



St. Mary's Academy Charter School

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School Health Advisory Council Minutes

St Mary's Academy Charter School's first SHAC meeting for the 2025-2026 school year was called to order at 2pm, October 23, 2025.

Eleven members were present, staff was represented by five members and parent, student, and community members numbered six.

Alice Whitley welcomed members and thanked them for coming. Committee members went around the table and introduced themselves.

The purpose and objectives of SHAC were presented.

Current health items in which St. Mary's Academy Charter School participates were shared with the membership. They included:

The Biggest Loser Contest for staff members currently in progress

Flu shots at no charge on campus for staff, students, parents and community on September 29, 2025, Twenty three (23) participated

Participation in Texas A&M's Extension Service Wellness Program to become a Healthy South Texas Recognized School

August 6, 2025 Staff professional development, "Stress Less with Mindfulness"

Three Adult Staff teams and SMACS PE students are participating in the "Walk Across Texas" program.

Classroom lessons and projects are being presented to Kinder and Fifth graders by Kimberly Davis, Extension Agent/ Health

The ACE program plans to present a parent program on Diabetes. Our students in first, third, and fifth grade are screened by our district nurse for their Diabetes Risk Assessment by checking for Acanthosis Nigricans.

Action items: To meet State of Texas Fentanyl Awareness requirements Nurse Seger was able to procure the South Texas Area Director for Texans Against Fentanyl, Fay Martin. She will speak to our 6th grade students during Red Ribbon Week. The SHAC members approved that presentation.

Mrs. Whitley discussed the "YES Program" Youth Equipped to Succeed to meet 4th, 5th and 6th growth and development curriculum mandated requirements.

Our next meeting is scheduled for December 9, 2025. SHAC members will discuss by laws and policy for submission to the Board for approval.

Committee members shared observations and experiences of the positive parent/family engagement activities provided by SMACS.

With no further business to discuss the meeting was adjourned at 2:43 pm.

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