APPROVED

International Leadership of Texas, Inc.

Minutes

School Health Advisory Council (SHAC)

May 13, 2026

Date and Time
Wednesday May 13, 2026 at 2:00 PM

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/801651349 .** 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
Catherine Barrera, Heba Baassiri (remote), Jasmin Flores Quintero, Joi Jones, Joseph Lockhart (remote), Victor Cathey

Committee Members Absent
Ale Bague

Committee Members who arrived after the meeting opened
Heba Baassiri

Guests Present
Karla Navarro

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 May 13, 2026 at 2:08 PM.
Joi Jones made a motion to approve the minutes from School Health Advisory Council (SHAC) Meeting on 04-16-26.
Joseph Lockhart seconded the motion.
Chairman Caffey announced this this was the fourth and final meeting of the Committee.
The committee **VOTED** unanimously to approve the motion.
Heba Baassiri arrived.

II. Report of Departments

A. Comprehensive School Counseling Program

Chairman Cathey presented Ms. Mary Albritton, Director of Counseling Services for ILTexas presentation of ILTexas School Counseling Program for the 2025-02026 school year and each lead counselors and contact persons throughout several area campuses. Mr. Cathey also provided a list of all Crisis Counselors who provide support to students and staff. Discussed the various duties of what school counselors do and provided a list of procedures for Counseling emergencies and requests
Questions and discussion followed.

B. Healthy School Environment and Employee Wellness

Chairman Cathey presented the committee a presentation on healthy school environment and Employee wellness. Chairman Cathey presented examples of each. Mr. Cathey also discussed the connection between student and staff wellness and and student success.

Healthy School environment entails the following:

- a safe and clean facility
- positive school culture
- mental health support
- Safety and security procedures
- Nutrition and physical activity
- Inclusive and respectful practices

Student Wellness Includes:

- Physical wellness
- Academic Wellness
- Mental & Emotional Wellness
- Safety & Environmenta Wellness
- Social Wellness

Questions and Answers followed.

III. Announcements, Information and Updates

A. Annual Report and Presentation

Annual Report will be presented to the Board at the June 2026 meeting.

IV. Closing Items

A. Adjourn Meeting

Joi Jones made a motion to adjourn the meeting.
Joseph Lockhart seconded the motion.
The committee **VOTED** 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 2:51 PM.

Respectfully Submitted,
Catherine Barrera