Vanguard Academy

School Health Advisory Council (SHAC) Meeting Minutes

Date: February 25, 2026
Time: 5:24 PM – 5:57 PM
Location: Vanguard Academy

1. Call to Order

The meeting was called to order at 5:24 PM.

The Pledge of Allegiance and Texas Pledge were recited.

An opening prayer was led requesting wisdom, guidance, and support for all students and families represented in the district.

2. Approval of Previous Minutes

Minutes from the October 20 meeting were reviewed.
Motion to Approve: Hugo Cervantes
Seconded By: Galine Reyes
Motion Passed

3. SHAC Compliance Update

It was noted that beginning in the 2026–2027 school year, SHAC committees are mandated for charter schools. All meeting documentation will be formally posted on the district website to ensure transparency and compliance.

4. Election of SHAC Co-Chair

The originally selected parent representative declined due to professional commitments.
The next highest vote recipient, **Mariana Ortega**, was selected to serve as SHAC Co-Chair.

5. Review of SHAC Focus Areas

The council reviewed required focus areas:

- Health Education
- Physical Education
- Nutrition Services
- Mental Health & Emotional Wellness
- Health Services & Safety
- Community Engagement
- Staff Wellness
- Safe & Supportive School Environment

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6. Staff Wellness Initiative Update

Discussion included:

- Campuses independently creating wellness initiatives (approved).
- Staff participation in community leagues (baseball, tennis), walking groups, prayer groups qualifying as wellness activities.
- Six (6) wellness activities equal two (2) wellness days.
- Online wellness modules with required quizzes being explored to allow participation without after-hours in-person sessions.
- Potential alignment with Character Strong programming for next year.
- Consideration of a monthly wellness theme for both students and staff.

Staff were reminded to submit participation through the official link.

7. 5K Event – "Catch Me If You Can" Cupcake Run

Event Purpose:

- Staff wellness
- Community engagement
- Potential fundraising for SHAC initiatives

Proposed Name:
"Catch Me If You Can – Cupcake 5K"
Also referred to as "I Run for Cupcakes"

A. Date Selection Discussion
Dates considered:

- March 7
- March 14
- March 28
- March 21 (briefly mentioned)

After discussion regarding:

- Spring break timing
- District calendar conflicts
- Autism Walk (April 11 – City of Alamo, potential date change)
- Adequate planning time

Approved Date: March 28, 2026
The committee agreed this allows approximately three weeks for preparation.
The previous Turkey Trot was organized within two weeks and raised approximately $3,000 (staff-only event).

B. Location Discussion
The following locations were discussed:

- Van Gogh campus
- Beethoven Elementary area
- Surrounding campus streets
- Edinburg city parks (permit required)
- Hike & Bike Trail (used previously for Autism Walk)

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Considerations:

- If using a public city space:
  - Police permission required
  - Ambulance presence required
  - Additional city requirements
  - Possible fees
- Hike & Bike Trail advantages:
  - No street crossings
  - Goes underneath roads
  - Safer pedestrian environment
  - Used previously for Autism Walk
- Campus route considerations:
  - Safety of route
  - Avoiding excessive turns
  - Some participants prefer pavement vs. grass/dirt
  - Limited space in some areas
  - Potential to start in front of elementary, route behind secondary

Committee agreed:
Coach and administration will review **three route options**, evaluate feasibility, and return with a recommendation. Final decision will be a committee vote.

C. Fundraising Component Discussion

Discussion included:

- 100 medals currently available.
- Medal + Shirt package proposed at $25.
- Seeking shirt donations to maximize profit.
- Possibility of additional medal orders if demand increases.
- Proceeds could support SHAC marketing tools and initiatives.
- Vendor previously volunteered support.
- 20 remaining Turkey Trot shirts available.

Additional ideas:

- Vendor donation of cupcakes.
- "Medal + Cupcake" concept.
- Child Nutrition to provide fruit.
- Water stations available (buckets from prior events).

Committee supported moving forward with medal + shirt fundraiser concept.

8. Autism Walk

- Planned in City of Alamo.
- Originally April 11 (date under review by city).
- Autism event location previously used Hike & Bike Trail.
- Route change request noted.
- Awareness of potential scheduling overlap considered in 5K planning.

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9. National School Breakfast Week & Nutrition Services Update

Presented by Child Nutrition Director.

National School Breakfast Week:

- March 2–6
- Recognized under USDA
- Adopted by State of Texas

Focus:

- Promote school breakfast participation
- Nutrition education
- "Full belly, happy heart, ready to learn"

Summer Feeding Program:

- Operates under Texas Department of Agriculture (TDA)
- Free meals for all children 18 years and younger
- Open to all Texas children regardless of district enrollment
- Includes:
    - Breakfast and lunch
    - Vanguard academic sites
    - Clubs, athletics, ACE, tutoring
    - Open to community
- Approximately 25 days of summer operation
- Runs through first week of July

Promotion efforts include:

- Media outreach
- Newspaper announcements
- Community communication
- Parent outreach

Nutrition services emphasized that:
Even when school is closed, feeding continues.

10. Upcoming SHAC Meetings

- April 13, 2026 @ 5:15 PM
- May 4, 2026 @ 5:15 PM (final meeting of year)

May meeting may include year-end appreciation for members.

11. March 28 Event Logistics

- Awards distributed March 28
- Medal + Shirt package: $25
- Seeking shirt and cupcake donations
- Marketing bracket/logo created (runner holding cupcake)
- Child Nutrition possible fruit support
- Water stations confirmed

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12. Adjournment

Meeting adjourned at 5:57 PM.

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