

Richardson ISD
School Health Advisory Council
January 14, 2026

Professional Development Center – C101A
701 West Belt Line RD
Richardson TX 75080
11:30 – 1:00

I. Call to Order

Linday Ledford started the meeting and introduced Karen Burnell who is standing in for Sara Kaishik as the Co-Chairs of the RISD SHAC. Introductions of attendees were made at their table.

Lindsay Ledford called the regular meeting of the Richardson ISD School Health Advisory Council (SHAC) to order at 11:35 AM on January 14, 2026. This meeting was held at the Richardson PDC- Building C room 101. Lunch was provided by the Health and PE department.

Attendance and Introductions

- L. Ledford- District Co-Chair SHAC
- C. Fuller
- T. Behrman
- S. Glenn
- C. Bruner
- L. Blatzheim
- K. Clark
- S. Martin
- S. Tsatsoulos
- L. DeBose
- D. Alsaïd
- E. Blackman
- K. Burnell
- J. Cozzolino
- H. Esquivel, M.D.
- M. Fuentes
- K. Gray
- K. Gheen
- S. Kyllø
- V. Lusk
- C. Lyall
- A. MacMillian
- L. McDonough
- C. Passley
- A. Phipps

- K. Phipps
- E. Rosenthal
- K. Sherwood
- C. Spillers
- S. Walton
- A. Woodall
- U. Yossif Shoukair
- C. Zechner
- C. Poteet (RISD School Board President)
- M. Kenyon (student)
- T. Banh (student)
- E. Steck (student)
- K. Perez (student)

L. Ledford presented the meeting Norms, Vision and Mission.

II. **Old Business**

a. Approve previous minutes

L Ledford asked that members present to look over the minutes that were provided with the Agenda before the meeting began. We have provided you with a “hard copy” for you to review. K. Clark motioned to approve the Nov 19, 2025 minutes. T. Behrman second the motion. The minutes were approved with all “I’s” and no “NO’s”.

III. **New Business**

a. CATCH Presentation

- Susan with Catch did a presentation to the SHAC through a virtual call
- Introduced CATCH as one of 3 approved curriculums approved in the State of Texas which is required as a part of coordinated school health guidelines.
- Mission is to empower school communities to educate the whole child with evidence base curriculum.
- Program highlights: classroom management, professional development provided, teach the how and why in every lesson, no elimination games and more, focuses on getting the students moving
- Is non for profit, more mission driven so the costs are less than other curriculum
- Health Ed Elements: Knowledge Building, Skill Building, Environmental Support, Healthy Decision Making
- A scope and sequence are provided for Whole Child Education (Health ED and PE)
- All lessons are aligned to TEKS and SHAPE standard and additional lesson topics required
- Slide decks, scripts, materials, assessment, community connect, and teacher guide and standard alignment for every lesson (K-2, 3-5, 6-8 bands)
- Health has 2 lessons: one activity based, one worksheet/assignment based for every lesson

- Elementary is cartoons and avatars but middle school and up is more real life and age appropriate
- Featured activities are now in English and Spanish
- The Coordinator Kit includes materials, posters, checklist to get started, parent communication (email templates & print materials)
- Grant: there is an opportunity to apply for that will provide the training and the Health Ed program for FREE for 4 years
 - 1 ½ hour Zoom Training or in Person
 - They will offer provide FREE PE training as well if we adopt the PE program as well
- Questions from SHAC
 - Is SEL in everything and is there any SEL that talks about gender ideology? Nothing specific about that. SEL can be used or not based on needs of the district
 - How will health be incorporated in physical education without taking away from the movement minutes?
 - We will use many lessons in 6th grade and incorporate it into classes once a week
 - 20-30 min is the full lesson OR you have the option to break it up into bite size chunks that are 5-10 minutes each
 - Goal is to pilot this in our 6th grade middle school model and if we like it look at it for K-5 as well
 - We will have a subcommittee on CATCH to dive in more if anyone is interested

b. By-Laws

- Subcommittee did meet
- How many years a person can serve
- Students' language moved to 1 year term
- Eligibility requirements updated to include the students
- Selection added 1 student per high school
- Removed a sentence that did not make any sense
- Officers- Chair and Co-Chair elect are selected by SAHC, just to clarify and align with the laws
- Added
- Motion to approve: K Phipps. Motion passed with all "I's".

c. Chair Elect

- We do need to elect a Chair Elect for next year. Members have been asked to stay after the meeting so we can gather names.

IV. Report of Departments

a. L Ledford, Director of Health and PE-Health and PE Update

- We took several RISD PE leaders to TAAHPERD Winter Convention
- CATCH

- Plan to pilot health with 6th grade LHMS and FMMS and then revisit
- Kids Heart Challenge kicks off in February
 - Hand only CPR and Health lessons provided to all RISD Elementary campuses. Campus participation is optional but we do encourage all teachers to share the mini health lessons with their classes
- New Screens are making their way to all elementary schools thanks to the bond passing
 - This gives teachers more room in the gym by eliminating projector carts, providing every gym with a microphone and sound system, and gives teachers the resources to provide visual support to meet the needs of all learners.

b. K Clark, Director of Nurses: Health Services Update:

- FLU: We are seeing it but numbers have not been crazy in RISD
- AED Response Drill
 - February, we do our AED Emergency response drill
 - Nurse does not participate, just monitors, it is a drill for the staff
- Screenings are wrapping up and getting ready for enrolment

c. Student Services / Director of Counselors: M. Gibbins and E. Blackmon

- Pitched the idea of having a SHAC Drug and Violence Sub Committee
- Want to focus on revitalizing and refocus the district's efforts on drug and violence prevention
- Community driven
 - RISD Leadership
 - RPD
 - DPD
 - City of Richardson
 - Network of Community Ministries
- A way to bring in the community to address real concerns
- Goals:
 - Build on previous work
 - Identify current trends
 - General recommendations from the subcommittee to present back to SHAC
 - Take ideas to the Board to move forward as a district
 - Want 10-12 members for the subcommittee, first meeting Feb 2026 in person

d. Child Nutrition update: S. Glenn with the Menu Advisory Committee Coordinator

- Shared details on MAC- Menu Advisory Committee
 - Invite the community to have a say and give feedback on our school menus and food choices
 - Can sample foods and try new recipes
 - Go over USDA guidelines

e. K Burnell- PTA News and update:

- Healthy Lifestyle Award Winners
 - Wallace and Prestonwood
- Introduced Alecia who is the new PTA Health & Lifestyle Chair
 - She will also be heading up the Car Seat Program
- Car Seat Program
 - Only funded by donations so they will be launching a fundraiser
 - Last year we doubled our needs for car seats last year
 - This could be student parents and/or parents with needs
- Shoutouts
 - Brentfield just launched Veggie Star program
 - 1x a month volunteer parent comes to lunch to “catch kids” eating veggies, they earn a ticket, and class with most tickets gets an extra recess

V. Announcements, Information and Updates

- Sub Committee Meeting- Whole Child Award (virtual meetings), Catch (virtual meetings), Drug & Violence Prevention
 - Link was provided to sign up to participate in one or more
- Next meeting- March 11, 2026

VI. Adjournment

The meeting was adjourned at 1:03 PM.