

School Health Advisory Council Minutes

St. Mary's Academy Charter School's second SHAC meeting for the 2025-2026 school year was called to order at 2:01PM, on December 9, 2025. Six members were present, staff was represented by four members, one parent and one student.

Alice Whitley welcomed everyone and members present introduced themselves.

Health & Safety Initiatives with current topics and events were presented and discussed.

TX A&M AgriLife Extension- Healthy South Texas Recognized School –Kimberly Davis has completed the classroom lessons and projects with Kindergarten and 5th grade. "Walk Across Texas" is continuing through the PE classes. A parent program sponsored by ACE will be held on January 13, 2026 with a topic title, "Cooking Well with Diabetes."

Nurse Seger will be conducting student spinal and Acanthosis nigricans screenings.

Nutrition program will have a representative from the ESC2 on Monday, Dec. 15, 2025 observing the cafeteria routines and share updates and new "targets." New guidelines are now available on sugar and sodium. Students are to use their ID cards or say their name as they go through the line to staff at the computer. It was noted that students are eating more food, therefore we have less wasted food.

Coach Briana Valencia let the committee know about the Kids Heart Challenge. It will kick off January 20 with an all campus assembly. Top students participating will participate in a Color Run and get to "slime" Nurse Seger and Mrs. Esquivel.

Mental health concerns were discussed and a committee member wanted to know more about how emotional student issues are handled. Counselor, Kathy Garcia explained that the Threat Assessment Team has specific steps that must be followed to get the student and the family to the services they may need. Parents are also made aware that by the age of 10 a student can become a part of the court system. Kathy Garcia explained that she and the other counselor provide preventive counseling lessons in the classroom to encourage appropriate behavior.

The "Yes Program" is scheduled for the spring, where self-esteem and sex education program will be presented to 4th, 5th and 6th grade boys and girls in separated sessions. Parents will provide permission for their child to attend.

The committee was given an overview, introduction and explanation of the bylaws, policy and plan. They were all reviewed and determined to be satisfactory and ready to be retyped and presented to the school board.

The next meeting will be held on February 18, 2026 at 2:00PM. The meeting adjourned at 2:50PM