APPROVED

International Leadership of Texas, Inc.

Minutes

School Health Advisory Council (SHAC)

Wednesday, February 25, 2026

Date and Time
Wednesday February 25, 2026 at 2:00 PM

Location
ILTexas Headquarters
2021 Lakeside Blvd., Room 106
Richardson, Texas 75082

Meeting Notice & Mission Statement
In compliance with the Texas Open Meetings Act, the Texas Government Code, Chapter 551, timely public advance written notice (at least 72 hours before the scheduled time of the meeting) is given of the subjects the School Health Advisory Committee of International Leadership of Texas (the "Committee"), and the Committee will convene an Open Meeting of the Safety and Security Committee of International Leadership of Texas on the date and time and location set forth herein.

It is the intent of the Board to have a quorum physically present at the above address. **Committee members not physically present may participate by live two-way video and audio feed in accordance with the Texas Open Meetings Act via the link** https://zoom.us/j/97224865610 **.** If a quorum of the Committee cannot be physically present at the above address, it is the intent to have the presiding officer physically present at the above address.

The Committee hereby certifies that this notice was posted on a bulletin board or on something akin thereto or at a place readily accessible and convenient to the public at 2021 Lakeside

Boulevard, Richardson, TX 75082, as well as online at www.iltexas.org. The items on this Agenda may be taken in any order. The mission of ILTexas is to prepare students for exceptional leadership roles in the international community by emphasizing servant leadership, mastering the English, Spanish, and Chinese languages, and strengthening the mind, body and character.

/s/ Catherine Barrera, For ILTexas' Board

Committee Members Present
Ale Bague, Catherine Barrera, Heba Baassiri, Jasmin Flores Quintero, Joi Jones, Joseph Lockhart, Victor Cathey

Committee Members Absent
None

Committee Members who arrived after the meeting opened
Joseph Lockhart

I. Opening Items

A. Record Attendance

B. Call the Meeting to Order

Victor Cathey called a meeting of the School Health Advisory Council (SHAC) Committee of International Leadership of Texas, Inc. to order on Wednesday Feb 25, 2026 at 2:00 PM.

II. School Health Advisory Council (SHAC)

A. Welcome SHAC members

Victor Cathey, Chair welcomed the new members of the newly organized School Advisory Council committee. Each member introduced themselves and their position as it related to the board.

B. Vision and Mission

Mr. Cathey spoke about the Committee's vision and mission. The mission of ILTexas is to prepare students for exceptional leadership roles in the international community by emphasizing servant leadership. The work of the Student Health Advisory Council directly supports the mind, body and character component of this mission.

III. New Business

A. SHAC Goals

Mr. Cathy spoke of the Committee's goals for today and its goals for the student health advisory council as the committee looks ahead to the remainder of the 25-26 school year. Mr. Cathey stressed on the focus of this committee would be on strengthening 3 keys:

1. Integration of physical and mental health education.
2. Increase student engagement and physical activity.
3. Alignment of district Wellness initiatives with campus level implementation.

IV. Report of Departments

A. Health Education

ILTexas Nurse Director Heba Baassiri presented the committee with the ILTexas Health Unit Overview Standards-Based Instructions (TEKS Aligned) and discussed all aspects of nutrition and how it applies with ILTexas commitments. She added that the making health decisions, focusing on nutrition and food, fruits, portion control was very important.

Director Baassiri also spoke about how to make sure that we are engaging our students, helping them understand, expressing and and making sure that they have the tools needed to make make these choices to understand that what they what they put in their mouth can really affect how they are and how this can ultimately result into some chronic diseases.

Joseph Lockhart arrived.

B. Physical Education

Mr. Cathey presented the ILTexas Physical and Wellness goals and ILTexas mission's for instilling a lifetime of wellness. Texas Essentials knowledge and skills takes movement patterns and skills, performance strategies, health and physical activity and fitness, social, emotional health and lifetime wellness.

Mr. Cathey presented the committee how physical fitness and individual wellness assessments are conducted through all grade levels and discussed each component briefly.

V. Announcements, Information and Updates

A. Next Meeting

Chair Cathey discussed the next meeting date.

VI. Closing Items

A. Adjourn Meeting

Joseph Lockhart made a motion to adjourn the meeting.
Heba Baassiri seconded the motion.
Time is 2:35 p.m.
The committee **VOTED** unanimously to approve the motion.
There being no further business to be transacted, and upon motion duly made, seconded and approved, the meeting was adjourned at 2:36 PM.

Respectfully Submitted,
Catherine Barrera