



# Health and Human Services

## Texas School Health Advisory Committee

February 2, 2026

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*This summary contains supplemental information from reliable sources where that information provides clarity to the issues being discussed. Power Point tables used in the presentations may also be used in this summary. Names of individuals may be misspelled but every attempt has been made to ensure accuracy. Tables and Text have been used from executive and legislative agencies and departments' presentations and publications.*

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[Texas School Health Advisory Committee](#) provides active leadership in identifying and disseminating school health best practices and resources for school policymakers.

The Texas School Health Advisory Committee (TSHAC) assists the Department of State Health Services (department) to support and coordinate school health programs and school health services. It also provides leadership to identify and disseminate school health best practices and resources for school policymakers.

**Vision:** We, the TSHAC, envision healthier Texans through coordinated school health.

**Mission:** To assist in establishing a leadership role for DSHS in the support for and delivery of coordinated school health programs and school health services.

**Goals:** Active leadership – Best practices identification and dissemination – Coordinated school health promotion

The Advisory Committee (TSHAC) was created by Texas Health and Safety Code, [Section 1001.0711](#). The TSHAC advises DSHS in its support for and delivery of coordinated school health programs and school health services. The TSHAC seeks stakeholder input on these issues and produces recommendations to DSHS on school health best practices and resources for school policy makers.

A member must regularly participate in TSHAC meetings and may also have to participate in subcommittee meetings, projects and presentations. Meetings will be held in Austin at least twice a year or at the call of the presiding officer. Virtual attendance at advisory committee meetings is allowed. Reimbursement for travel expenses to and from meetings is permitted when funds are available.

Name	City	Membership Category	Term Expiration	Public Health Region
Presiding Officer Eduardo Rios	San Marcos	Consumer/Parent	2026	7
Assistant Presiding Officer Bena Glasscock, LPC	Hereford	Counselor	2027	1
Texas Education Agency Representative Barney Fudge	Austin	Required by Law	N/A	7
Texas Department of Agriculture Representative Vacant		Required by Law	N/A	



Texas Department of State Health Services Representative Raiza Ruiz, MPA, CPM	Austin	Required by Rule	N/A	7
RJ Alvarado	Portland	School Professional	2027	11
Caitlin Bollier, MS	San Antonio	Health Educator	2028	8
Regina Bryan, MSN, RN	Victoria	Consumer/Parent	2028	6/5 S
Julie Gardner, PhD, CHES	Gatesville	Consumer/Parent	2027	7
Shannon Hoffman, MPAff, MSW, LCDC	Austin	Organization/Agency (Hogg Foundation)	2026	7
Michael Kelly, PHD, MEd	El Paso	Organization/Agency (Paso del Norte Health Foundation)	2026	9/10
Violita McDonald, MSN, RN	Sanderson	School Nurse	2028	2/3
Kasandra Davis, MS, RD, LD	Washington	School Nutrition Services	2029	7
Li-Yu Mitchell, MD, MHS	Tyler	Consumer/Parent	2027	4/5 N
Maria Rivera, MD, MPH	Houston	Medical Professional	2026	6
Pete Silvius, MS	Seguin	Physical Educator	2027	8
Hollie Smith, MSN, RN	Fort Worth	Organization/Agency (Texas School Nurses Organization)	2028	2/3
William Stout, PhD	Sinton	School Professional	2028	11
Sharon Vigil, EML, MEd	Austin	Organization/Agency (Communities in Schools of Central Texas)	2026	7
George Woods, PhD	Corpus Christi	Consumer/Parent	2026	11

**1. Welcome, call to order, and logistical announcements.** The meeting was called to order by Eduardo Rios, Presiding Officer. A quorum was present



## **2. Consideration of the September 8, 2025, draft meeting minutes.**

The minutes were approved as drafted (follow link for minutes)

## **3. Review and consideration of revised TSHAC bylaws.** Please follow the link to see the draft bylaws in full.

**Summary.** Members reviewed the Texas School Health Advisory Committee (TSHAC) bylaws, with the chair summarizing key sections:

- Name and legal authority
- Purpose and role, including reference to the annual report
- Definitions, committee composition, member terms, resignations/vacancies, presiding chair/vice chair roles and terms, operations and meetings, member responsibilities, removal process, subcommittees, subject matter experts, staff support, compensation/travel reimbursement, and member statement

Questions were raised about whether any substantive changes were made; staff clarified that only minor updates were made to align with a new procedural template, with no major changes specific to TSHAC. Motion to approve the revised bylaws was made by Ms. Alvarado, seconded by Raissa Ruiz, and unanimously approved via roll call vote.

## **Discussion**

Has there been a substantive change? The chair stated that the bylaws are revised periodically to align with the operation of all committees and substantive changes. Staff stated that there are no real substantive changes, only minor edits.

**MOTION:** Approval of the draft bylaws prevailed

## **4. Presentation from The Texas School Safety Center on Vaping in Schools.** Kellen Kruk Youth Tobacco Prevention Specialist, Youth and Community Initiatives Division, Texas School Safety Center.

**Summary.** Kellan Kruk, Youth Tobacco Prevention Specialist, introduced the Texas School Safety Center's tobacco and vaping prevention resources covering three main programs/resources. Highlighted program efforts included:



- Say What program: Empowers youth to educate peers/community on tobacco dangers, provides trainings, downloads, and resources (mostly free)
- Online trainings: Webinars, self-paced modules, and classroom-ready resources tackling impact on teen mental health, addiction, and industry marketing
- Virtual summits: Youth-led, 20-30 minute educational sessions, held twice yearly (October and May), available live and on YouTube
- SayWhat Tobacco-Free Conference: Two- to three-day event for student groups; scholarships available to cover costs, with leadership and advocacy training
- Mini Grant Kits/Projects in a Box: Free, youth-focused kits for schools to host peer education and awareness campaigns, complete with materials and posters
- Teen Ambassadors: Youth advisory board leading events and trainings, fostering statewide youth engagement
- All resources aim to be youth-friendly, easily implemented, and widely accessible, with a strong emphasis on free access.

Teen Ambassadors serve as community tobacco prevention experts, host local events, provide feedback on resources, and train others at events. Application for Teen Ambassadors will open soon for Texas students entering 9th–11th grade.

SayWhat members have educated nearly 2 million Texans since 2011 and are vital to tobacco prevention efforts. Two member groups spotlighted:

- Rockport-Fulton Middle School: Engages student leaders and promotes tobacco-free living through events like Red Ribbon Week and pep rallies.
- St. Joseph Academy Bloodhounds: Focus on communication and education, parent outreach, student-led awareness, and integrating tobacco prevention into class lessons.

Texas E-Cigarette and Tobacco Awareness Program Referral Course is an alternative to disciplinary action for students caught with tobacco; includes education, support for quitting, and a certificate of completion.

Prevention Course: Similar to referral course but focused on education and peer sharing; integrates well into health classes.

There are free and fee-based evidence-based curricula: Stanford REACH Lab (multiple curricula), MD Anderson ASPIRE (free) and Catch My Breath (fee-based for grades 5–12). Youth cessation resources: Truth Initiative's This Is Quitting (text support line), My Life My Quit (text/app support for quitting tobacco/vaping).



Parent resources include text lines for parent support while Parents Against Vaping E-cigarettes (PAVE) provides toolkits and education.

## Presentation

**The Say What! Program** empowers youth and youth groups in 6th-12th grade to educate themselves, their peers, and community members about the dangers of all commercialized tobacco products. The program provides youth-friendly resources, educational training, downloadable PowerPoints, infographics, and more. Funding for this program is received from the Texas Department of State Health Services. Register a student group at [app.txsaywhat.com](http://app.txsaywhat.com) [Welcome | Say What!](#); Contact staff at [TxSayWhat@txstate.edu](mailto:TxSayWhat@txstate.edu) Visit our website at [TxSayWhat.com](http://TxSayWhat.com) [Home](#)

### PROGRAM RESOURCES

- Online Trainings
- Virtual Summits
- Statewide Youth Conference
- "Projects-In-A-Box"
- Downloadable Resources
- Teen Ambassador Program
- Social Media
- Free Membership

ONLINE TRAINING Consists of webinars and self-paced training modules featuring educational videos. Topics include:

- History of tobacco prevention in Texas
- Evolution of tobacco products
- Health effects of vaping
- The science of addiction
- Tobacco industry marketing tactics





**Details:**

Virtual Summit #1 - Red Ribbon Week  
Virtual Summit #2 – End of School Year  
Youth-Led  
20-30 Minutes  
Access to Educational Resources  
Certificate of Attendance

**Content Covered:**

Ingredients Inside Vapes  
Health Effects of Vaping  
Nicotine Addiction  
Vaping & Teen Mental Health  
How to Help a Friend Quit  
Tobacco Industry Deception

Statewide Conference Wednesday, July 22 – Friday, July 24, 2026

- Austin Renaissance Hotel
- Designed for 6th – 12th grade student groups
- Youth-Led Training
- Tobacco/Vaping Prevention Education
- Innovative Sessions & Speakers
- Leadership & Team Building
- Training School/Community Project Planning
- Advocacy Skills Building
- Networking Opportunities
- Scholarships for Youth Groups to Attend for FREE!

MINI-GRANT KITS “PROJECTS IN A BOX” are available in the fall and spring that are designed to help groups host their own projects to:

- Educate their peers about the dangers of vaping and tobacco use
- Encourage their peers who are vaping to quit
- Empower their peers to live tobacco, nicotine, and vape-free



**SAY WHAT! TEEN AMBASSADORS**  
*Leaders in tobacco prevention*

<p><b>What We Do:</b></p> <ul style="list-style-type: none"> <li>Educate thousands of Texans about the dangers of all tobacco products</li> <li>Host local projects and events</li> <li>Serve as local youth tobacco prevention experts</li> <li>Train participants who attend virtual and in-person events</li> <li>Meet with elected officials</li> <li>Collaborate with program staff to design events and resources</li> </ul>	<p><b>Application Requirements:</b></p> <ul style="list-style-type: none"> <li>Must be a Texas Resident</li> <li>Must be entering 9-11 grade for upcoming school year</li> <li><b>Applications Open Soon!</b></li> </ul>
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A couple of groups were spot-lighted

**Contact Program Staff:** Kaitlyn Hargues, Program Lead Kellen Kruk, Program Specialist  
[TxSayWhat@txstate.edu](mailto:TxSayWhat@txstate.edu) TxSayWhat.com



As an alternative to DAEP/ISS, schools may refer students in possession of tobacco products to complete this course.

The course may take 3-4 hours to complete and includes, videos, activities, short-answer reflection questions, mini quizzes, a downloadable workbook with activities and resources.

This course also features a video series with a teen mental health therapist who discusses:

- how occasional use can turn into an addiction,
- why and how the student can track their usage



- tips on developing a support network to help them quit

The course also includes assessments, evaluations, and an emailed certificate of completion.

**Schools/ educators can promote the prevention course.**

The course may take 3-4 hours to complete and includes, videos, activities, short-answer reflection questions, mini quizzes, a downloadable workbook with activities and resources.

Students will learn about:

- the history of marketing tobacco products
- health risks of vaping and tobacco products
- strategies to resist peer/social pressure
- how they can share the information they learn in the training

The course also includes assessments, evaluations, and an emailed certificate of completion.



**Contact Program Staff:** Kathleen Bates, Youth Initiatives Coordinator

[k\\_b277@txstate.edu](mailto:k_b277@txstate.edu) [Texas E-Cigarette and Tobacco Awareness Program](#) | [Texas School Safety Center](#)

## School Based Curricula

Curriculum Available:

- You and Me, Together Vape-Free Curriculum (Elementary – High School)
- Smart Talk: Cannabis Prevention & Awareness Curriculum
- Healthy Futures Alternative to Suspension Curriculum
- Safety First: A Drug Intervention Curriculum



REACH Lab focuses on research and education to empower adolescents and young adults to choose health.

[Prevention and Intervention Curriculums](#) | [Halpern-Felsher REACH Lab](#) | [Stanford Medicine](#)

**The University of Texas MD Anderson Cancer Center's ASPIRE program** A free evidence-based program that tackles the full range of traditional and emerging products such as e-cigarettes, hookah, JUUL and synthetic marijuana. ASPIRE is an interactive experience that leads teens and adolescents through modules and quizzes.



### **CATCH Global Foundation's Catch My Breath program**

A youth e-cigarette, JUUL, and vape prevention program specific to grades 5-12. The evidence-based program was shown to substantially reduce students' likelihood of vaping in the year following program implementation.

## Youth Cessation Resources

### Truth Initiative: This is Quitting

Available for 13–24-year-olds in  
Texas

Text VAPEFREETX to 88709

Receive free, confidential, 24/7  
support



### TEXAS DSHS: MY LIFE, MY QUIT

Available for youth & young adults

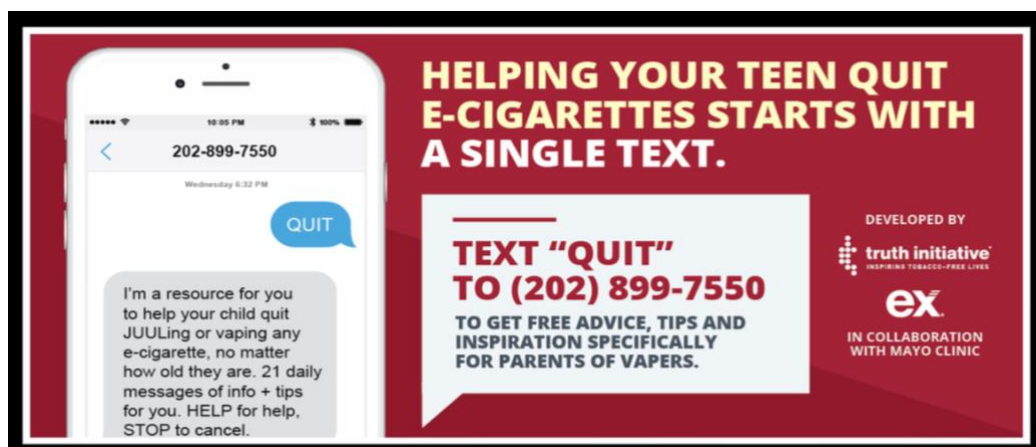
Text "Start My Quit" to 36072  
Download the My Life, My Quit app

Receive free, confidential, 24/7 support

Learn more at [MyLifeMyQuit.com](http://MyLifeMyQuit.com)



## Parent Resources





**National advocacy and education organization powered by parent volunteers for parents.**

- Resources
- Toolkits
- Podcasts
- Webinars
- Presentations
- Conferences

[Home — Parents Against Vaping E-cigarettes](#)

**Discussion** No discussion

## 5. [Subcommittee updates on document revisions and resources](#)

### **Policy and Document Review: Recess Resolution**

- Sub-committee revised the sample resolution on recess to reflect Texas Education Code Section 28.002, ensuring recess is a right and cannot be withheld for academic or behavioral reasons.
- Discussion centered on aligning language with statutory requirements—debate over "must not" vs. "should not" replace PE with recess.
- Consensus to revisit language and possibly table the resolution for further work and legal review; broader committee involvement was encouraged for revisions.

**SAMPLE RESOLUTION** \_\_\_\_\_ ISD School Health Advisory Council Recess  
Recommendations for Elementary School Students Date: \_\_\_\_\_

Texas Education Code, Section 28.004, requires the local school health advisory council to make recommendations to the district concerning health education curriculum or instruction.

Local school health advisory council recommendations are based in research concerning unstructured and undirected play, academic and social development, and health benefits of daily recess.

The local school health advisory council ensured local community values were reflected in recommendations made to the district including recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children. Recess provides children with discretionary time and opportunities to engage in physical activity to develop healthy bodies and enjoyment of movement. Recess allows elementary children to practice essential life skills – such as conflict resolution, cooperation, respect for rules, taking turns, sharing, effective communication, and problem solving – in authentic, real-world situations. Recess may facilitate improved attention and focus on learning in academic programs. Based on this information, the \_\_\_\_\_ Independent School District School Health Advisory Council recommends the following:

- Recess ~~must~~ should not replace the required weekly physical education minutes.
- Recess is unstructured playtime where children have choices, develop rules for play, and release energy and stress.
- Bullying or aggressive behavior must not be tolerated, and all safety rules must be enforced.
- Recess must not be withheld from a student for the student's academic performance or behavior as stated in Texas Education Code, Section 28.002. Instead, recess should be viewed as a necessary educational support component for all children.
- Schools must develop schedules that provide for supervised, daily recess in grades pre-kindergarten through grades five.
- Recess may occur before lunch (when possible) to encourage healthy appetite. Sample Resolution – Recess for Elementary School Students Revised 2/2026
- Schools must provide the facilities/equipment and supervision necessary to ensure a safe, enjoyable recess experience.
- Schools must encourage frequent physical activity (brain breaks) during each hour of seated instruction.

The \_\_\_\_\_ Independent School District School Health Advisory Council supports the following statement:

Quality physical education, along with daily recess, are necessary components of the school curriculum empowering students to develop physical competence, fitness, healthy habits, and enjoyment of physical activity for a lifetime.



Approved and adopted the \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_. We, the undersigned, certify the Resolution was adopted by the \_\_\_\_\_ ISD SHAC.

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_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Some of the statements in this resolution were taken from the "Guide for Recess Policy" posted by Society of Health and Physical Educators (SHAPE) America. For comments or questions about this publication, contact the School Health Program at [schoolhealth@dshs.texas.gov](mailto:schoolhealth@dshs.texas.gov) or by phone at 512-776-7279.

Copyright free. Permission granted to forward or make copies in its entirety as needed.  
Sample Resolution – Recess for Elementary School Students Revised 2/2026

**Discussion** There was discussion about the interaction of this edit and recess and physical education, it was suggested to reword the language (in red). "Must" replaced "Should".

This is a format for school districts to use. They may not have the ability to make suggestions related to statutory references. We don't want to fool districts into thinking this is statutory.

Suggestions were made, also, to table this to allow more time for review of problematic language.

**The vote on the recess agenda item was tabled pending revisions that will be reviewed with legal**

### **Food Allergy Item**

A second update was on food allergies for students with anaphylaxis. The updates include treatment process, impact on staff, and resources to acquire Albuterol and





Epinephrin. Food allergies policies are required to be reviewed periodically . The use of standing orders for epinephrine was reviewed as were the roles of staff, students and parents. The goal was safety without exclusion. The document as written now contains the changes. The document and updates were recommended.

This document is revised every three years. The document will be posted for public comment in the next couple of days.

- New focus areas include treatment processes, role clarity for school staff and SHAC, access to epinephrine, and comprehensive allergy management plans.
- Document aims for student safety and full participation, highlighting ongoing review and collaboration.
- The document will be posted online for public comment; committee members will receive it for review.

## **6. Updates from the DSHS School Health Program, Texas Education Agency, and Texas Department of Agriculture**

- Texas Education Agency update: Physical Fitness Assessment data due June 12, 2026, with multiple submission options; Off-Campus Physical Activity Program requests for 2026-27 open May 1, 2026.

### **Physical Fitness Assessment Initiative**

State law requires school districts to annually assess the physical fitness of students enrolled in grade three or higher and to provide the results of individual student performance on the administered physical fitness assessments to the Texas Education Agency (TEA). The Physical Fitness Assessment Initiative (PFAI) is a program designed to collect and analyze the required student physical fitness data.

**In accordance with [Texas Education Code §§38.101- 38.104](#), the TEA is required to complete the following objectives:**

1. Adopt an assessment instrument to be used by all Texas public school districts
2. Compile the results of the physical fitness assessment captured by school districts and provide summary results
3. Analyze the results received for each school district to determine whether a relationship exists between student academic achievement levels, attendance levels, obesity, student discipline problems, and school meal programs.



- Texas Department of Agriculture: National School Breakfast Week in March; nutrition education and wellness policy training underway, pending USDA guidance.
- Texas Department of State Health Services: Staff updates, and legislative updates (HB 163 and SB 1619) affecting epinephrine policy; CDC grant supporting school health professional development in Public Health Region 11.

### **7. Open discussion on current topics and trends in school health.**

No discussion

### **8. Future TSHAC agenda topics and priorities.**

Officer elections will take place in the fall

### **9. Scheduling of the next TSHAC meeting and future meeting dates.**

September 21, 2026 is the next meeting

### **10. Public comment.** No public comment was offered

### **11. Adjournment.** There being no further business, the meeting was adjourned.

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