



Annual SHAC Report to the Garland ISD Board of Trustees

In accordance with Title 2, Chapter 28, Section 28.004, the Garland ISD School Health Advisory Council (SHAC) held four meetings during the 2025-2026 school year.

September 17, 2025
November 12, 2025
February 11, 2026
April 8, 2026

The Garland ISD School Health Advisory Council (SHAC) presents the following information to the Board of Trustees.

SHAC Highlights:

- Subcommittees:

- Recess Guidelines Committee

Recess serves as essential unstructured playtime during which children engage in choice-driven, imaginative activities, establish social rules for play, and release physical energy and emotional stress. It is a critical part of child development and supports both academic and behavioral success.

During the 2024-2025 The Recess Guidelines Committee recommended that Garland ISD elementary schools should implement daily schedules that include a minimum of 30 minutes of supervised recess for all students in grades Pre-Kindergarten through Fifth Grade.

With the passage of SB25, Recess and PE cannot be withheld as punishment for behavior or academics, which further supports [SHAC Recess Guidelines](#).

- Legislative Updates:

- [SB12 “Parent Rights” Bill](#): Requires written parental consent for instruction on human sexuality and health services; Requires an Opt-Out option for health related services and Opt-In option for health services; Requires an Opt-Out option for health related counseling services and Opt-In option for psychological treatment/ therapy. Prohibits public schools from promoting DEI (diversity, equity, inclusion) initiatives unless required by law; Bans school-sponsored LGBTQ+ clubs, such as GSAs, though private off-campus groups are still allowed; Mandates greater transparency in school operations and expands formal grievance procedures for parents.

When SB 12 was initially implemented, more than 300 students were opted out of first aid, screening and/or other eligible services. Since then, that number has decreased to approximately 150 students. The majority of current opt-outs are for vision, hearing, and spinal screenings. Only 1,237 families opted out of health related counseling services.

- [HB 549](#) requires school districts to make at least one airway clearance device available on each campus, when obtained through available funding or donations, place the device in an accessible location near primary eating areas such as cafeterias, and provide designated staff with training on its proper use. The training is intended to supplement, not replace, standard choking first aid procedures. In GISD, each campus cafeteria is equipped with a LifeVac device, and all required staff training has been completed.
- [SB 865](#) (Landon Payton Act) requires all Texas public and private schools to develop and implement a comprehensive Cardiac Emergency Response Plan (CERP), coordinate emergency response procedures with local emergency medical services, and conduct annual cardiac emergency response drills. Although the legislation does not take effect until the 2026–2027 school year, GISD proactively implemented its Cardiac Emergency Response Plan and conducted practice drills on every campus during the 2025–2026 school year to ensure staff preparedness and enhance student and staff safety.
- [SB 2398](#) requires the Texas Education Agency (TEA) to develop guidance and resources for schools, educators, students, and parents regarding potential academic accommodations for students recovering from a concussion or other traumatic brain injury. Once available, school districts will be required to provide this information to staff and families when a student is diagnosed or upon request. As of today, TEA has not yet released this guidance. In the meantime, Garland ISD continues to support students who sustain a traumatic brain injury, regardless of whether the injury occurred during school-sponsored athletics, by evaluating each student's individual needs and implementing a Section 504 plan or other appropriate academic accommodations when warranted.

SHAC Ongoing Initiatives:

- The Student Health Advisory Council will continue to model a comprehensive, open, and collaborative approach with the district, community, and Board of Trustees to advise the district on coordinated school health programming.
- Outlined Student Health Advisory Council Membership, Recruiting, and Board Requirements. SHAC membership included 26 persons for the 2025-26 school year including 5 Board appointed members, 2 community members, 7 district members, and 13 parent members. SHAC membership decreased by 4 from the previous year.
 - The SHAC utilizes a Google form to receive SHAC Member applications.

- The 26-27 SHAC Membership Application will be released on Wednesday, July 29, 2026 to begin receiving membership requests and Board appointments. The SHAC Membership Application is posted on the Garland Independent School District [Coordinated School Health](#) website.
- The deadline to receive SHAC applications or Board appointments is Tuesday, August 18, 2026.
- The first SHAC meeting of the year will take place on September 23, 2026.
- Continue district support and funding of the SHAC adopted coordinated school health program CATCH.
 - The SHAC will continue utilization of CATCH resources to meet coordinated school health TEKS.
 - The SHAC will continue training of all CATCH teams for coordinated school health.
 - Training includes health and physical education teachers, campus administrators, and nurses.
- With the passage of SB 25, which prohibits withholding or limiting recess and physical education as a disciplinary consequence, the SHAC explored alternative strategies to support positive student behavior while preserving opportunities for physical activity. SHAC members received a presentation on Positive Behavior Interventions and Supports (PBIS), highlighting evidence-based classroom management practices, including fostering a positive classroom culture, creating structured learning environments, implementing behavior recognition systems, and using consistent progressive discipline plans. The presentation also provided practical examples of alternative disciplinary approaches that reinforce appropriate behavior without restricting students' access to recess or physical education.
- The 2026 Dietary Guidelines for Americans, released in January 2026, include several updates aimed at promoting healthier nutrition for children. Garland ISD Student Nutrition Services has already begun implementing the required changes, and many of the district's food vendors have proactively removed ingredients that are no longer permitted. A significant benefit for students this year is that the State of Texas now covers the remaining cost of both reduced-price breakfast and lunch, allowing eligible students to receive both meals at no cost.
- The continuation of a comprehensive school counseling program:
 - Mental Health First Aid
 - Suicide Prevention Awareness and Prevention Program for Parents and Students
 - Trauma Informed Care
 - Grief Sensitive Schools
 - You Matter Initiatives
 - Fentanyl Prevention
- The continuation of a the Human Sexuality & Responsibility Instruction Parent Notification Letter is included in the Garland Independent School District digital Back to School Registration packet with the option to opt in or opt out to capture parent responses for Human Sexuality and Responsibility instruction as recommended by the Student Health Advisory Council and

Projected 2026-2027 SHAC Meeting Dates:

September 23, 2026

November 11, 2026

February 10, 2027

April 7, 2027

Listed below are the agenda items that were discussed in the 2025-2026 School Health Advisory Council Meetings with meeting minutes links.

September 17, 2025

[9.17.25 SHAC meeting minutes](#)

- Welcome & Introductions
- Presentation of the purpose, laws, and responsibilities of the SHAC
 - Components of Coordinated School Health
 - SHAC Meeting Schedule
 - SHAC Membership
- Department Updates
- Review of the 24-25 Annual SHAC Report

November 2, 2025

[11.2.25 SHAC meeting minutes](#)

- Reviewed SHAC purpose and responsibilities
- SHAC Membership
- Screen Time guidelines
- Recess Guidelines-review SB25
- Reviewed SB314 for changes in School meals

February 11, 2026

[2.11.26 SHAC meeting minutes](#)

- Membership Update
- Legislative Updates
- Presentation on SB25 and Positive Behavioral Interventions and Supports (PBIS)
- Department Updates
- Nomination of Leslie Blaylock as co-chair of SHAC

April 8, 2026

[4.8.26 SHAC meeting minutes](#)

- Membership Update
- Reviewed School Health Survey Results
- Reviewed FitnessGram preliminary results
- Department Updates