

School Health Advisory Committee (SHAC) Meeting Minutes

February 19, 2026, 6:00pm – 7:00pm

Online via Google Meet

In attendance: Laura Rutledge, Donald Johndrow, Jennifer Porter, Karie Rowland, Dr. Cox, Tina Pasak and Julie Wesselman

I. **Welcome and Attendance**

- a. Review of meeting norms – Laura Rutledge reviewed meeting norms.

Julie Wesselman is recording attendance and meeting minutes.

II. **Update from last meeting**

- a. Nurse has been hired for the elementary school. Middle school nurse leaving at Spring Break and will need to fill right away. Laura Rutledge's office will shift to the middle school and a new nurse will be hired to cover the high school.
- b. Medical Emergency Response Team – If there is a medical emergency and notification is put on Raptor, information will be included that indicates the involved parents have been notified.
- c. Vaping assembly – tentatively scheduled next week.

III. **Pre-participation for UIL sports physicals letter and feedback on articles for newsletter – Dr. Cox.** Pre-sports physicals occurring this year and our athletic trainer will take point on coordinating. The committee reviewed the Athletic and Marching Band Pre-Participation Health Assessment letter drafted by Dr. Cox explaining the importance of the physical related to Sudden Cardiac Arrest Awareness and UIL requirements and guidelines. Physicals will be scheduled on a weekend where parents can be present to sign off on permission and provide adequate medical history. The Committee also reviewed and discussed the additional articles written by Dr. Cox on Gluten and Bone Health. Laura suggested including links to the articles embedded in the weekly newsletters, which could be tailored to individual campuses by content.

IV. **Nutrition Update** – Jennifer Porter provided a comprehensive nutritional presentation covering the following topics:

- a. USDA Nutritional Regulations/Standards

- b. Online Menu Services
- c. Smart Snacks
- d. Limited Time Offers – Secondary
- e. Student ViewPoint Survey

V. **Next Steps & Meeting Preview** – Next meeting, March 26th at 6:00pm.

VI. **Vision Screening** – Mr. Johndrow offered to provide educational information regarding vision screenings, which could be included in the newsletters. Laura asked if he could provide information before April 15th, prior to kinder round-up.

VII. **Adjourned** – 7:00pm

Respectfully submitted,

Julie Wesselman, Secretary
School Health Advisory Committee