



Life School
School Health Advisory Council (SHAC)

A meeting of the Life School School Healthy Advisory Council will be held on February 4, 2026, at 3:00 PM in the Central Office Training Room C, located at 132 East Ovilla Road, Suite A Red Oak, TX 75154.

SHAC Members Present: Joy Shepherd, Charlotte Washington, Kim Rogers, Kay Bateman, Rachael Ren, Meagan Davis, Zana Tuck, Kelli DeNovellis, Tracy Crawford, Dr. Kashaelyn Hollins-Henderson, Juanita Roby, Sherrese Van, Joseph Hoffmaster

I. Welcome/Call to Order : 3:05pm

a. Review/Approve Minutes from the December SHAC Meeting- Joy reviewed the Dec minutes, Minutes approved 3:10pm

b. Purpose of the Life School SHAC-

II. SHAC Announcements/Information

a. Upcoming Health-Related Events

I. Random Acts of Kindness Week/Day–February–[American Heart Health Month](#)–Charolette: Charolette & counselors have joined together to combine heart health and kindness week. Each day of the week touches on a health/kindness fact and heart healthy tie ins. Announced in morning announcements. Offering different activities geared towards staff throughout the month as well. Partners 4 life are providing a salad bar for red oak. Recommended to try next year to do activities for the whole district. Weekly newsletter from Ms. Washington geared towards parents and students. Ms. Bateman suggested the cafeteria add more greens on eat green wednesday to help tie into the lesson. Allie the Alligator visited RO to speak about dental health. Ms. Crawford suggested students wear red on each Thursday in February.

II. March–Elementary–Mental Health and Wellness Month–guidance lessons surround this topic. It's also Test Anxiety focused: Counselors will be going into classrooms and teaching lessons. Secondary–February is Teen Dating Violence Awareness Month: Ms. Thrush uploaded a teen dating violence flyer/hotline information on campus websites. Also shared in the middle school newsletter.

LMSW Olympics–March 5 (Kelli)- Winter Olympics schoolwide event/fundraiser (more info coming)

III. Review of Life School Wellness Plan

- a. Review and Approve Updates to Plan- updates were handed out and highlighted items were the new changes.
- b. Subcommittee–update that section: page 5: Ms. Bateman said there was a campus coordinator suggested to attend meetings. She will get more information to see if this is still needed and update at the next meeting.
- c. Shac wellness sub council: page 16: Ms. Bateman suggested we check with Mr. Hoffmaster to see if this is being done and with Stephani Pudgurney. Ms. Bateman will check and update.
- d. All updates were approved at the meeting pending section C.

IV. Nurse/Health Updates

- a. Cardiac Emergency Response Plan for 26-27: Ms Washington stated that there have been a lot of legislature updates. SB865 (allow for schools to have the plan) PD on 2-6-26 top brainstorm with the district nurses to discuss implementation.
- b. Upcoming Screenings- all screenings have been completed, there are just a few scoliosis testing. Everything is due by June 5th.
- c. 5th grade Puberty video is coming up and parents have the option to opt in or out.

- d. Tchat with children's health (mental health) Ms. Washington is working on telehealth and district nurses. This would enable nurses to do a telehealth appointment for students. Counselors currently use it for counseling for students. It is free to students/parents.
- e. Possibility to work with the special education department to get a photo screener to help with nonverbal students.

V. SHAC Subcommittee: Physical Activity and Fitness Planning Subcommittee

- a. Scott Thrush, Coach Umphenour (LSRO), Jeremy Hairston, Royce Johnson (LSMC Middle), Claire Fleener, Ariane McDonald (LSCH)
- b. First SHAC Subcommittee Date: February 18, 3:00 pm
- c. Non Life School Members:

VI. Community Garden—Rachael (linked in the notes)

Ms. Ren listed the benefits of a community garden for our students/staff. Promotes healthy food choices, fine motor skills, & increases physical activity. A committee will be needed to start a community garden to make decisions or grants/funding. Several different grants exist for community gardens. Sodexo also has a grant for student-led projects. North Texas food bank has partner gardens - donate at least 10% to the food bank and they will help fund or promote your garden. Several local businesses have discounts/free plants or supplies. There are numerous benefits for students' academic/physical health. Rachel/Joy to meet to discuss logistics and ideas to present at the next meeting. Xana helps at her church community garden & suggested talking to businesses to use pallets or other recyclables to use in the garden.

VII. Any other concerns or business to discuss? n/a

VIII. Upcoming SHAC Meetings—April 1, 2026, 3:00 p.m.

IX. Close and Adjourn: 3:58pm