



**Hays Consolidated Independent School District**

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Superintendent

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# **School Health Advisory Committee Report to the School Board**

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**As Required by**

**Texas Education Code**

**Chapter 28.004**

**September 2024**

**Prepared by:**

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# 1. Introduction

Each school district in Texas is required by Texas Law ([Texas Education Code, Title 2, Subtitle F, Chapter 28, Subchapter A, §28.004](#)) to establish and maintain a district-level School Health Advisory Council (SHAC). The School Health Advisory Council of the Hays Consolidated Independent School District (Hays CISD) is specifically authorized by the Board of Trustees in District policies BDF [legal], EHAA [legal], EHAB [legal], EFAA [legal], and FFA [local].

The report for the 2023-2024 school year lists the meeting dates of the SHAC; the attendance records of its members; a brief description of actions taken by the SHAC; costs related to the SHAC's existence; and anticipated activities for the next year.

# 2. Background

Each school district in Texas is required in Chapter 28.004 of the Texas Education Code to establish and maintain a district-level School Health Advisory Council. The School Health Advisory Council of the Hays Consolidated Independent School District is specifically authorized by the Board of Trustees in District policies BDF [legal], EHAA [legal], EHAB [legal], EFAA [legal], and FFA [local].

The purpose of the SHAC is to assist the District in ensuring that local community values are reflected in the District's health education instruction. The council's duties include recommending:

1. the number of hours of instruction to be provided in:
  - a. health education in kindergarten through grade eight; and
  - b. if the school district requires health education for high school graduation, health education, including physical health education and mental health education, in grades 9 through 12;
2. policies, procedures, strategies, and curriculum appropriate for specific grade levels designed to prevent physical health concerns, including obesity, cardiovascular disease, Type 2 diabetes, and mental health concerns, including suicide, through coordination of:
  - a. health education, which must address physical health concerns and mental health concerns to ensure the integration of physical health education and mental health education;
  - b. physical education and physical activity;
  - c. services;
  - d. parental involvement;
  - e. instruction on substance abuse prevention;
  - f. school health services, including mental health services;
  - g. comprehensive school counseling program under Section 33.005;
  - h. a safe and healthy school environment; and
  - i. school employee wellness;
3. appropriate grade levels and methods of instruction for human sexuality instruction;
4. strategies for integrating the curriculum components specified by Subdivision (2) with the following elements in a coordinated school health program for the district:
  - a. school health services, including physical health services and mental health services, if provided at a campus by the district or by a third party under a contract with the district;

- b. a comprehensive school counseling program under Section 33.005;
  - c. safe and healthy school environment; and
  - d. school employee wellness;
5. if feasible, joint use agreements or strategies for collaboration between the school district and community organizations or agencies; and

Text of subdivision as added by Acts 2019, 86th Leg., R.S., Ch. 464 (S.B. 11), Sec. 8

6. strategies to increase parental awareness regarding:
- a. risky behaviors and early warning signs of suicide risks and behavioral health concerns, including mental health disorders and substance use disorders; and
  - b. available community programs and services that address risky behaviors, suicide risks, and behavioral health concerns

Text of subdivision as added by Acts 2019, 86th Leg., R.S., Ch. 331 (S.B. 435), Sec. 1

7. appropriate grade levels and curriculum for instruction regarding opioid addiction and abuse and methods of administering an opioid antagonist, as defined by Section 483.101, Health and Safety Code.

TEC also states, a majority of the council members must be parents of students enrolled in the district who are not employed by the district. Additionally, SHAC is comprised of community members, businesses, and district representatives. Information from SHAC meetings is posted on Hays CISD website as per TEC and policy requirements.

In addition to following the statutes set forth in TEC 28.004 and Policy BDF Legal and EHAA Legal, the Hays CISD SHAC’s mission is to create a school environment that nurtures physical, mental, emotional, and social health so that all students are able to learn at their highest potential. The Hays CISD SHAC has developed bylaws which were last reviewed and updated in September 2023. Membership for the Hays CISD SHAC is to not be more than 30 or less than 10. For the 2023-2024 school year, members may be a mix of voting and non-voting and may serve no more than 2 consecutive terms if willing. The Hays CISD SHAC’s bylaws are linked here: [SHAC bylaws](#)

### 3. Committee Activities – 2023-2024

## Committee Members, Meeting Dates, and Attendance of Members

For the 2023-2024 School year Alex Zavala served as Parent Co-chair Megan Benthall served as the District Co-chair.

2023-2024 Committee Members:

<b>Parents</b>				
<b>Last</b>	<b>First</b>	<b>Campus</b>	<b>Term</b>	<b>Term #</b>
Cearbaugh	Kristen	Kyle Elementary School	2023-2025	New
Deshayes	Krista	Sunfield Elementary School	2022-2024	1
Edwards	LaToya	Tobias Elementary School/Simon Middle School	2023-2025	New
Gallardo	Erica	Barton Middle School	2023-2025	New

Goffena	Robin	Carpenter Hill Elementary School	2022-2024	1
Horton	Tia	Kyle Elementary School	2023-2025	New
Margiotta	Jaime	Dahlstrom Middle School/Johnson High School	2022-2024	1
Martinez	Kathy	Wallace Middle School	2022-2024	2
Mijares	Adriana	Uhland Elementary School/Simon Middle School/Lehman High School	2023-2025	New
Robinson	Tiffany	Tom Green Elementary School	2023-2025	New
Sosa	Brenda	Camino Real Elementary School/Dahlstrom Middle School	2023-2025	New
Tobias	Teresa	Chapa Middle School/Lehman High School	2023-2025	New
Valdez	Ali	Barton Middle School	2023-2025	New
Zavala	Alex	Negley Elementary School/Hays High School	2023-2025	2
<b>Community Members</b>				
<b>Last</b>	<b>First</b>	<b>Community Organization</b>	<b>Term</b>	<b>Term #</b>
Alcantar	Priscilla	Texas Health Steps	2022-2024	New
Hartman	Nicole	Pediatrician	2022-2024	2
Woods	Diana	Buda United Methodist Church – Community Outreach	2023-2025	New
<b>District Staff</b>				
<b>Last</b>	<b>First</b>	<b>District Role</b>	<b>Term</b>	<b>Term #</b>
Benthall	Megan	HCISD Director of Student Health Services	2022-2024	1
Stone	Thomas	HCISD Child Nutrition	2022-2024	New
Gonzalez	Maritza	HCISD Director of Guidance and Counseling	2023-2025	2
Lorentzen	Whitney	HCISD Lead Elementary PE/Health Teacher, Camino Real Elementary	2023-2025	4
Pierce	David	HCISD Deputy Academic Officer	2022-2024	1
White-Jackson	Gloria	HCISD PEP Coordinator	2022-2024	1
Corona	Melissa	HCISD Director of Special Education (non-voting)	2023-2025	New
Johnson	LindaRae	HCISD Mental Health Professional (non-voting)	2023-2025	New
Moffett	Lance	HCISD Director of Athletics (non-voting)	2023-2025	New
Skrocki	Jeri	HCISD Chief Safety/Security (non-voting)	2023-2025	2

**Table 1. 2023-2024 SHAC Meeting Dates (all meetings were held in person)**

Date	Attendance
September 20, 2023	20 members in attendance
November 15, 2023	17 members in attendance
February 21, 2024	14 members in attendance
May 15, 2024	14 members in attendance

## Description of Committee Actions

The Hays CISD School Health Advisory Council met four times in the 2023-2024 school year. All meeting audio recordings and minutes, including actions taken and lists of meeting attendees, are available to the public on the Hays CISD [SHAC website](#).

During each SHAC meeting, the members reviewed the minutes from the previous SHAC meeting, received reports and presentations, discussed action items, and discussed requests for future SHAC agendas.

On September 20, 2023, the SHAC met in person at the Hays CISD Performing Arts Center. Former SHAC members, Lacy Waller, Bonnie Hernandez, Belinda Pizana, Marquet Curl, Stephanie Hooton, Stephanie Jamail, and Kelly Dean were honored for their service by receiving a Superintendent's Coin of Excellence from Dr. Wright. A review of the purpose and role of SHAC was provided by Megan Benthall. Information from the July 2023 meeting regarding athletic trainers at the middle school was provided by Dusty Gibbs, Assistant Athletic Director. The SHAC bylaws were presented for proposed amendments in regard to term limits and other general updates. The motion passed with 16 for and 0 against. The meeting dates were discussed and amended. The motion passed with 16 for and 0 against. The executive committee was formed with Alex Zavala, Megan Benthall, and Krista Deshayes. The physical activity (required by TEC 28.004) was formed with Ali Valdez, Robin Goffena, and Whitney Lorentzen. During open discussion, there was a request for committee formation for mental health and wellness. The mental health committee was formed with Teresa Tobias, Krista Deshayes, Robin Goffena, Ali Valdez, Tia Horton, and LindaRae Johnson. The wellness committee was formed with Thomas Stone, Megan Benthall, and Kristen Cearbaugh.

On November 15, 2023, the SHAC met in person in the Kunkel Room of the Old Buda Elementary Upper Campus. Cynthia Luna, Community Outreach Coordinator with Dell Children's Health Plan gave a brief overview on Dell Children's Health Plan and asked for assistance with getting information to the campus PTAs to present on health insurance coverage options for children. Jeri Skrocki provided an update on the district's Fighting Fentanyl campaign. Megan Benthall gave a presentation to introduce Tucker's Law to the SHAC and the SHAC's duty in recommending curriculum specific to fentanyl awareness for grades 7 & up. Subcommittees gave a brief update to any meetings or work that is being done.

On February 21, 2024, the SHAC met in person in the Kunkel Room of the Old Buda Elementary Upper Campus. Whitney Self gave an update on the CATCH grant that the district has received. The grant will allow the district to get updated materials for the CATCH curriculum and get PE and health teachers trained. Megan Benthall, Derek McDaniel, Emily Herrin, and Shelly Plumley introduced the curriculum created by the district to satisfy HB 3908 (Tucker's Law). The Tucker's Law curriculum was reviewed and recommended by the SHAC with 13 votes for, 0 against. The physical activity subcommittee provided a brief update on the PHIT center application for CRES and a survey for teachers to complete. The child nutrition subcommittee provided an update on the social media posts, roving chef event, and national breakfast week.

On May 15, 2024, the SHAC met in person in the Kunkel Room of the Old Buda Elementary Upper Campus. Meeting dates/times were discussed and voted on for the 2024-2025 school year with 10 votes in favor, 0 votes against. The following dates were chosen: September 18, 2024, November 13, 2024, February 12, 2025, and May 7, 2025. Angelica Solis and Thomas Stone provided an update on the Child Nutrition initiatives for promoting good nutrition. The initiatives discussed included Career Day, Roving Chef, Menu Madness, Flavor Fest, and the Green Bronx Machine. Suzanne Van Velson with the CATCH

Global Foundation gave an overview of the CATCH coordinated school health curriculum and the different types of sponsorships that are available for school districts that have implemented the CATCH curriculum. The mental health subcommittee provided an update after the Tom Green bus accident on the initiatives put in place to support students. The physical activity subcommittee also provided an update on the survey to send to teachers regarding physical activity.

## SHAC recommendations

The SHAC recommends the district created curriculum to satisfy the requirements set forth in HB 3908 (Tucker’s Law) for grades 6-12.

The SHAC will continue to focus on mental health awareness for students.

The SHAC will continue to focus on physical activity for elementary schools to ensure the minimum of 135 minutes/week are met.

The SHAC will continue to focus on overall wellness of the district by utilizing the Hays CISD’s wellness plan.

## Committee Costs

The Hays CISD Student Health Services provided funds for a substitute teacher for Whitney Self for all in person meetings and for her to attend the Austin Area Health and Wellness Community of Practice Meeting. The total cost incurred by the SHAC for the 2024-2025 school year was \$642.36.

# 4. Committee Planning – 2024-2025

## Committee Members 2024-2025

The proposed Hays CISD SHAC membership list was compiled for the Hays CISD Board of Trustees for the August 2024 meeting as noted in the Hays CISD SHAC bylaws. For the 2024-2025 School year, Alex Zavala will finish his term to serve as the Parent Co-Chair. Megan Benthall, Director of Student Health Services will continue to serve as District Co-chair per the Hays CISD SHAC bylaws. The Hays CISD Board of Trustees appointed the following membership list on August 26, 2024:

Parents				
Last	First	Campus	Term	Term #
Cearbaugh	Kristen	Kyle Elementary School	2023-2025	1
Deshayes	Krista	Sunfield Elementary School	2024-2026	2

Edwards	LaToya	Tobias Elementary School/Simon Middle School	2023-2025	1
Febin	Tiffanie	Wallace Middle School/Hays High School	2024-2026	New
Gallardo	Erica	Negley Elementary School/Barton Middle School	2023-2025	1
Goffena	Robin	Carpenter Hill Elementary School	2024-2026	2
Jensen	Sarah	Dahlstrom Middle School/Johnson High School	2024-2026	New
Levin	Jessica	Hemphill Elementary School/Simon Middle School/Lehman High School	2024-2026	New
Lowe	Lameka	Pflugger Elementary School/Johnson High School	2024-2026	New
Robinson	Tiffany	Tom Green Elementary School	2023-2025	1
Tobias	Teresa	Chapa Middle School/Lehman High School	2023-2025	1
Valdez	Ali	Hays High School	2023-2025	1
Zavala	Alex	Barton Middle School	2023-2025	2
<b>Community Members</b>				
<b>Last</b>	<b>First</b>	<b>Community Organization</b>	<b>Term</b>	<b>Term #</b>
Hartman	Nicole	Pediatrician	2024-2026	3
VanVelson	Suzanne	CATCH Foundation	2024-2026	New
Woods	Diana	Buda United Methodist Church – Community Outreach	2023-2025	1
<b>District Staff</b>				
<b>Last</b>	<b>First</b>	<b>District Role</b>	<b>Term</b>	<b>Term #</b>
Benthall	Megan	HCISD Director of Student Health Services	2024-2026	2
Gonzalez	Maritza	HCISD Director of Guidance and Counseling	2023-2025	2
Lorentzen	Whitney	HCISD Lead Elementary PE/Health Teacher, Camino Real Elementary	2023-2025	4
Stone	Thomas	HCISD Child Nutrition	2024-2026	New
White-Jackson	Gloria	HCISD PEP Coordinator	2024-2026	1
Corona	Melissa	HCISD Director of Special Education (non-voting)	2023-2025	1
Johnson	LindaRae	HCISD Mental Health Professional (non-voting)	2023-2025	1
Moffett	Lance	HCISD Director of Athletics (non-voting)	2023-2025	1
Skrocki	Jeri	HCISD Chief Safety/Security (non-voting)	2023-2025	2
Solis	Angelica	HCISD Child Nutrition (non-voting)	2024-2026	New

The Hays CISD SHAC has sought and will continue to seek parent/guardian members from campuses that do not have representation to fill vacancies and continue to strive for equal representation across the district.

## Committee Meeting Dates 2024-2025

**Table 1. 2024-2025 SHAC Scheduled Meeting Dates (Meetings will be held in person)**

<b>September 18, 2024</b>
<b>November 13, 2024</b>
<b>February 12, 2025</b>
<b>May 7, 2025</b>

**Subcommittee meeting dates will be decided after subcommittee formation for the 2024-2025 school year.**



# Anticipated Activities of Committee for the 2024-2025 School Year

The following will be focuses of the Hays CISD SHAC for the 2024-2025 school year:

- Wellness Plan Review
- Weather Guidelines for recess and PE review
- Continued focus on opioid curriculum implementation
- Continued focus on mental and emotional health

## 5. Conclusion

The Hays CISD SHAC, continues to serve as a recommending body centered on district health and wellness. The SHAC seeks to focus on the whole child while keeping community values at the center of its recommendations. Members of the SHAC will continue to focus on current concerns in the community. Thank you for your support of the Hays CISD School Health Advisory Council.