School Health Advisory Council (SHAC) Report: 2025-2026

Rebekah Zonozy, SHAC Parent Chair 2025-2026

SHAC Committee

- **VISION:** A future where every CISD student can live a healthy lifestyle, be physically and emotionally safe, and reach their full personal health and academic potential.

- **MISSION:** To promote sound school policies and practices within CISD that will improve and maintain the health and wellness of its students, faculty, and community.

- **SHAC Member Breakdown 2025-2026**
  10 Parents
  4 Students (Middle & High Schools)
  District Staff: Counseling, Physical Education, Nutrition, Administration
  Board of Trustees

SHAC Impact 2025-2026 School Year

2025-2026 Highlights

- Continued facilitating district-wide health and wellness learning opportunities while working to broaden participation and engagement
    - Added Wellness Day at CMSW
    - Continued 5th Grade Health Fair Days at the Elementary level
    - Third year for Mental Health Expo at CHS
    - Every Kid Health Week across the District
- Implementation of secondary level Health 1 Class in response to SB25

SHAC Impact 2025-2026 School Year















SHAC Future Endeavors:

- Focus on implementing wellness days at all Elementary and Middle school campuses
- Build upon the Every Kid Healthy Week foundation laid this year
- 2026-2027 School Year - Wellness Policy Triennial Assessment