

SHAC

The School Health Advisory Council is a group of parents and community members that ensure the local community values are reflected in the coordinated school health program.

ANNUAL REPORT 2025-2026



Student Ambassadors provide feedback on school meals



Senior Academy Week: Building Resilience for the Road Ahead



Moving Toward Wellness

- Mindful Movement: Small groups learning yoga & breathing
- Fun Runs: Promoting physical activity in a fun way
- Walk Across TX: Opportunity for kids & their families track steps
- The Daily Mile: Encourages students to run, roll or walk outdoors for 15 min, 3 times a week



Monday Elementary participated in the Kids Heart Challenge. It helps students improve their own health while raising donations for kids with special hearts.

Goal: \$1500 Total Donations: \$1594.25

9 families learned Hands-Only CPR



Miss Texas shares F.U.E.L. for Life Message with Elementary Campuses

- Food: Nutrition is energy
- Understanding: Build self-awareness
- Exercise: Fun, daily movement
- Love: Positive body image, self-acceptance

