Meeting Information

2026-2027 SHAC Meeting
Wednesday, November 11, 2026
PDC, Room B06
12:00-1:30 PM

Shugart Professional Development Center (PDC)
870 W Buckingham Rd.
Garland, TX 75040

Virtual Meeting Link: **SHAC Meeting Link**
Join by phone: **Dial-in: (US) +1 929-287-3629**
PIN: 150 838 238#

Documents: **SHAC Presentation**

AGENDA | NOVEMBER SHAC MEETING

Time	Presenter	Item
12:00 - 12:05 pm	Brian	Call to Order
12:05 - 12:10 pm	Brian	Welcome & Agenda
12:10 - 12:20 pm	Craig/All	USDA Pledge (Open Discussion)
12:20 - 1:00 pm	Andrew Kuzhippillil	Student Presentation
1:00 - 1:15 pm	All	Department Updates
1:15 - 1:25 pm	All	Future Agenda Items Survey
1:25 - 1:30 pm	Brian	Adjourn

Meeting Minutes:

The meeting was **called to order** by Brian Trichell **at 12:15pm**

Moment of silence for Veteran's Day

Introductions

Agenda review
Review of SHAC definition and purpose

Student Presentation

Andrew Kuzhippillil- student in GISD for 11 years

- Project Positivity- every student should have this experience!
    - Ideas:
        - Students should have a small group lunch session with a counselor. Encouraging notes to post on campus "positivity walls". Add a QR code to every student ID card with a mental health contact. Peer mentorship program where students can get together before/after school to accomplish something together. Chess class (or another critical thinking game) instead of detention. Healthy dining options like the Chipotle-like line. Hosting a district-wide multicultural night.
- Questions: Stan Maige asks if Andrew has a business card and encourages him to have one to spread his great ideas.

Google Meet Updates

- New link for meetings moving forward

Department Updates:

Counseling - Nwakaego Oriji

- Campus events recently- Parent University at Jackson Technology, Empowering Families to Navigate Social Pressures by Grant Halliburton at Sewell Elementary
- Upcoming events- Grief Awareness Month- Golden Sweater Project is used to share stories and build community of support around grief, Get Your College Apps Cooking- challenge to get at least one application in before Thanksgiving (awards- college and dorm swag), FAFSA and Community Health Fair- help families with college financial aid, 10 mental health providers to share their services to help prepare students to leave home for college
- Fall Resource flyer link shared and reviewed

Student Nutrition - Craig Hempel

- Thanksgiving meal in all cafeterias on Wednesday, November 18- some schools allow visitors and some do not
- November Menu Advisory Committee Meeting- postponed until January 2027 due to audit; plan to have 3 in the Spring semester
- USDA Pledge- survey included in presentation (please complete the survey to give feedback and guidance). Please share with other parents!
    - Replace breakfast pastries with whole-food breakfast options- use more protein-rich items, have a variety across the week and the month; the department is balancing the needs, costs, and what will students actually eat
    - Preparing meats and meat alternatives using healthy cooking methods- mostly already occurring in schools (no frying)
    - Serve only 100% whole grain products- USDA and TEA regulations currently require whole grain rich grains (51% of grains are whole grain); usually there is less acceptability with 100% whole grains, foods are drier and don't hold up as well; could have much lower participation in our school meal program; can serve up to 20% enriched grains
    - Improve smart snacks served in schools- anything sold a la carte; chips, gatorades and other snacks are different than what you can get in a grocery store; USDA requests that packaged snacks are eliminated for fresh whole foods
    - Prioritize whole fruit- whole fruits and vegetables are served in our schools daily; also use frozen and canned (in juice, not syrup) fruits
    - Serve whole milk- HHS and USDA have been suggesting the higher fat content milk; currently serve low fat white milk and no fat chocolate milk (more popular- has limited added sugar); looking for feedback on survey to decide what two milk options to offer next year

Question- is the pledge all or none? No, USDA took the new upside down pyramid and put this pledge together. GISD is looking for feedback to see what direction our district wants to go. GISD can choose what is the best fit for our community.
Question- Stan would like to come buy his snacks from the school buildings so he can avoid artificial dyes.
Question- has a new chef been hired? Yes, Chef Kevin left GISD and a new chef has been hired. He is a current field supervisor and will move into the chef role after the winter break.

SNS is always open for feedback and Craig appreciates Andrew's presentation on healthy meals. He hopes to get the GHS salad bar back up and running soon once there isn't a staffing shortage.

Family and Community Engagement- Dr. Ramona Morin

- Stuff the bus event- canned food drive; campuses are collecting canned foods and delivering to GHS on Saturday, December 12. The bus will deliver the food to the food pantry.
- November Smore- community members that want to get the smore can let Ramona know and she will add them to the list
- Region 20 has free virtual parent workshops in English and Spanish

Question: is there an opportunity for students to volunteer to unload the bus? Ramona will check to see.
Question: has Ramona communicated with Web Services about the difficulty with the district website being difficult to navigate? Yes, she has served on committees and has been in contact with Web Services to streamline the process. Recommendation: Make the search bar bigger on the website

Student Engagement & Support Services - Dr. Lisa Olsen

- Veteran's Day event for military connected family support at Coyle Middle School today; Filling their cups
- Social Work Interns recently created a logo for stickers, shirts, etc to highlight those who have served our country
- Elementary campuses received flags and stickers to distribute to military connected families
- Foster care support for families to keep children healthy and safe
- Homeless families- partnered with a church to obtain inflatable beds and gas vouchers for families in need

Health & Physical Education - Brian Trichell

- Physical Education- daily expectations, FitnessGram- state is not paying for the software this year so data may look a little different; lifetime fitness classes, off campus PE
- Student Wellness- CATCH Coordinated School Health, family and community partnerships
- Health Education- K-8 health is in PE class, high school health course, Human Sexuality and Responsibilities courses have started for students that have been opted in (EverFi for those not opted in), hands only CPR in high school
- District Initiatives- SHAC recommendations to the Board, recess guidelines- determining compliance, healthy school survey, campus safety

Health Services - Renee Kotsopoulos

- School Nurse applicant shortage in the area- if you know anyone… have them apply!
- Choking video went viral on social media- increase in requests for LifeVac device; priority is to teach more people CPR and choking first aid and LifeVac should be a last resort; adding CPR training to office personnel training

- Parkland and Garland ISD are partnering to start unassigned albuterol for respiratory distress- hope to decrease 911 calls; the unassigned epinephrine program has been a huge success and we have not seen a decrease in the number of parents providing student specific medication

Question: who is required to be CPR certified- nurses, coaching, PE teachers, performing arts teachers, security officers, police; we are working to try to increase the number of trained staff
Question: are choking and CPR correlated? Yes, choking first aid is included in CPR training.
Question: is there a plan for campuses to get the anti-choking devices on campuses? Yes, they are already on each campus

Parents & Community

- Check in, not just check up- example questions for parents to ask their children
- Leslie Blaylock (SHAC parent co-chair)- important that every member of SHAC has a voice in what the priorities are for SHAC. Survey for member input to build the agendas moving forward

Question- recess guidelines were mentioned early. Screen time was worked on last year. Has any action been taken on this? Yes, guidelines have been posted on the GISD website. Screen time guidelines were also part of a senate bill.
Question- is there a plan for parent training on screen time? Not at this time. Brian will check to see if there is a presentation he can share with campuses so they can present it at parent events.
Question- can we get a copy of Andrew's presentation and a way to help implement some of his ideas? Yes, the presentation will be linked in the SHAC presentation and work will begin to see if some of his ideas are reasonable to implement. We may survey the group to prioritize which ideas to implement first.
Question- are students badging on and off buses? Can parents get a notification when students get on and off the bus? Brian will reach out to Transportation to see if it is a feature that is possible to turn on. Kristin Hall loves the StopFinder app and would like to see live updates.

Past SHAC work

GISD links shared- board policy, wellness plan

Future Agenda Items

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Closing Meeting Information:

Meeting adjourned by Brian Trichell at **1:34pm**

Meeting Recording: November SHAC Meeting