

2025-2026 Health & Wellness Events and Activities

- August – “Stress Less with Mindfulness” – TX A&M AgriLife Extension – STAFF
“Healthy South TX Recognized Schools”- Whole Campus- Youth & Adult Programs
“Walk Across Texas” – 3 Adult teams/All students (PE)
“Learn, Grow, Eat, & Go” – classroom lessons (presented to K, 1st, 2nd & 5th graders)
Annual screenings (Vision, Hearing, Spinal & Diabetes Risk Assessment) – Nurse Seger
- September – TX Health Dept. - Flu Shots offered to students & staff (21 shots)
- October – SHAC Meeting #1 October 23, 2025 - 11 attended
“Biggest Loser” Contest – Staff
Fentanyl Program – October 29, 2025 (6th graders – required)
“Red Ribbon Week” – Oct. 27-31, 2025
- December – SHAC Meeting #2 December 9, 2025 – 7 attended
Update to the Bylaws & Policy
- January – “Kids Heart Challenge” – 89 registered/20 completed Finn’s Mission (CPR)
Raised \$4,173.27 for the American Heart Association
“Cooking Well with Diabetes” – January 13, 2026 – ACE Parent Program
“Fitnessgram” – PE classes (3rd-6th grade)
- February – SHAC Meeting #3 February 18, 2025- 5 attended
- March – “YES” program (Youth Equipped to Succeed) -4th, 5th & 6th grade TEKS requirement
for self-esteem and puberty (59 students attended) March 26, 2026
Parent Preview program – March 25, 2026 (9 Parents attended)
- April – American Heart Association -\$5,000 Grant
SHAC Meeting #4 April 30, 2026 -
- May - CBC Dental Hygiene Dept. – May 5, 2026 - Dental health care program – 1st grade
Dental Kits – 1st grade – Donated by the Masonic Lodge #261
Field Day – May 8, 2026