



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, January 27, 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.westosoisd.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. Vote: Wellness Plan- Ms. RJ Alvarado, WOISD SHAC Co-Chair, and
7. Vote: SHAC Bylaws- Mrs. RJ Alvarado, WOISD SHAC Co-Chair
8. TSHAC Update: Mrs. RJ Alvarado, WOISD SHAC Co-Chair
9. SHAC Committee Future Meeting Date Tuesday, April 15, 2025
10. Adjournment

Minutes

The Third Meeting of the West Oso ISD School Health Advisory Committee (SHAC) was held on Tuesday, January 27, 2026, at the WOISD Central Office. Mrs. RJ Alvarado, Executive Director of Safety, Security and Student Services called the meeting to order at 4:32 PM. The WOISD Wellness Plan which drives FFA Local policy was discussed. Mrs. Alvarado then discussed the SHAC Bylaws. No suggestions were made for revisions and the committee voted 8 to 0 to continue with the bylaws as written. The Texas School Health Advisory (TSHAC) update was given by Mrs. Alvarado. Two topics for TSHAC vote will be up on Monday, February 2, 2026. They are updating recess guidelines in schools and updating food allergy protocols in schools. Mrs. Alvarado will update the committee on these topics during the next board meeting. Two more SHAC committee meetings will be held during the 2025-2026 school year. Mrs. Alvarado adjourned the meeting at 5:30PM.