



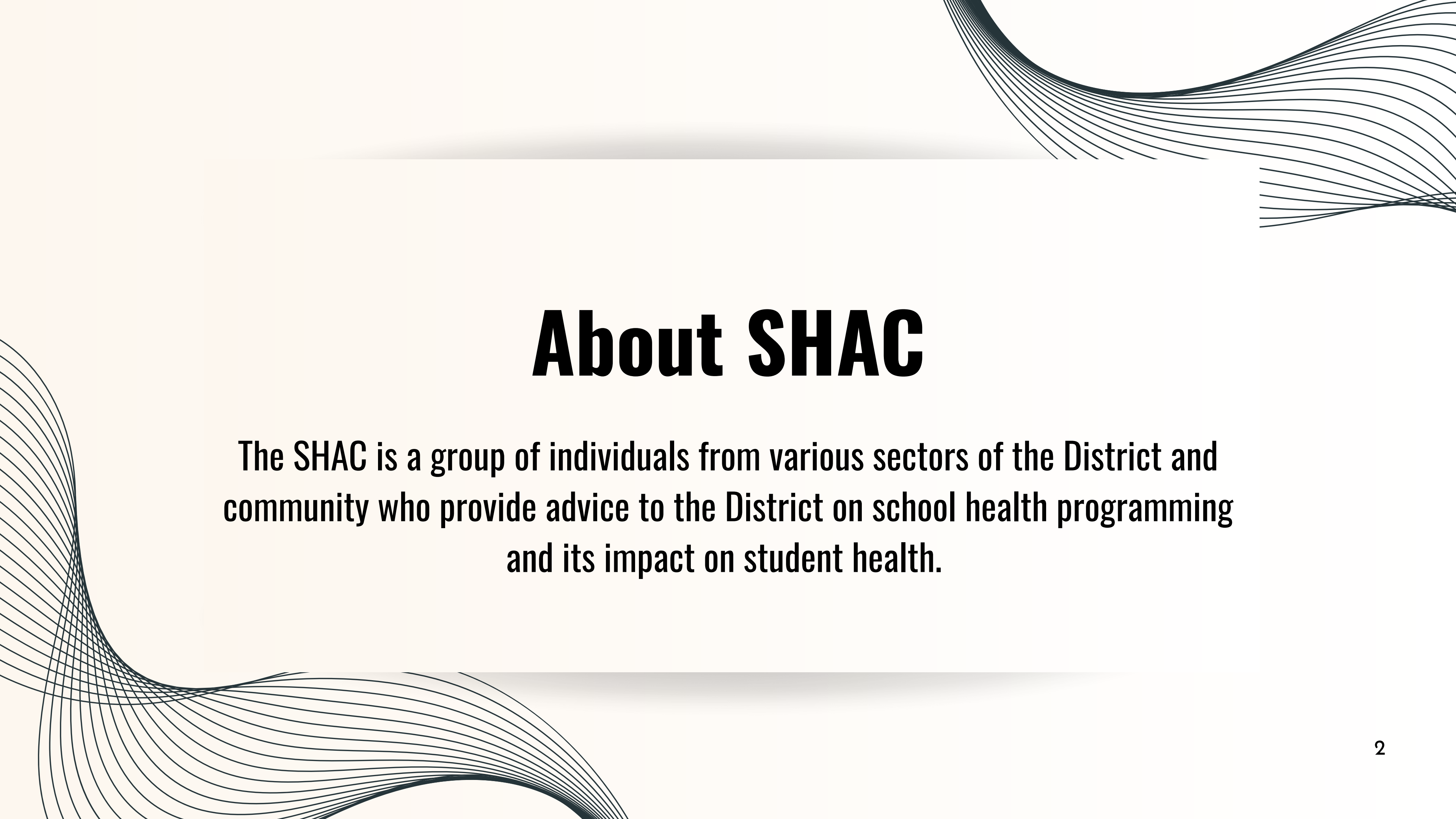
School Health Advisory

Council Report

BELTON ISD BOARD OF TRUSTEES

REGULAR BOARD MEETING

October 20, 2025



About SHAC

The SHAC is a group of individuals from various sectors of the District and community who provide advice to the District on school health programming and its impact on student health.



SHAC OBJECTIVES

To engage in ongoing review and discussion, and make recommendations for comprehensive school health programs including:

- **Promoting quality health education programs**
- **Encouraging lifelong physical fitness**
- **Promoting faculty and staff wellness**
- **Encouraging and providing healthful nutrition**
- **Creating safe, positive learning environments to Support social and emotional well being**
- **Promoting school, family, and community involvement**

LEGISLATIVE REQUIREMENTS

A parent must serve as co-chair

The co-chair was Mrs. Lanette Wyrick.

Must have at least five appointed members

The council had 27 members.

Must establish a physical activity and fitness planning subcommittee

- **Subcommittee was established. Must meet a minimum of four times per year**
 - **We met 6 times:**
 - **October 24, 2024**
 - **December 19, 2024**
 - **March 6, 2025**
 - **May 20, 2025**
 - **June 11, 2025**
 - **August 27, 2025**
- **Must deliver a report ot the Board of Trustees**
 - **Report prepared for the October 20, 2025 Board Meeting**

MAJOR ACTIVITIES

SHAC 2024-2025

- In conjunction with district leaders, the Triennial Assessment was completed and used to identify areas for improvement.
- Utilized the School Health Advisory Council to review and update the BISD Wellness Plan
- Presented learning through Parents as Partners - Fentanyl and Opioid Abuse (October 15, 2024) and Wellness (April 8, 2025)
- Facilitated the boards decision to adopt the Play It Safe Curriculum for Child Abuse instruction in Grades PK-5



WELLSAT TRIENNEIAL ASSESSMENT

Comprehensive Score:

70

Strength Score

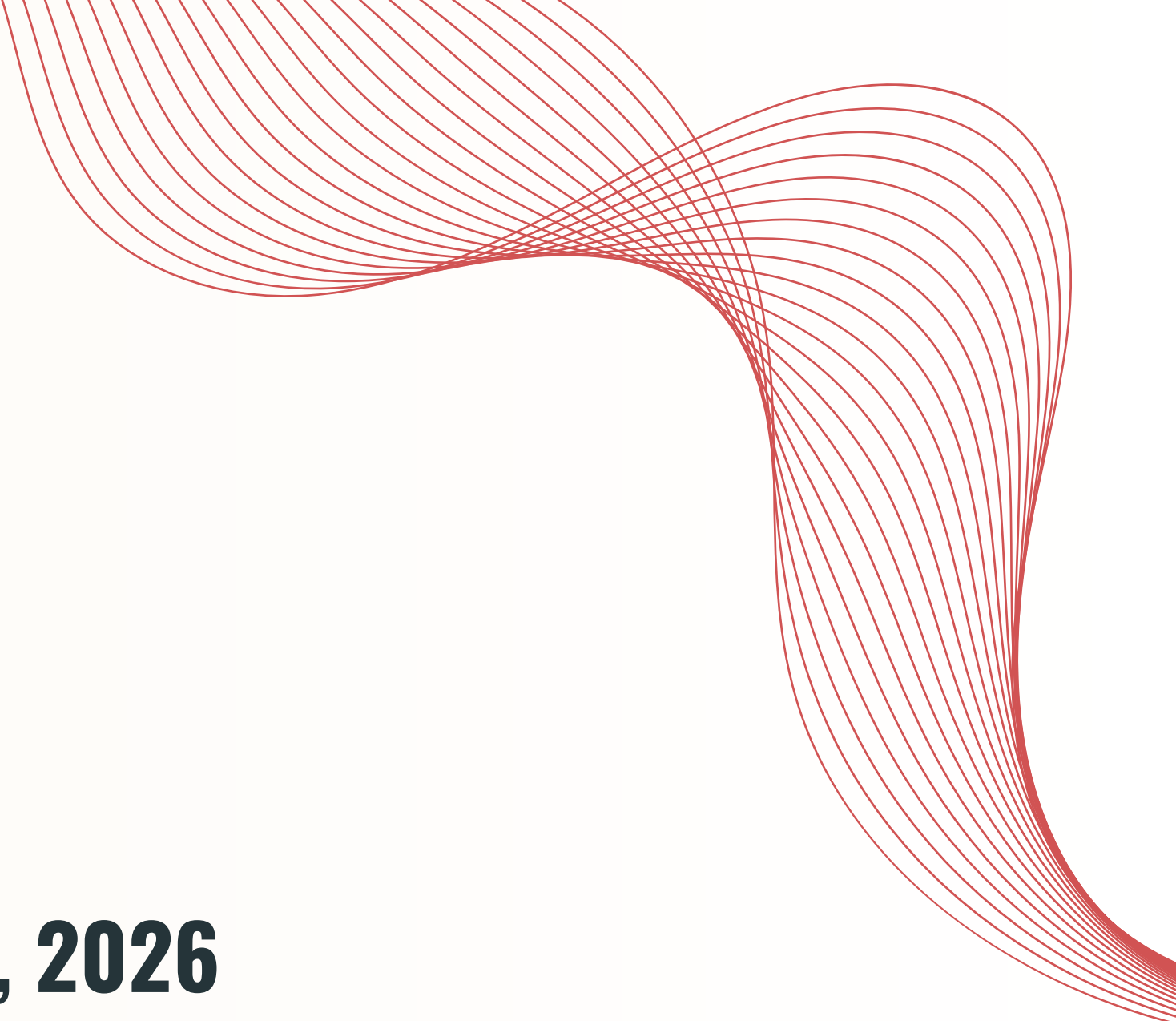
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Areas to Address

- 1 **Availability of water throughout the day**
- 2 **Recess cannot be taken for punishment**
- 3 **Encouraging physical activity for rewards**
- 4 **Conduct BISS Wellness Survey**
- 5 **Addresses substitution of physical education**

RECOMMENDED SHAC ACTIVITIES FOR 2025-2026

- Review and recommend updates to the District's Wellness Policy/Plan
- Gain awareness of legislative updates and how they impact wellness in BISS
- Create partnerships within the BISS community to strengthen resources for health and wellness
- Explore/Implement ideas to engage the BISS Community in wellness activities



SHAC MEETINGS 2025-2026

November 3, 2025

March 12, 2026

December 18, 2025

May 7, 2026