

Arlington ISD School Health Advisory Council (SHAC)

Meeting Summary — October 8, 2026

I. Welcome & Introductions

District Mission & Purpose: Acknowledgement of community representatives supporting health and wellness decisions that reflect local values.

Table Introductions: Members introduced themselves, sharing their roles (parent, staff, community member, medical professional), connection to Arlington/wellness, and a recent success or desired change in Arlington ISD.

Meeting Agreements:

- Be curious
- Actively listen and participate
- Put students first
- Monitor personal impact
- Share the air
- Take care of self

II. History & Governance Framework

Legislative Origin & Purpose (TEC § 28.004): Established under SB 1 by the 74th Texas Legislature (1995) to ensure parent-led advisory oversight that aligns health education with community values.

Statutory Requirements:

- Minimum of 4 public, recorded, and advertised meetings annually.
- Board-appointed members serving 2-year terms (maximum of 2 consecutive terms).
- Membership composition must be at least 51% parents who are non-district employees.
- Must maintain a parent Chair/Co-Chair, a Physical Activity Subcommittee, and submit an annual written report to the Board.

III. Coordinated School Health Model (WSCC)

Framework: Utilizes the CDC's Whole School, Whole Community, Whole Child (WSCC) model to connect student learning directly with wellness.

Mandated Components (5 Required Areas):

1. **Physical Health Education:** Focusing on prevention of obesity, cardiovascular disease, Type 2 diabetes, oral health, and promoting nutrition.

- 2. Mental Health Education:** Managing emotions, mental well-being, building positive relationships, and responsible decision-making.
- 3. Substance Abuse Education:** Addressing alcohol, prescription drugs, and controlled substances.
- 4. Physical Education & Activity:** Curriculum standards and physical activity requirements.
- 5. Parental Involvement:** Fostering community and family engagement.

IV. Local Wellness Policy & Plan

Governance Roles:

- **Board of Trustees:** Establishes formal Local Wellness Policy (LWP) rules and regulations.
- **SHAC Responsibilities:** Creates, implements, updates, and conducts annual/triennial assessments of the District Wellness Plan.

2026-2027 Wellness Plan Review:

- **Section A:** Nutrition & Environment
- **Section B:** Activity & Physical Space
- **Section C:** Health, Counseling & Staff

V. Nutrition Guidelines

Food & beverages sold to students: Must be commercially prepared and must comply with federal requirements.

Food & beverages given away:

- **Elementary:** Cannot be served before lunch or in a food service area, campuses must keep a list of ingredients of food given away.
- **Secondary:** Cannot cancel or limit access to regularly scheduled meal services or given away in a food service area. Campuses must keep a list of ingredients of food given away.

Delivered Meals: No outside food or beverages are to be delivered to a student during the school day by anyone other than the student's own parent or guardian or another authorized adult.

Exemptions: The Texas Department of Agriculture allows 6 exemption days per campus when a food or beverage is sold as part of a district fundraiser.

Wellness Fundraisers: There is no limit on the amount of non-food related fundraisers a campus can have.

V. Physical Activity Subcommittee Update

Leadership & Structure: Led by Matt Bostick (Coordinator of Health/PE); operates in an advisory role via virtual, asynchronous, or concurrent meetings.

Key Areas of Focus: PE vs. physical activity calibration, assessing recess policy, PE class sizes, teacher allocations, and elementary extracurricular sports opportunities.

State Physical Activity Requirements:

- **Elementary (K–5):** 135 minutes/week of moderate-to-vigorous physical activity.
- **Junior High (6–8):** 30 minutes daily OR 225 minutes over 2 weeks.
- **High School (9–12):** 1 PE credit required for graduation.

Curriculum Updates:

- **Elementary (K–6):** Standards-based curriculum completed in May 2026 with a districtwide pacing calendar currently in implementation.
- **Junior High / High School:** Piloting 'SPARK PE' curriculum in Junior High with district pacing calendars.

VI. Business & Next Steps

Action Items:

- Electing Chair / Co-Chairs
- Subcommittee participation & alignment

2026–2027 Meeting Schedule:

Meeting	Date
SHAC Meeting #1	October 8, 2026
SHAC Meeting #2	November 17, 2026
SHAC Meeting #3	January 12, 2027
SHAC Meeting #4	March 11, 2027
SHAC Meeting #5 (If needed)	May 11, 2027