



SHAC Meeting Minutes

Below are the meeting minutes from the SHAC (School Health Advisory Council) meeting.

Meeting Information:

The SHAC meeting took place on Wednesday, November 12, 2025 in-person and virtually at the GISD Shugart Professional Development Center.

Meeting Attendees:

Name	Group/Department	Location
Brenda Monk	Community Member	In Person
Carissa Richardson	Parent Member	In Person
Craig Hempel	District Member – Student Nutrition Services	In Person
Dr. April Givens	Parent Member	In Person
Jonathan Armstrong	District Member – Family & Community Engagement	In Person
Karen Gonzalez	Parent Member	In Person
Kim Thiehoff	Board Appointed Member	In Person
Laura Vayda	Non-member, Secretary	In-Person
Leslie Blaylock	Parent Member	In-Person
Renee Kotsopoulos	District Member – Health Services	In-Person
Samantha Bohrt	Parent Member	In Person
Shelley Garrett	District Member—Safety and Operations	In Person
Sheri Thompson	Parent Member	Virtual
Stan Maige	Board Appointed Member	In Person
Teena Johnson	Community Member—BeCause Cullen	In Person
Michele Burger	Guest – Health Services	In Person
Sabrina Jeter	Guest—Risk Management	In Person

Committee Purpose:

The TEA requires all school districts to establish a district School Health Advisory Council, [TEC Chapter 28, Section 28.004](#). SHAC is a group of members representing segments of individuals of the Garland ISD community, district employees, and parents appointed by the Board of Trustees. The SHAC assists in addressing the physical and health needs of students in Garland ISD. The SHAC plays an important role in communicating the connection between health and learning to school administrators, parents, and community stakeholders. The SHAC assists the district in ensuring that



local community values are reflected in the district's coordinated school health program. Coordinated school health focuses attention on the priority areas that include student nutrition services, health services, a healthy and safe school environment, counseling and mental health services, employee wellness, family and community engagement, physical education, and health education for the most effective way to meet the health needs of district's students.

Responsibilities:

The SHAC must hold 4 meetings each school year. A school district MUST consider the recommendations of the SHAC before changing the district's health education curriculum or instruction. The SHAC will provide a written annual report to the Board of Trustees each school year. A majority of the members must be persons who are parents of students enrolled in the district and who are not employed by the district.

Agenda:

[Agenda SHAC Meeting – 11.12.2025](#)

Meeting Presentation:

[SHAC Meeting Presentation – 11.12.2025](#)

Meeting Dates:

Meetings for the 2025-2026 school year are scheduled as follows. Meetings will be conducted in person.

- September 17, 2025
 - November 12, 2025
 - February 11, 2026
 - April 8, 2026
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Meeting Minutes

The meeting was called to order by Renee Kotsopoulos at 12:06pm.

1. Opening

- Renee Kotsopoulos introduced herself and announced that LeAnn Stephenson has left Garland ISD and Renee will be facilitating today's meeting.
- New faces in the room today: Michele Burger is visiting from Health Services.



2. Presentation

- Currently awaiting rules, guidance, and TASB policy information regarding new legislation prior to implementing new policies in GISD.
- Screen time guidelines- recommendations from the committee were presented to the School Board. Still waiting on TEA rules/guidance prior to the new policy being recommended to the Board.
- Recess guidelines- new law SB25 reviewed, recess can't be taken away for poor academic performance or behavior.
 - Board of Trustees must adopt a recess policy- includes number of weekly unstructured play minutes.
 - Model policy will be created by Texas DSHS SHAC
 - Question: what is the difference for recess and physical activity? Recess is for 5th and below. Physical activity guidelines are for other types of physical activity, like PE.
 - Question: what is unstructured play time? There is not currently a definition, but the Texas SHAC advisory committee may define it.
 - Guidelines are taking a long time due to the many bills passed this year.
 - Question: Should we help offer an optional plan for teachers to help define discipline? There is a department in Student Services that is involved in discipline. We can reach out to Mary Garcia and Babetta Hemphill to see if we can put something together to help support teachers.
- School meal changes-
 - Many vendors are already removing the prohibited ingredients
 - Last year, Texas covered the remaining cost of reduced-price breakfast. This year, Texas is also covering the remaining cost of reduced-price lunch. Now both of their meals are free. 70-80% of our schools are on CEP so all meals are free for all students.
 - Question: what is the income threshold for qualification for free lunch? USDA puts out a chart with income levels. It is located on the Student Nutrition Services page on the GISD website.
- Coming soon:
 - Legislative changes will start going into effect soon.
 - Cardiac Response Team- yearly drill is now required to practice a cardiac emergency; nurses will be trained in January and a drill will occur on each campus this Spring. The deadline for implementation isn't until the 26-27 school year.
 - Question: Do sports teams and athletic facilities have AEDs?
Yes
 - Concussion- academic accommodations for concussions sustained outside of school sponsored activities.
 - Question- are teachers notified of TBI and concussions? Athletic injuries, yes. We already have a beefy policy for this. Non school-



sponsored concussions will get a policy that is beefed up to be more like athletic concussions. Severe injuries usually get Section 504 accommodations. TEA will make a document for parents that tells them the potential academic accommodations that could be offered.

- SB12- parents can opt out of health services, counseling services, clubs
- Anti-choking device bill- LifeVac device is in all cafeterias, training provided to staff
 - Question: are they on auxiliary sites? No.
 - Question: are they backed by science? No, we recommend choking first aid (abdominal thrusts) as a first line response. If unable to clear the foreign body airway obstruction, staff may try utilizing the Life-Vac. At any time if an individual becomes unresponsive, CPR will be initiated.
- Cell phone policy is in place already.

3. Department Updates:

- Student Nutrition Services- Craig Hempel
 - MACs (Menu Advisory Committee)- Monday, November 17 at 5pm at Padgett building- come try new menu items and give feedback about cafeteria program, free dinner for your family!
 - Thanksgiving meal- \$5 for teachers, staff, and visitors; Wednesday, November 19. Check with the campus to see if they are allowing visitors for Thanksgiving meal.
- Family and Community Engagement- Jonathan Armstrong
 - Flyer for local food pantries in the area since many families will be without SNAP benefits or will need to provide meals to their child over the week-long Thanksgiving break.

4. Break to get lunch

5. Questions?

- We will try to get someone from Student Services to come present on behaviors/discipline
- Does Student Services utilize parents as a sounding board like SHAC does? Campuses have a Campus Improvement Team that has two parents. This is a great opportunity to get involved with behavior on a campus.
- Is there a policy of when a nurse must call a parent when a student is injured at school? There isn't a written policy, but we recommend nurses to call for a significant injury or if they look different from the neck up than when they arrived at school. Recommendation for parent to speak with the campus nurse and get to know them. Let them know if you want to be called for injuries.



- SB12- we had over 300 initially that opted out of first aid. That has dwindled to about 150 that have opted out of something- most have opted out of screenings. GISD has always used common sense and has not withheld treatment for basic first aid.
- Are there any updates on the vaccination exemption form? It is now online so parents can print it instead of having to get it in the mail. It still must be notarized and is good for 2 years. Our exemptions have increased about 10% each year over the last 10 years.

6. Meeting Close

Meeting adjourned at 1:05pm

The Next SHAC Meeting will take place on Wednesday, February 11, 2026 at 12:00PM at the PDC.

Meeting Recording:

[SHAC Meeting Recording – 11.12.2025](#)