

CLYDE CONSOLIDATED INDEPENDENT SCHOOL DISTRICT

School Health Advisory Council



ANNUAL REPORT 2025-2026

School Health Advisory Council



Vision Statement

While using creative solutions and incorporating the unique values of our community, Clyde CISD will create an environment where all students will learn life-long positive health behaviors.

Mission Statement

The mission of the School Health Advisory Council is to promote healthy lifestyles among the students of Clyde CISD through the Coordinated School Health Program.

Purpose & Scope of Work

Each school district in the State is required in Chapter 28.004, Subchapter A-K and Chapter 38.013 of the Texas Education Code, to establish and maintain a district-level school health advisory council. The School Health Advisory Council (SHAC) of the Clyde Consolidated Independent School District is specifically authorized by the Board of Trustees in District policy EHAA (legal).

The scope of work for the Clyde CISD School Health Advisory Council: The SHAC shall be an advisory body, and shall serve to provide guidance, recommendations, and other assistance to the Board of Trustees and Clyde CISD as is specifically listed in state law and District policy. The SHAC shall have no power to expend public funds, enter into contracts, or otherwise place obligation or liability upon the district.

Specific responsibilities of the School Health Advisory Council include:

- To hold regular meetings.
- To meet with the Board of Trustees as needed.
- To provide advice and recommendations/counsel prior to decisions pertaining to the areas of curriculum appropriate for specific grade levels that may include a coordinated school health program designated to prevent obesity, cardiovascular disease, and Type II diabetes through coordination of: health education, physical education, nutritional services, parental involvement, and instruction to prevent the use of tobacco, staff wellness, environmental health, mental/emotional wellness, and health services.
- To appropriate grade levels and methods for human sexuality instruction and strategies for integrating the curriculum components.
- To consult regularly with the Superintendent and his/her administration regarding the planning, implementation, and evaluation of the district coordinated school health program.
- To determine strategies for integrating the curriculum components in a coordinated school health program: school health services, counseling and guidance services, a safe and healthy school environment, and school employee wellness.

School Health Advisory Council



- To consult with the Superintendent and his/her administration in advance of submitting issues, concerns, reports, and recommendations to the Board of Trustees.
- To provide a written annual report to the Board of Trustees annually.

School Health Advisory Council



REPORT CONTENT

- 2025-2026 School Health Advisory Council Members
- Executive Summary: Activities of the 2025-2026 School Health Advisory Council
- SHAC Recommendations
- Health, Nutrition, & Wellness Plan 2026
- Public Notices



School Health Advisory Council

2025-2026 School Health Advisory Council Members

NAME	ROLE OF REPRESENTATION
HOLLY COPHER	PARENT/COMMUNITY MEMBER/CLYDE CISD EMPLOYEE (HS/DISTRICT NURSE)
SHANE COPHER	PARENT/COMMUNITY MEMBER/CHAIR
BILL BOHANNAN	PUBLIC HEALTH EMPLOYEE
AMY YATES	PARENT/COMMUNITY MEMBER/CO-CHAIR
MELANIE BROWN	COMMUNITY MEMBER/GRANDPARENT/CLYDE CISD EMPLOYEE (DIRECTOR OF CHILD NUTRITION)
PAULA KINSLOW	PARENT/COMMUNITY MEMBER/CLYDE CISD ADMINISTRATION
RHONDA NEAL	CLYDE CISD ADMINISTRATION

School Health Advisory Council



EXECUTIVE SUMMARY OF 2025-2026 SHAC ACTIVITIES

The purpose of this portion of the 2025-2026 School Health Advisory Council Annual Report is to provide a detailed account of the activities that have taken place within or on part of the School Health Advisory Council for the 2025-2026 school year.

- Early August 2025 Recruitment for membership on the School Health Advisory Council facilitated through ParentSquare, Clyde Journal Newspaper and on the Clyde CISD website. This effort was aimed at ensuring the resultant committee was composed of members who were representative of all campuses in Clyde CISD with additional members selected for community and business representation with specific health-related areas of expertise.
- September 22, 2025 SHAC Meeting 1
- Review Purpose & Scope of Work
 - Review ByLaws
 - District Coordinator: Holly Copher RN, BSN (District Nurse)
 - Reviewed SHACs role
 - Community Volunteers requested for SHAC Chair and SHAC Co-Chair
 - Discussed Community Initiatives for 2025-2026 school year.
 - Discuss Future Meeting Dates & Agendas
- October 31, 2025 Community Initiative- Trunk or Treat/Community Health Fair
- Hosted a Community Health in conjunction with the Athletic Booster's Trunk or Treat.
 - This took place in the parking lot of the Hanner Complex prior to the football game.
 - There were over 300 people that came through within an hour.
 - Multiple health booths set up with valuable information.

School Health Advisory Council



May 6, 2026

SHAC Meeting 2

- Review of Community Initiative.
 - Received well by the community
 - Served over 300 people within an hour
 - Provided valuable health information to the community
- Debbie Richardson, Intermediate PE teacher present
 - Discussion of Physical Education portion of District Wellness Plan
 - Discussed Clyde CISD requirements of Physical Education in order to graduate
 - Discussed the availability of outside athletic/PE credits and the details of the amount of PE minutes required for K-5, JH, and HS levels.
 - Discussed PE funding available:
 - Hoops for Hearts
 - New PE program for Elementary and Intermediate campuses discussed
 - Discussed Pacer Test
 - Discussed setting up different programs with DSHS for next school year.

NEW RECOMMENDATIONS

The 2025-2026 School Health Advisory Council proposed the following new recommendations to promote student and staff safety and wellness in Clyde CISD:

Recommendation 2: Student Wellness

Goal: *To provide opportunities to improve the wellness and health for the Clyde community, students, staff, and parents.*

The members of SHAC have met to identify and address several issues that education can be provided on.

- SHAC will arrange with DSHS dates to set up different wellness and health programs for our students, staff, and community. These can include tobacco cessation, bicycle safety, youth suicide prevention and others.
- Community, students, staff, and parents will be notified of speakers and dates by ParentSquare announcements and articles in Clyde Journal Newspaper.

Future Recommendations: SHAC will continue to evaluate wellness and health in the Clyde community and schools and will recommend changes as identified.

School Health Advisory Council



HEALTH AND WELLNESS PLAN

Recognizing that good student health fosters student attendance and education and that schools play a vital part in influencing and promoting wellness, it is the goal of Clyde CISD to advance student health, reduce childhood obesity, and promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

The district and campus administrators will oversee the implementation and monitoring of this plan. Clyde CISD will continue to develop guidelines and goals for this health, nutrition & wellness plan with input from students, parents, school administration, school food service personnel, the Board, and the community, through the School Health Advisory Council.

The Clyde CISD Wellness Plan focuses on five main health related areas including:

- Setting Nutrition Education Goals
- Setting Physical Activity Goals
- Establishing Nutrition Standards for All Foods Available on School Campus during the School Day
- Setting Goals for Other School Based Activities Designed to Promote Student Wellness
- Setting Goal for Measurement and Evaluation

Component 1: Setting Nutrition Education Goals

- The primary goal of nutrition education is to influence students' eating behaviors. Nutrition education may be defined as "any set of learning experiences designed to facilitate the voluntary adoption of eating and other nutrition-related behaviors conducive to health and well-being." (ADA 1996)

Component 2: Setting Physical Activity Goals

- The primary goal for Clyde CISD physical activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity, and understand the short-and long-term benefits of a physically active and healthy lifestyle. The physical education curriculum for grades K-12 will be aligned with established state physical education standards. A comprehensive physical activity program encompasses a variety of opportunities for students to be physically active, including: physical education, recess, after school physical activity programs, health education that includes physical activity as a main component, and physical activity breaks within regular classrooms.

School Health Advisory Council



Component 3: Establishing Nutrition Standards for All Foods Available on School Campus during the School Day

- Clyde CISD understands that students' lifelong eating habits are greatly influenced by the types of foods and beverages available to them during the school day. The reimbursable school meals shall be at least as restrictive as federal regulations and guidance. Child Nutrition Programs will be accessible to all students.

Component 4: Setting Goals for Other School Based Activities Designed to Promote Student Wellness

- It is the policy of Clyde CISD to create a school environment that provides consistent wellness messages and is conducive to healthy eating and being physically active.

Component 5: Setting Goal for Measurement and Evaluation

- Funding to support the wellness implementation guidelines and or evaluation of the above guidelines will be provided by the district. The district superintendent or designee will be responsible for the overseeing of the guidelines, monitoring and evaluating the implementation and reporting on the status of the wellness plan to the school board, the parents, and the community. A notification will be posted on the Clyde CISD website inviting members of the community, parents, students, and staff to join the SHAC. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be invited to be included in the development, implementation, review and update of the wellness policy with the SHAC.

PUBLIC NOTICES

In accordance with Education Code 28.004, the following public notice is given:

On October 20, 2025, the Board of Trustees appointed a local School Health Advisory Council to assist the District in ensuring that local community values and health issues are reflected in the District's health education instruction.

In accordance with recent legislation, the following information is posted on the district website www.clydeisd.org .

2024-2025 SCHOOL HEALTH ADVISORY COUNCIL MEETING DATES

- 9/22/2025
- 5/6/2026

School Health Advisory Council



All meeting dates are posted on the Clyde CISD website, posted in the Clyde Administration Building, and notification sent on ParentSquare

PUBLIC ACCESS TO INFORMATION

- All SHAC meetings are recorded and meeting minutes and recordings are posted on the Clyde CISD website as required.