Richardson ISD School Health Advisory Council
Meeting Notes

October 21, 2026
Professional Development Center – C101A
701 West Belt Line RD
Richardson TX 75080
11:30 – 1:00

I. **Call to Order**

a. Welcome SHAC members
- 11:44 meeting called to order by L. Ledford, introduced herself as the Director of Health & PE as well as the Assistant Athletic Director, SHAC co-chair
- A. Woodall introduced herself as the parent co-chair
- L. Ledford introduced our special guest including school board members and student members

b. Introduction of SHAC
- Shared RISD North Star Goal, district motto, norms, agenda, and purpose of SHAC- provide recommendations regarding district school health and wellness initiatives
- Use Whole School, Whole Child, Whole Community (WSCC) model, and norms
- Explained the layout and expectations of the SHAC, as required by the state of Texas
- SHAC bylaws were shared

Attendance and Introductions

L Ledford- District Co-Chair SHAC
A. Woodal- Co- Char SHAC
C. Fuller-Summey
T. Behrman
C. Bruner
N. Conklin
A. Gustof
A. Jones
K. Karcher
S. Martin
S. Tsatsoulos
L. Dickson
L. Dyck

P. Havis
J. Jiang
K. Perez
D. Alsaid
N. Ayala
N. Beardmore
K. Bennett
K. Burnell
J. Carranza
L. Davenport
A. Filipi Gjoni
A. Flanagan-Milano
K. Gheen
D. Goldstein
F. Harding
K. Holland Shear
V. Lusk
A. MacMillan Uribe
L. McDonough
S. Mental
M. Morrison
G. Orr
A. Phipps
R. Pokorney
N. Rambo
D. Renteria
E. Rosenthal
C. Spillers
H. Dihrich
M. Sutherland
S. Walton
U. Yossif Shoukair
C. Zechner

II. **Old Business**

a. Approve previous minutes
    - L Ledford asked that members present 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. Heather D motioned to approve the April 22, 2026 minutes. T. Behrman second the motion. The minutes were approved with all “I’s” and no “NO’s”.

III. **New Business**

a. Review of 25-26 Accomplishments and 26-27 Goals
    - Took a look at the 2025-2026 goals
        - Whole Child Award
        - Implemented a principal EOY Wellness Plan Survey
        - Updated Bylaws
        - Recruit student members to join SHAC
    - Recommendations made last year
        - Pilot CATCH, at the LH middle schools and MHE
        - Wellness Plan: want to grow the award
    - This year’s goals, link in the slides for future reference
        - Continue to research CATCH with feedback
        - Decrease RISD student drug use
        - Increase gathering accurate data
        - Making the Whole Child Award bigger
        - Increase healthy program initiatives in schools with out active PTA/parent engagements
        - Implement outdoor education curriculum

IV. **Report of Departments**

a. Director of Health and PE- L. Ledford
    i. Teacher of the Year: LHE Coach Titsworth
    ii. Take 9: how we get our kids up and moving in general education classes, provided non technology brain break activities to be used in the classroom
    iii. Health Curriculum Updates: CATCH update from C. Fuller
    iv. Choosing the Best: November in secondary health
    v. 21 Day Snacking Challenge: campuses wrapped this up last week and exit survey starts on Oct 26th, teachers are earning free TAHPERD memberships and conference registration through their participation
    vi. Outdoors Tomorrow Foundation: More Like Wynn Foundation donated equipment to every elementary and jr high campuses and provided training ($30,000 in equipment gifted), first outdoor lesson will be in November in conjunction with America 250
    vii: BrainBall: provided a PD in August to connect math and literacy in physical education

b. Director of Health Services- A Jones
    i. Overview of Health Services: 54 registered nurses, 8 health aids, legal mandated include opt In-SB12, Screenings, Immunization Compliance, Communicable Diseases
    ii. Provided student management numbers on clinic visits, medications administered, medical procedures, and phone calls/parent square messages (37.8% of the their days are schedules, and 62.2% unplanned), and stats for the top 10 busiest schools in RISD (the data helps the district know who needs more support)
    iii. Vision to Learn: a new partnership with a privately funded organization will be screening the entire school (5 of them, must be Title 1) and will provide a more extensive exam and glasses to all identified

c. Student Services / Director of Counselors- S. Martine
    i. Live Wise, Live Healthy: initiative that tailors information monthly to students, staff and parents, this is sent out through the school newsletters. All students K-12 will have a lesson next week for Red Ribbon Week: THC, alcohol and pills were identified in last year's survey so this will be the focus for secondary.
    ii. Mentoring Updates: working with SHAC to offer other trusted adults on campuses with a Mentoring Menu. Schools can use this to find the right mentor fit for their campus.

d. Child Nutrition- A. Gustof
    i. National School Lunch Week: October is National School Lunch Week/ February is National School Breakfast Week. The Greatest Food Show for Oct 12-16 National School Lunch Week this year.
    ii. Farm Fresh Challenge in October: introducing new foods that are from local sources to all schools but 5 schools receive a fresh fruit and vegetable snack 2 times a week to all students with nutrition education through a grant
    iii. Breakfast Cart service: at RHS in the back for bus students and second chance breakfast for athletes
    iv. Menu Advisory Committee: first meeting October 29, 4:00-5:00 pm at Aiken Elementary to learn about school meal programs, sample menu items and share feedback. Squaremenu.org is the Texas guideline through the USDA that we must follow.

e. PTA News and update-
    i. Car Seat Program: a yearly program where PTA fundraises to buy new car seats for students or parents of students who need a car seat
    ii. Walks with Lifestyle Chairs: this is new, a way to bring together the healthy lifestyle chairs to walk and talk about what is going on at the various campus Friday at 11:30, park across from Whole Foods (Spring Creek Nature Reserve)

f. Subcommittee report: these are the following sub-committee: physical education sub-committee, a Drug and Violence Prevention sub-committee, Whole Child Award sub-committee, Metal Health sub-committee, PTA sub-committee. Will meet virtually between SHAC meetings, link to join: s.risd.org/subcommittee26

V. Announcements, Information and Updates

a. Celebrations
- Parkland had a successful vaccine clinic
- ACM had the Mayor of Richardson attend their Walk-N-Roll to school today
- Berkner got the distinction of "Making a Difference" for having over 100 members.
- Appreciation to A. Gustof for going above and beyond for our students

b. Future Meetings – 12/1, 1/27, 3/10, 4/21 always in this room at 11:30

c. Wellness Plan Review- we will start that process next week with a virtual meeting

VI. Adjournment

The meeting was adjourned by L. Ledford at 12:57 PM.