School Health Advisory Committee (SHAC)

Wednesday, October 7, 2026 12:00 PM
Board Room at the Education Center, 2602 South Belt Line Road, Grand Prairie, Texas 75052

1. **12:00 P.M. - CALL TO ORDER**
2. **OPEN FORUM FOR AGENDA ITEMS**

A. Persons attending the meeting may request an Open Forum Sign-Up Card. The card must be completed in its entirety and submitted to the Board President or designee prior to the meeting being convened. The Open Forum is limited to agenda items other than personnel, public officers, and individual/specific students. Speakers will be limited to three (3) minutes. When more than one individual wishes to address the same agenda item, the President may ask the group to appoint one spokesperson.

3. **WELCOME REMARKS**

A. Board and Community Members
B. Parents
C. District and Campus Administrators and Staff
D. Reminder: Sign In for Attendance

4. **APPROVAL OF MINUTES FROM APRIL 1, 2026 MEETING**
5. **NEW BUSINESS**

A. SHAC Duties and Bylaws
B. Health Services Senate Bill 12 Updates
C. Counseling Services Senate Bill 12 Updates
D. Child Nutrition and Food Services
E. Red Ribbon Week and Fentanyl Awareness
F. Bullying Prevention Updates
G. Senate Bill 9 Lessons for Elementary & Secondary
H. Family & Community Engagement Updates

6. **COMMITTEE ANNOUNCEMENTS**

A. Next SHAC meeting is scheduled for December 2, 2026.
B. Members are invited to share relevant updates

7. **ADJOURNMENT**

SHAC MEETING MINUTES

Location: GPISD Education Center, Board Room

Date: 04/01/26, 12:00-1:00

1 Call to Order: Meeting was called to order at 12:08. Umeka did introductions and approved minutes.

2 Minutes Approval: Rosie Mendes motioned to approve the minutes from 02/04/26. Seconded by Dr. Dana Jackson. A motion was presented, properly seconded and carried.

NEW BUSINESS

3 Health & Wellness Services Department (Mrs. Wright)
April 7 will start mobile **vision screening** at: Morton, de Zavala, and Williams. Students at these campuses can receive a vision exams, frames, and lenses at no cost.
Immunization clinics, in collaboration with Parkland Health & Staying Healthy Medical Services, at the Grand Family Service Center (no cost) at the following times:

- April 11- 10am-1pm
- April 15 3:30-6:30
- April 29 3:30-6:30

2026-2027 Planning
Cardiac Emergency Response Plans (CERP) (Amanda Rachal)
SB 865 requires school districts to develop and implement a cardiac emergency response plan in response to a medical emergency involving cardiac arrest on district or school grounds.
GPISD currently has at least one AED on every district campus and in every district facility. All PE coaches, athletic trainers, and band directors are CPR certified.
Next year, the focus will be on formalizing the plan, implementing prcedures, and conducting drills to ensure we are prepared to respond to cardiac emergencies.
Screen Time & Digital Wellness (Umeka Wright)
Too much screen time can cause the following:

- Attention gets worse
- Sleep problems
- Anxiety & depression (especially in girls, ages 10-14)
- Self-Worth & Identity

Platforms are built to keep children hooked (endless scroll, auto play & suggestions, push alerts).
Digital Wellness Starts at Home!

- Set Screen-Free Zones: no phones at meals, bedrooms, or after 9
- Talk-don't just watch: ask what they're watching and why they like it
- Use Built-In Controls: Turn on screen time on iphone or digital wellbeing on android
- Delay Social Media: no social media before age 13.

Takeaways: Start the talk today, check your family rules, keep learning
4 Child Nutrition & Food Services (Hannah Post)
Roving Chef

- Elementary(rainbow parfait, pizza)
- Middle (pancakes, ramen)

Taste Tests (pasta, quesadillas, pancakes): to develop student-driven menu
Farmers market (Eat the alphabet)
Menu Promotions & New Items: kale salad, homemade burgers, chile ranch chicken pizza, chicken & waffles
Growth & Impact
Breakfast 43% of enrollment (2% increase)
Lunch 69% if enrollment (3% increase)
A la carte 9% of enrollment (1% increase)

NEXT MEETING DATE:

Next meeting date is TBD.

MEETING ADJOURNED

Meeting was adjourned at 12:48 p.m.