

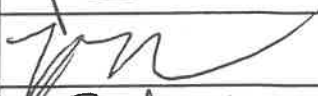
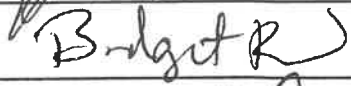
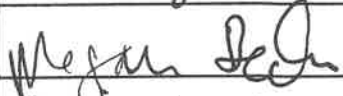
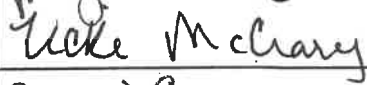
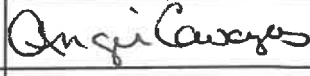
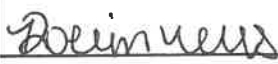
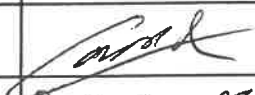
Wellman Union CISD School Health Advisory Committee (SHAC)
September 23, 2026
Minutes

1. Welcome – Mrs. Brown
2. Call to Order – 3:03 pm
3. Introduce new Members – Jerry Worley will be joining us this year.
4. Triennial Assessment Report Renewal
 - a. Approve Wellness Plan – Mrs. Brown explained/reviewed the scores on the WELSAT Plan that aligns with the Wellness Plan. Mrs. McCrary made a motion to approve the plan, and Mrs. Tells seconded the motion.
5. Updates from Mrs. McCrary – Nurse
 - a. CPR/First Aide training for staff – We completed CPR and Narcan training for all staff during back-to-school PD. Flu shots will be coming on campus for all staff. She's about halfway through for hearing and vision. Mrs. McCrary has been working on quote for back packs and Stop the Bleed kits. She's already seen 500 students already. Completed the first accident report from an accident on the playground today. In 2027-2028, we must have a Cardiac Response team. She has been in communication with Mr. Wheeler about this. Spinal screenings will be in the screen. Immunizations are clear and got the last affidavit signed today. Some of the affidavits expired out last week.
6. Updates from Mrs. Becker – Counselor – Parent Authorization Forms were sent in back-to-school packets for presentations. We will continue to use TTUHSC do these presentations. The Suicide Prevention Presentation was today. We provided an alternate location for students that parents do not allow them to be a part. The Bullying Presentation is scheduled for October. Mrs. Wheeler shared about

Circles in secondary and how many aspects have been added to those lessons: SEL, leadership, team building, etc.

7. Updates from Child Nutrition – Mrs. Cavazos informed us of no updates. The Holiday Meal will be November 13th.
8. Health Curriculum – TEA Approved – Mrs. Brown and Mrs. Wheeler gave an update on 7th grade using this curriculum. This is only a semester long. Our PE program will start adding more of a nutrition focus.
 - a. GoodHeart-Willcox Publisher (Texas Health Skills)
9. Next Meeting Scheduled ? We are looking to meeting again before Christmas.
10. Adjourn – 3:21 pm

Sign In Sheet
SHAC & Superintendent Advisory Committee 2026-2027

Name	Representative	Signature
Nate Wheeler	Superintendent & Athletic Director	
Kyna Wheeler	Principal/Parent	
Bridget Brown	Principal/Parent	
Megan Becker	Counselor/CTE/Parent	
Vicki McCrary	Nurse	
Penny Crowley Angie Cavazos	Food & Nutrition	
Robin Tells	Teacher/Parent	
Ryan Dill	School Board Member/Parent	
Hilda Neufeld	Community/Parent	
Gina Mercado	Community/Parent	
Jerry Worley	Community/Parent	
Cam Arendall	Student	
Shaylie Griffiths	Student	
Jerry Smith	Teacher	

Wellman Union ISD Wellness Plan

In accordance with local policy (FFA LOCAL), the SHAC shall develop a wellness plan to implement the District's nutrition guidelines and wellness goals. The wellness plan shall, at a minimum, address:

1. Strategies for soliciting involvement by and input from persons interested in the wellness plan and policy;
2. Objectives, benchmarks, and activities for implementing the wellness goals;
3. Methods for measuring the implementation of the wellness goals;
4. The District's standards for foods and beverages provided, but not sold, to students during the school day on a school campus; and
5. The manner of communicating to the public applicable information about the District's wellness policy and plan.

The SHAC shall review and revise the plan on a regular basis and recommend revisions to the wellness policy when necessary. A Wellness Policy Triennial Assessment will be completed at least every three years.

The District establishes the following goals for **nutrition promotion**:

1. The District's food service staff, teachers, and other District personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings.

Strategies: Signage in cafeteria to promote healthy nutrition messages

2. The District shall share educational nutrition information with families and the general public to promote healthy nutrition choices and positively influence the health of students.
 - a. Meals served through district's food services program shall comply with the National School Lunch and/or Breakfast standards for meal patterns, nutrient levels, and calorie requirements for the ages/grade levels served as specified in 7 CFR 210.10 or 22.8, as applicable

Strategies: Menu Calendars

The District establishes the following goals for **nutrition education**:

1. The District shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

Strategies: Menus

2. The District shall make nutrition education a District-wide priority and shall integrate nutrition education into other areas of the curriculum, as appropriate.

Strategies: District wide website, Physical Education

The District establishes the following goals for **physical activity**:

1. The District shall provide an environment that fosters safe, enjoyable, and developmentally appropriate fitness activities for all students, including those who are not participating in physical education classes or competitive sports.

Strategies: Recess, Fitness Gram, Open Gym, PE Classes, Sports

2. The District shall provide appropriate staff development and encourage teachers to integrate physical activity into academic curriculum where appropriate.

Strategies: Brain Breaks

3. The District shall encourage students, parents, staff, and community members to use the District's recreational facilities, such as tracks, playgrounds, and the like, that are available outside of the school day.

Strategies: Outdoor basketball court, track, open gym, open weight room

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to promote and express a consistent wellness message through **other school-based activities**:

1. The District shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

Strategies: Master Schedule – scheduled lunch times

2. The District shall promote employee wellness activities and involvement at suitable District and campus activities.

Strategies: Outdoor basketball court, track, open gym, open weight room

Policy Assessment: Wellsat (8/2026)

District: WELLMAN-UNION CISD

Congratulations! You have completed the WellSAT Policy Assessment. You can see your Policy scores for each item below. Please note if you are missing any of the federal requirements in Section 1. Items with a rating of "0" (item not addressed in the policy) or "1" (weak statement addressing the item) can be improved by referring to the links at wellsat.org/resources.

Section 1. Federal Requirements

FR1	Includes goals for nutrition education that are designed to promote student wellness.	2
FR2	Assures compliance with USDA nutrition standards for reimbursable school meals.	2
FR3	District takes steps to protect the privacy of students who qualify for free or reduced priced meals.	2
FR4	Free drinking water is available during meals.	2
FR5	Ensures annual training for food and nutrition services staff in accordance with USDA Professional Standards.	2
FR6	Addresses compliance with USDA nutrition standards (Smart Snacks) for all food and beverages sold to students during the school day.	2
FR7	Regulates food and beverages sold in a la carte.	2
FR8	Regulates food and beverages sold in vending machines.	NA
FR9	Regulates food and beverages sold in school stores.	NA
FR10	Addresses fundraising with food to be consumed during the school day.	2
FR11	Regulates food and beverages served at class parties and other school celebrations in elementary schools. Use N/A if no elementary schools in district.	1
FR12	Restricts marketing on the school campus during the school day to only those foods and beverages that meet Smart Snacks standards.	2
FR13	Addresses how all relevant groups will participate.	2

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NES11	Addresses nutrition standards for all foods and beverages served (not sold) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES12	Addresses nutrition standards for all foods and beverages sold (not served) to students after the school day, including before and aftercare on school grounds, clubs, and after school programming.	NA
NES13	Addresses food not being used as a reward.	1
NES14	Addresses availability of free drinking water throughout the school day.	2

Section 3. Nutrition Education

NE1	Nutrition education teaches skills that are behavior focused, interactive, and/or participatory.	2
NE2	All elementary school students receive sequential and comprehensive nutrition education.	1
NE3	All middle school students receive sequential and comprehensive nutrition education.	2
NE4	All high school students receive sequential and comprehensive nutrition education.	1
NE5	Nutrition education is integrated into other academic subjects beyond health education.	1
NE6	Links nutrition education with the food environment.	1
NE7	 School curriculum addresses agriculture and the food system.	1

Section 4. Physical Education and Physical Activity

PEPA1	 There is a written physical education curriculum for grades K-12.	2
PEPA2	The written physical education curriculum for each grade is aligned with national and/or state physical education standards.	2

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PEPA3	Physical education promotes a physically active lifestyle.	2
PEPA4	Addresses time per week of physical education instruction for all elementary school students.	2
PEPA5	Addresses time per week of physical education instruction for all middle school students.	2
PEPA6	Addresses time per week of physical education instruction for all high school students.	2
PEPA7	Addresses qualifications for physical education teachers for grades K-12.	2
PEPA8	Addresses providing physical education training for physical education teachers.	2
PEPA9	Addresses physical education exemption requirements for all students.	2
PEPA10	Addresses physical education substitution for all students.	NA
PEPA11	 Addresses family and community engagement in physical activity opportunities at all schools.	1
PEPA12	 Addresses before and after school physical activity for all students, including clubs, intramural, and interscholastic opportunities.	2
PEPA13	Addresses recess for all elementary school students.	2
PEPA14	 Addresses physical activity breaks during school.	2
PEPA15	Joint or shared-use agreements for physical activity participation at all schools.	2
PEPA16	District addresses active transport (Safe Routes to School) for all K-12 students who live within walkable/bikeable distance.	1
PEPA17	 Addresses using physical activity as a reward.	1
PEPA18	Addresses physical activity not being used as a punishment.	1

Policy Assessment: Wellsat (8/2026)

District: WELLMAN-UNION CISD

PEPA19	Addresses physical activity not being withheld as a punishment.	1
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Section 5. Employee Wellness

EW1	 Addresses strategies to support employee wellness.	1
EW2	Encourages staff to model healthy eating and physical activity behaviors.	1

Section 6. Integration and Coordination

IC1	Addresses the establishment of an ongoing district wellness committee.	2
IC2	Addresses the establishment of an ongoing school building-level wellness committee.	2

Overall District Policy Score

Total Comprehensiveness	District Score 100
Total Strength	District Score 63