

Richardson ISD
School Health Advisory Council
March 11, 2026 - Meeting Minutes

Professional Development Center – A104
701 West Belt Line RD
Richardson TX 75080
11:30 – 1:00

Call to Order

a. Welcome SHAC members

- Sara Kaishik started the meeting and introduced herself. Linday Ledford also introduced herself as the Co-Chair of the RISD SHAC.
- Sara Kaishik called the regular meeting of the Richardson ISD School Health Advisory Council (SHAC) to order at 11:37 AM on March 11, 2026, This meeting was held at the Richardson PDC- Building A room A104. Snacks were provided by the Health and PE Department.

Attendance and Introductions

- L Ledford- District Co-Chair SHAC
- S Kaushik- Parent Co-Chair
- L Blatzheim
- K Clark
- N Conklin
- A Gustof
- S Martin
- L Debose
- M Crowder
- C Spillers
- S Walton
- A Woodall
- U Yossif Shoukair
- C Zechner
- M Kenyon (student)
- T Banh (student)
- E Steck (student)
- K Perez (student)
- S Ali
- E Blackman
- K Burnell
- T Callaway
- J Carranza
- H Dawoud
- M fuentes
- K Gary
- K Gheen

- V Lusk
- A MacMillan Uribe
- L McDonough
- A Phipps
- (RISD School Board)

Old Business

a. Approve previous minutes

- Sara Kaishik 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. Sara Kaishik motioned to approve the January 14, 2026 minutes. T.J, Callaway second the motion. The minutes were approved with all "I's" and no "NO's".

b. Recommendation for CATCH

- Goal is to roll it out to our LH area middle schools first.
- We would like to pilot the elementary version at Moss Haven elementary for the next 2 years and look at moving it to the elementary level as well when Quaver expires.
- Recommended by the sub committee. Lindsay Ledford motioned to approve the recommendation. The motion was approved with all "I's" and no "NO's".

New Business

a. Announce Chair Elect

- Alisha Woodall Introduced herself and her background. Student at Apollo. Has served as the Healthy Lifestyle Chair on the RISD Councils of PTA.

Report of Departments

a. Director of Health and PE

- i. Wayne Carter Special
 - Brainball at Moss Haven. Several other campuses across RISD have also started incorporating them across multiple elementary schools across the district
- ii. Kids Heart Challenge
 - In full swing at several of our RISD Elementary campuses, including health lessons aligned to our TEKS
 - CPR kits being given to our secondary campus due to our partnership with American Heart.
- iii. Choosing The Best
 - Kicking off currently and will report back next SHAC meeting

b. Director of Health Services

- i. Response Drills
 - Cardiac Emergency response drills. Went well across the district.
- ii. Enrollment
 - Shots approval
- c. Student Services / Director of Counselors
 - i. Teen Intervene
 - New program that will work with students who may have substance issues. It is an intervention treatment. Informal screener for the students and then it helps connect the student and parents with outside resources. Launched last week and will begin tracking that data.
 - Questions: How are students identified and what is the process?
 - Students must self identify. If a student is caught with a substance that also triggers it.
 - What does the program look like?
 - Session based, set goals, education, and ends with a 4th and final family session
 - Next steps are giving them resources for further support
 - ii. Texas Survey of Drug and Alcohol Use
 - Participate every other spring. Anonymous and a random survey taken during advisory.
 - Helps paint a picture of what is going on in RIDS. Previous results, #1 Alcohol, #2 THC, #3 prescription substances has been our focus based on previous results
 - Questions:
 - Does the survey ask where the students are getting the substance? It does ask a broad range of questions like from a parent
 - Does it include a broad spectrum like drugs, alcohol and vaping. Yes
 - When do we get the results?
 - We get state and RISD data and usually around October.
 - iii. Live Wise, Live Healthy
 - Families receive that information through Smore.
 - April is Child Safety, trusted adults, human trafficking, PSA to secondary to see counselors if need help with a situation where they feel unsafe.
 - May is about making connections. Will be staff activities to make connections with a student or another staff member. Families will also receive a BINGO card that has free things they can do over the summer. Can turn in the card at the end of the summer for a prize.
 - Questions:
 - Is there a way to highlight this better or do a monthly email or send out through PTA? Looking at other ways to get this information out. Thoughts are that the Healthy & Wise is buried and not being seen. One suggestion is to push it on social media. Another idea is to have a newsletter. Or place it in a different place in the Smore so it is not passed over.

- Due to the amount of discussion, it has been suggested that we move this to a Sub Committee for further discussion.

d. Child Nutrition

i. Updates/Events

- National School Breakfast Week
- April-Texas Fruit & Vegetable Day (is on Good Friday so will adjust) to promote locally produced fruits and vegetables
- May- Lunch Superhero Recognition

e. PTA News and update

i. Car Seat Program

- 31 Registrants seeking car seats. Half as many as last year.
- Questions:
 - Who provides this program? RISD Councils of PTA. Parkland has a program that will support

f. Subcommittee report

i. CATCH

- Will share a preview with the campuses before the end of the school year. Teachers will be trained at our August PD.

ii. Whole Child Award

They are out and they have until the end of the month to submit. The goal is to give the top 3 schools a certificate, a gift certificate and a digital badge.

iii. Drug and Violence Prevention

- Had 1st subcommittee and was well attended
- Looked at what data pieces we need and started a google folder
- The committee decided to get the information to be able to read over spring break so they could meet after. Looking at the 2024-2025 Drug Survey data.

Announcements, Information and Updates

a. Celebrations and Discussion Questions

- Moss Haven Dad's Club donated a car to the crossing guard.
- Pearce Swim raised money for a custodian who had been out for medical reasons.
- Richland Bike Rodeo-March 28th
- Thurgood Marshall Center has now been using the atrium to teach students about composting, watering, and hands-on learning.
- Prestonwood broke ground on a new outdoor garden and once a month a grade level gets to have a salad bar
- Mohak Running Club through Marathon Kids, some students are working on their second Marathon.

b. Discussion Questions.

- SHAC split into small groups to discuss the following questions:

- What goals/topics would you like to see SHAC focus on next school year?
- What is a wish that you have for children in the community in regards to health and wellness?
- What could our schools do to make this community a better place to live?

c. Next Meeting – April 22, 2026

Adjournment

The meeting was adjourned at 12:35 PM.