reviewed district training for students in grades 7–12 related to AEDs, Stop the Bleed, and CPR, explaining how these trainings are structured to meet applicable requirements.

XIII. SHAC Recommendations and Action Items

The committee identified the following action items and recommendations:

- Continue communicating flu clinic dates to families through the district website and other district communication channels.
- Continue reviewing student feedback regarding cafeteria menus and available meal options.
- Pursue an equipment grant to support improvements to the high school cafeteria.
- Continue district safety efforts and review the final District Vulnerability Assessment report when received.
- Coordinate with campus administration to provide educational training regarding nicotine pouches and energy drinks.
- Implement the Turkey Trot, Walk Across Texas, and health education training videos as wellness activities for the 2026–2027 school year.
- Consider the student request for additional kickballs for the middle school recess area.

Committee members were encouraged to continue communicating health, safety, and wellness concerns to appropriate district personnel.

XIV. Questions, Comments, and Topics for Future Meetings

Committee members were given the opportunity to ask questions, provide comments, and identify additional topics related to school health and wellness.

No additional concerns were reported. Student feedback regarding school safety, cafeteria options, physical activity, and health education was incorporated into the committee's discussion and planning.

XV. Next Meeting Dates

The next SHAC meeting was scheduled as follows:

Date: Wednesday, January 13, 2027

Time: 10:00 a.m.

Location: Elementary Library

The committee will continue meeting throughout the 2026–2027 school year to review district wellness efforts, discuss student health and safety, and provide recommendations as appropriate.

XVI. Adjournment

There being no further business or concerns reported, the meeting was adjourned.

Adjournment Time: _____

Minutes prepared by: _____

Date prepared: _____

Audio Recording: To request an audio recording of this meeting, please email cburleson@loveladyisd.net.