



Life School  
**School Health Advisory Council (SHAC)**

A meeting of the Life School School Healthy Advisory Council will be held on December 2, 2025, 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, Kelly DeNovellis, Tracy Crawford, Dr. Kashaelyn Hollins-Henderson, Juanita Roby, Sherrese Van, Joseph Hoffmaster

I. Welcome/Call to Order- Meeting called to order @3:05pm.

a. Review/Approve Minutes from the October SHAC Meeting- Committee reviewed & approved minutes @3:11pm

b. Purpose of the Life School SHAC

c. Introduction of Members—as a reminder.

d. Kelli DeNovellis—Co-Chair

II. SHAC Announcements/Information

a. Upcoming Health-Related Events

I. Random Acts of Kindness Week/Day—February—American Heart Health Month:

-2/16-19: Ms. Washington, Ms. Ren & Ms. Smith have been meeting & planning. Week as

follows: -Monday-Moving your body, Tuesday- Heart management/wear red, Wed-

nutrition/wearing green, Thurs-Healthy relationships. Sedexco- helping the kids to do a healthy recipe contest.

-Salad bar for staff hosted by Partners for Life.

-Joy would like to share this week's activities with all campuses to participate.

-Meagan & Zana suggested gearing the week towards the secondary schools to increase participation. Ms. Washington will bring a flyer to COM on 12/5 to speak about the week's events.

-Random Acts of kindness: Counselors are incorporating that into the week's themes as well. (Ren)

-Elem level: Allie the Alligator Dr. Shelley Clark for Dental Health Month in Feb. (Washington)

-Secondary: a new dental health fact in the daily announcements was suggested by Zana & Meagan

### III. Review of Life School Wellness Plan

a. School Wellness Advisory Council—now called the SHAC (our team): Joy went over some points in the Wellness plan for discussion. Joy suggested changing the name from district wellness committee to the current SHAC. Kay agreed to the change in order to be in compliance with current regulations.

b. Wellness Plan Implementation, Monitoring, Accountability, and Community

Engagement: no edits needed except updating contact info. Wellness plan should be reviewed quarterly and updated every 3 years.

c. Nutrition: no changes needed- the food service management company works with Life School to track trends between what is offered versus what is being taken.

-Celebrations: Update to birthday Fridays to Thursdays (only at elementary) once per month. Secondary birthdays are announced in morning announcements.

-Fundraising: 6 days exempted food fundraiser- TDA does audits on campuses

d. Physical Activity:

-change wording on pg 13 for recess to 15-20 minutes instead of just 20 minutes.

-Kay checking on policy regarding staff wellness.

e. Other Activities that Promote Student Wellness: HS level Zana & Meagan stated that they are not getting nutrition education information on their level in athletics or in general. Ms. Rodgers stated it is not a requirement at the HS level so most of that information is taught K-8 grades. Meagan & Zana suggested homeroom teachers could integrate that information or in class meetings, or educational posters/morning announcements weekly or monthly. Blurbs in the campus newsletter for secondary students was also suggested.

-Ms. Ren has a contact to possibly do a community garden and team with master gardeners. She will bring more information at the next meeting.

-Mr. Hoffmaster stated there is a web based app that offers app health information and will work on getting that started for the HS level.

#### IV. Nurse/Health Updates

a. Flu update? Other?- Washington: annual immunization report was submitted this week. The Health Club will be starting soon.

b. Other Screenings

c. Cardiac Emergency Response Plan for 26-27—meeting with Charolette next week

#### 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. Scheduled a meeting with Scott Thrush for Friday

VI. Any other concerns or business to discuss? Zana & Meagan suggested a campuswide survey to see if people felt engaged with SHAC items during the year.

VII. Upcoming SHAC Meetings—Wednesday, February 4, 2026, at 3:00 p.m.

VIII. Close and Adjourn: Meeting adjourned @4:17pm