Life School
School **H**ealth **A**dvisory **C**ouncil (SHAC)

A meeting of the Life School School Healthy Advisory Council will be held on October 21, 2026, at 3:00 PM in the Central Office Training Room D, 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, Laila Choice, Gabriella Hernandez, Bailey Murray, Anna Martinez, Kelly DeNovellis, Tracy Rena Crawford, Juanita Roby, Ariane McDonald, Stacy Renfroe, Lisa Brown, Naomi Jackson

I. Welcome/Call to Order - 3:01pm by Joy

a. Introduce Members of the SHAC–new and returning

b. Purpose of the Life School SHAC- Joy went over the roles of SHAC and the importance of this committee. Student Health is the focus and will be looking at curriculum options this year.

II. SHAC Announcements/Information

a. Upcoming Health-Related Events

1. Red Ribbon Week (Counselor)--Drug Prevention-October 23-31

   Rachel- Assemblies or guidance lessons on drug prevention, there are also dress up days, health announcements, etc.

   Stacey- Older kids- learned about drugs and caffeine. Little- Making healthy choices and not putting something in your body that you don't know what it is.

   High School reps: They have seen launching adults talking about vaping/drugs. Just on the tv screen but they feel more information should be available.

   REACH council (ellis county) coming to talk about coming to spread awareness about Red Ribbon Week/Drug Awareness. Joy is checking on Dallas county

options. Stacey stated they Dallas council will be coming to the fall festival to spread awareness.

2. National Bullying Prevention Month (Counselor)- October?
    a. Stacey- talking about bullying while teaching kindness
    b. Rachel- K-3 will tie it into effective communication during Nov.
    c. Students: LHSW focus on mental health and respect at their campus. There is no actual bullying education. OCS- Feels campus needs to better handle bullying instances as kids tend to play it off as just kidding. Parent (Jakson): agreed with the OCS student and suggested that counselors talk about how there should be discussions about “joking” and how far is too far.
    d. Kims said Dec. 3 LHSW Not Hate Tour will happen

b. Update on SB 12

1. Health-Related Services Notice with Opt out Response (DOSS)
    a. Notice was sent out to parents at the start of the year. K-12
    b. (Brown) What is the process if new students come after it was sent out? Joy/Charelotte: There is no process as of right now. Checking with Dillard

c. Nurse/Health Updates

1. Campus Vision and Hearing Screenings (District Nurse)- Fall screening is underway. Spinal Screenings depend on campus.
2. National Heart Health Month in combination with Kindress Week with campus counselors- Talks in process to do kindness week/heart health but this year including black history month (Feb)
    a. Jump Rope for Heart - Throw back recess at the high school campuses.
    b. Kim - its a fundraiser for the heart association and depends on each campus. Hoops for heart is another option.

c. DeNovellis- Suggested creating Life Schools version of Jump rope/Hoops for heart events.

3. Dental Hygiene Month–October (elementary mostly)
    a. Elem Level working on getting Allie the alligator for K-2 comes in Feb.
    b. Fantastic Teeth club (1st grade only) (CH, RO,MC)
4. What can be done at our secondary campuses for these events?
    a. Joy asked students to think and share their thoughts in the Dec meeting.
    b. Dental health- Gum disease leads to heart health. Maybe facts about vaping and bad breath, etc.
5. CERP–Cardiac Emergency Response Plan
    a. Charolette- Legislation has requested an actual clear response plan for each campus (Admin, Counselors, Nurse, Registrar) All team members have to be CPR certified.
    b. Working on endorsement to be a Heart Safe School
    c. Required Drills
    d. Students stated the CPR taught freshman year is not the same as the one the health students take senior year.

d. Health TEKS Curriculum for Middle School

-most health TEKS are taught by PE teachers at all grades.

-Utilize CATCH curriculum is used to teach K-8 at the lower levels divided between pe, counselors, and nurses.

-This year the committee will be evaluating and looking at the sexually related health TEKS geared toward the middle school population. Looking at having a required 7th grade elective Health class, SHAC will be discussing the options going further.

-Student: Does the TEKS talk about the menstrual cycle? That is usually done by the nurse (5th grade puberty lesson)

-Stacey- Feels like counselors and nurses should combine to teach these TEKS.

Charlotte- RO & LMSW are piloting children's telehealth service. If a student comes into the nurses office they can use the telehealth option while at school and can get care faster.

-Health Club at RO - teaches basic 1st aid to students.

-EPI Pens- free stock of nasal epinephrine available in boxes.

III. Upcoming SHAC Meetings–Tuesday, December 9, 2026, at 3:00 p.m.

IV. Close and Adjourn- Mtg adjourned by Joy @ 4:06pm