



# WEST OSO INDEPENDENT SCHOOL DISTRICT

5350 BEAR LANE  
CORPUS CHRISTI, TEXAS 78405

## Notice of Regular Meeting and Agenda

### West Oso ISD School Health Advisory Council Committee

#### Meeting Date, Time, and Location

A Regular Meeting of the West Oso ISD School Health Advisory Council Committee will be held on **Tuesday, April 14, 2026** at the West Oso ISD Administration Building Board Room, 5350 Bear Lane, Corpus Christi, Texas 78405 beginning at 4:30 pm.

An electronic copy of the agenda may be viewed at [www.westosoid.net](http://www.westosoid.net) under the West Oso ISD Student Health tab. Minutes of the meeting will be available for viewing on the District's website. A copy of this notice will also be displayed at each West Oso ISD campus.

The subjects to be discussed or considered or upon which any formal action may be taken are as listed below. Items do not have to be taken in the order shown on this meeting notice. This public notice is provided pursuant to the Texas Open Meetings Act, Government Code, Chapter 551.

#### AGENDA

1. Call to Order and Verification that a Quorum is Present – Ms. RJ Alvarado, WOISD SHAC Committee Co-Chair and Ms. Michelle Avalos, SHAC Committee Co-Chair
2. Pledge of Allegiance – Ms. RJ Alvarado, WOISD SHAC Co-Chair & Ms. Michelle Avalos, SHAC Committee Co-Chair
3. Audience – Ms. RJ Alvarado, WOISD SHAC Co-Chair
4. Welcome/Introductions of SHAC Committee Co-Chairs
  - a. Ms. RJ Alvarado, SHAC Committee Co-Chair
  - b. Ms. Michelle Avalos, SHAC Committee Co-Chair
5. Subcommittee Updates/Discussion Issues  
Descriptions of subcommittees and signing up for subcommittee work- Mrs. RJ Alvarado, WOISD SHAC Co-Chair
  - a. *Mental Health*
  - b. *Physical Fitness*
  - c. *Needs Assessment*
  - d. *Wellness Program/Drug Prevention*
  - e. *Safety and Security*
6. Staff Health and Wellness- Ms. RJ Alvarado, WOISD SHAC Co-Chair, and
7. Water Conservation- Mrs. RJ Alvarado, WOISD SHAC Co-Chair
8. TSHAC Update- SHAC Survey: Mrs. RJ Alvarado, WOISD SHAC Co-Chair
9. SHAC Committee Future Meeting Date Monday, May 4, 2026
10. Adjournment

## **Minutes**

RJ Alvarado called the WOISD SHAC meeting to order on Tuesday, April 14, 2026 at 4:32PM in the WOISD Central Office Boardroom. Mrs. Alvarado gave a copy of the WOISD Staff health and Wellness Newsletter to the committee and a discussion was held regarding the positive response to the newsletter on Parent Square.

A detailed discussion of water conservation in Nueces County was held. Mrs. Alvarado reported on the meeting between Nueces County officials and local school districts in regard to possible water shortages and higher prices for water in the future. District superintendents requested some cost projections as school budgets are approved in August for the following school year.

A Texas School Health Advisory Committee (TSHAC) update was given by Mrs. Alvarado. Several things being worked on by the state committee are recess in elementary schools and evaluation procedures for all SHAC committees in the state of Texas.

The meeting was adjourned at 5:31PM.