



POINT ISABEL ISD

School Health Advisory Committee (SHAC)

SEP. 23, 2025

Juliette Gonzalez-Barajas, PIISD Communications Specialist/SHAC Coordinator
Stephanie Zavaletta, PIISD Guidance & Mental Health Director/SHAC Chair
Esmeralda Canales, ACE Family Engagement Specialist/ SHAC Chair

Agenda

01.

Introductions

02.

**1. Overview of SHAC
Purpose & Goals**

03.

**1. SHAC Bylaws &
Membership**

04.

**Planning for 2025-2026
Initiatives (Member input on
priorities and needs)**

05.

**Open Discussion &
Announcements**

06.

**Open Floor for Additional
Topics**

07.

**Next Steps &
Meeting Dates**

08.

**Upcoming
District Events**

09.

Adjournment

Introductions

SHAC Contacts to Know

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What is SHAC?

Mission

- Advisory Council is a community-based council whose purpose is to:
- Promote the health of students and the school community.
- Advocate for a comprehensive school health program.
- Serve in a health advisory capacity to the school board.

Vision

- Advisory council to assist the district in ensuring that local community values are reflected in the district's health education instruction.
- A school district must consider the recommendations of the local SHAC before changing the district's health education curriculum or instruction.
- SHACs are required in every public school district.



Objective

The purpose of the SHAC is to assist the District in ensuring that local community values are reflected in the District's coordinated school health related policies, procedures, strategies, and curriculum. The SHAC makes recommendations to the Board of Trustees on topics such as:

- Child Nutrition
- District Wellness Plan
- Drug Prevention
- Health Education and Human Sexuality Instruction
- Mental Health Supports and Character Education
- Bullying Prevention Efforts and Drug/Alcohol Prevention
- Physical Activity and Coordinated Health Program
- Employee Wellness Program



Policy

- The board shall establish a local School Health Advisory Council (SHAC) to assist the district in ensuring that local community values are reflected in the district's health education instruction. Education Code 28.004(a) [See EHAA regarding duties of the SHAC.]
- The SHAC shall meet at least four times each year. Education Code 28.004(d-1)

Policy References

Policy FFA

Policy BDF

Policy EHAA

Bylaws

What is the Make Up of SHAC?

Parents & Guardians (Majority)

- Provide the parent perspective on student health and wellness
- Must not be employed by the district

District Staff

Teachers, counselors, school nurses, physical education staff, nutrition services

Community Members

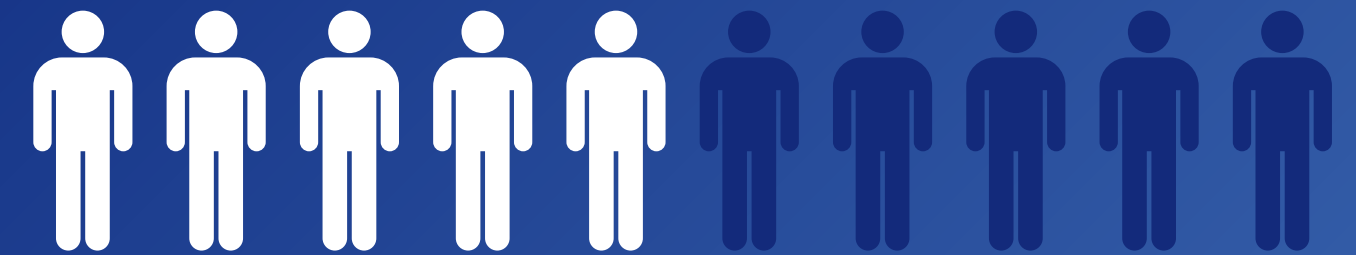
- Local health professionals, nonprofit representatives, business leaders, clergy, and others

Administrators & Board Reps.

- Superintendent or designee (advisory role)
- School board liaison



SHAC 2024-2025 Year at a Glance



Recess Policy

- In the 2024–2025 school year, SHAC worked diligently to create initiatives supporting students, staff, and families.
- The committee met multiple times to develop a district-wide recess policy.
- Through hard work and determination, the policy was approved by the school board.
- The recess policy is now in place at both elementary schools, benefiting all elementary students.

• **Recess Time:** 15 minutes daily.

• **Policy Highlights:**

- All campuses are to provide 15 minutes of daily recess.
- Teacher discretion in withholding recess should be limited to weather conditions or student enrichment opportunities.
- Recess should not be withheld as a form of punishment.
- If behavior is a concern, teachers may provide an alternate 15-minute brain break (e.g., coloring, quiet activity) instead of playground time.

SHAC 2024-2025 Year at a Glance



Free Health Resources

Provided free health resources and vaccines for families.



Free Fitness Workouts

The event offered free workout classes, including:

- Yoga
- HIIT workouts
- Zumba



Free School Supplies

Distributed free school supplies to all attending students.

Tarpon Wellness Fair

SHAC Bylaws

Articles	Summary
<ul style="list-style-type: none">Article I: Authority	<ul style="list-style-type: none">The SHAC shall be an advisory body, and shall serve to provide guidance, recommendations, and other assistance to the Board of Trustees as is specifically listed in state law and district policy.
<ul style="list-style-type: none">Article II: Responsibilities	<ul style="list-style-type: none">According to state law, District policy, and the direction of the Board of Trustees, the SHAC shall have the following responsibilities: A. To hold regular meetings. B. To communicate and update periodically with the Board of Trustees. C. To provide advice and recommendations/counsel prior to decisions pertaining to the areas of health education curriculum appropriate for specific grade levels that may include a coordinated school health program designed to prevent obesity, cardiovascular disease, and Type II diabetes through coordination of: health education, physical education, nutritional services, parental involvement, staff wellness, environmental health, mental/emotional wellness and health services. D. To consult regularly with the superintendent and/or his/her administration regarding the planning, implementation, and evaluation of the district coordinated school health program. E. To approve the district coordinated school health program, subject to adoption by the Board of Trustees. F. To consult with the superintendent and/or his/her administration in advance of submitting issues, concerns, reports and recommendations to the Board of Trustees. G. To advise and consult with the district in the development of a comprehensive health education curriculum. H. To provide a written annual report to the Board of Trustees on or before June 30 of each year.
<ul style="list-style-type: none">Article III: Meetings	<ul style="list-style-type: none">The SHAC shall conduct a minimum of 4 regular meetings per year.

SHAC Bylaws

Articles	Summary
<ul style="list-style-type: none">Article IV: Membership	<ul style="list-style-type: none">The SHAC shall be an advisory body, and shall serve to provide guidance, recommendations, and other assistance to the Board of Trustees as is specifically listed in state law and district policy.
<ul style="list-style-type: none">Article II: Responsibilities	<ul style="list-style-type: none">The membership composition of the SHAC shall comply with the following: A. Parents must live within the district, and must be a custodial parent or guardian of a student currently enrolled in a district school. B. The majority of the SHAC will consist of parents of students currently enrolled in the district, who are not employed by PIISD. C. The Board of Trustees may also appoint one or more persons from each of the following groups: teachers, administrators, district students, health care professionals, business community, law enforcement, senior citizens, clergy, and nonprofit health organizations. D. High school students from PIISD will be encouraged to serve on the committee.
<ul style="list-style-type: none">Article V: Officers	<ul style="list-style-type: none">The SHAC shall elect a Chair and may elect a Vice-Chair, and Secretary, each to serve two-year terms. Officers may not serve more than two consecutive terms. No officer shall be an employee of PIISD.
<ul style="list-style-type: none">Article VI: Executive Committee	<ul style="list-style-type: none">The Executive Committee shall consist of the Co-Chairs, Secretary, and the Coordinator.
<ul style="list-style-type: none">Article VII: Committees	<ul style="list-style-type: none">The Co-chairs may establish and appoint committees, as he/she deems necessary and appropriate.

Confirmation of Member Roles



Co-chair 1

- Serves as main liaison with the school board and administration.
- Ensures meetings run smoothly and objectives are met



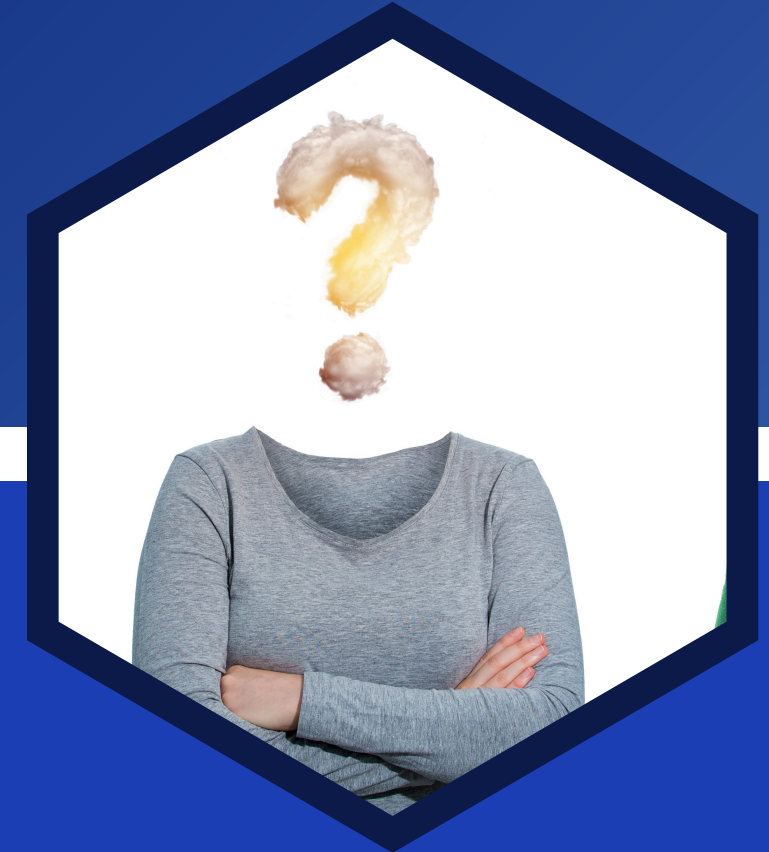
Co-chair 2

- Serves as main liaison with the school board and administration.
- Ensures meetings run smoothly and objectives are met



Secretary

- Records meeting minutes and maintains SHAC records.
- Tracks attendance and action items.
- Distributes meeting notes to members and the board.



Members

- Participate actively in discussions and decisions.
- Serve on subcommittees or special initiatives.

Planning for 2025-2026 Initiatives

Member input on
priorities and needs

Wellness events and family engagement opportunities

- Ideas for family-friendly health events
- Ways to involve students in wellness challenges
- Opportunities for staff wellness programs

Health education topics of focus

- Curriculum areas needing attention
- Health topics relevant to age groups
- Ways to integrate wellness into classrooms

Community partnership opportunities

- Local organizations or businesses that can support wellness initiatives
- Health providers or nonprofits to collaborate with
- Volunteer opportunities for parents/community

Other recommendations

Announcements

SB-12

- Parental Consent for Health Services:
Requires written parental consent before students can receive human sexuality instruction, psychological examinations, or certain health services. [TASA](#)
- Parental Rights in Education:
Affirms parents' rights to direct their child's education, including moral and religious training, and to make decisions concerning their child's education and medical treatment.

School surveys

School Surveys



Open Floor for Additional Topics

Meeting Dates

Date	Location	Time
Tuesday, October 28, 2025	Central Office Board Room	5:30 PM
Tuesday, January 27, 2026	Central Office Board Room	5:30 PM
Tuesday, March 31, 2026	Central Office Board Room	5:30 PM

*All meetings are subject to time & location change.
Additional meetings may be scheduled at committee discretion.

Upcoming District Events

9/26/25: Non Instructional Day–No Classes

9/30/25: ACE Spirit Night @ PIECHS, 5:00 PM

10/2/2025: Homecoming Parade @ 6:00 PM

10/3/2025: Homecoming Football Game @ 7:00 PM

10/6/2025: ACE Breast Cancer Awareness Crafts Making @ 5:30 PM @ PIJH

11/19/2025: Port Isabel HEB Feast of Sharing

Thank You for Coming! 😊

