

**Holland Independent School District
School Health Advisory Council
February 25, 2026
Minutes**

The School Health Advisory Council met on Wednesday, February 25, 2026, at 5:00 pm in the Cindy Gunn Student Center.

Members in Attendance:

Scott Brothers
Samantha Patch
Candace Mees
Maria Valdez
Misty Williford
Stephanie Gacke
Lori Kinard
Tarkwa Smith

Members Absent:

Rachel Ward
Laramie Ratto

Guests in Attendance:

Jennisty Thomason

The meeting was called to order at 5:01 pm by Lori Kinard, Director of Student Services.

Ms. Kinard opened the meeting with a welcome, introductions, and a review of the agenda.

The minutes from the January 21, 2026, meeting were reviewed. Candace Mees motioned to approve the minutes. Misty Williford seconded. ~~The motion passed 6-0.~~ **The motion passed 6 yays, 0 nays, 1 sustained (member new to committee).**

Ms. Kinard handed each member another school district's Wellness Plan and gave them time to look it over. Then, Ms. Kinard had each member tell of a goal or activity they saw that should be considered to be in HISD's plan for next year. Ideas discussed are attached to the minutes.

Ms. Kinard discussed the upcoming end-of-year parent survey and asked if there were any questions the committee would like to see on it. No one offered any questions, so Ms. Kinard said they could email her with any suggestions.

The next meeting will be on April 1.

Ms. Kinard ended the meeting, calling for topics for the next meeting. Members will email with ideas.

Stephanie Gacke motioned to adjourn. Scott Brothers seconded the motion. The motion passed ~~6-0~~ **7-0**. The meeting was adjourned at 5:39 pm.

Ideas for the 2026-2027 Wellness Plan

- Promote use of HISD's track - possibly post a sign with days/times available to public
- Offer a high school PE class with activities non-athletic students would enjoy
- Promote Little League sports and summer events
- Promote healthy eating on social media
- Post various resources on SHAC webpage
- Promote to teachers the free benefits offered by the insurance company
- Write in the policy that we do not withhold recess for behavior reasons
- Create a Google Classroom with resources for faculty
- Look into lunch score card
- Write in the policy that every student is offered breakfast, even if they come to school as the bell is ringing
- Promote brain breaks in class
- Teachers model good eating
- Look into a field day/outside activity for high school
- Offer a session, maybe once a month, to faculty/staff highlighting an activity. For example, one month:
 - Bring in a yoga instructor to show basic yoga techniques
 - Bring in a coach/trainer to show basic weightlifting techniques and exercises
 - Have nurses do a glucose check
 - Have someone talk about infusions (IV hydration)
 - Have someone come teach basic meditation techniques