

# St. Mary's Academy Charter School

## School Health Advisory Council (SHAC)

October 23, 2025

2:00 PM – Room 407

### Meeting Agenda:

\*Welcome – Barbara Seger, RN & Alice Whitley

\*Introductions of committee members

\*Purpose & objectives of SHAC

\*Health & Safety Initiatives- Current topics/events

“Biggest Loser” Contest – staff participating

Flu Shots – September 29, 2025 (23 participated)

TX A&M AgriLife Extension –Healthy South Texas Recognized School

Staff Professional Development –“Stress Less with Mindfulness” - Aug. 6, 2025

Walk Across Texas – 3 adult teams & all students are participating in PE class

Classroom lessons and projects – Kimberly Davis, Extension Agent-Health

ACE Parent Program – Diabetes – (date to be set)

Above the required annual screening of 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> graders

### Action Items –

Fentanyl Curriculum requirements – Program (6<sup>th</sup> grade ONLY) – October 29, 2025

“YES Program” – Youth Equipped to Succeed (4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> graders ONLY)

Bylaws and Policy updates – to follow next meeting

### Next Meeting Dates:

December 9, 2025

February 18, 2026

April 30, 2026