

# Arrow Academy

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## School Health Advisory Council (SHAC)

### Meeting Minutes

**Meeting Date:** February 11, 2026

**Time:** 2:00 PM

**Location:** Virtual

**Meeting Type:** Second SHAC Meeting

#### Attendance

Name	Role	Present
Robin Jones	Chairperson	Yes
Charnice Tatum	Vice Chairperson	Yes
Crystal Warner	Secretary	Yes
Anna Lerma	Parent Member	Yes
Tiffany Green	Administrative Liaison	Yes

**Quorum Established:** Yes

#### Call to Order

Meeting was called to order at 2:00 PM by Chairperson Robin Jones, who welcomed the committee and provided a reminder of SHAC responsibilities under the Texas Education Code.

#### Approval of Previous Meeting Minutes

The January 14, 2026, SHAC meeting minutes were distributed to all members in advance for review. No corrections or additions were requested.

**Motion:** Crystal Warner moved to approve the minutes as presented.

**Second:** Tiffany Green

**Third:** Charnice Tatum

**Vote:** Passed unanimously.

## Old Business: Virtual Parent Workshop Planning

The committee continued discussion from the January meeting regarding a virtual parent workshop focused on mental health awareness and support for Arrow Academy families.

### Workshop Title Selection

Several potential titles were proposed and discussed:

- Supporting Each Other: A Family Guide to Emotional Well-being
- Strong Minds, Strong Families: Growing Together
- Understanding Parent-Driven Stress in Children
- Supporting Children When Family Dynamics Create Stress

**Final Selection:** Supporting Children When Family Dynamics Create Stress

The committee agreed that this title best captures the scope while being sensitive to parental feelings. It addresses not only direct parent-child stress but also broader family dynamics such as co-parenting situations and transitions between households.

### Workshop Structure

The committee decided to structure the workshop into three 15-minute segments under the main title:

#### **Session 1: Establishing Healthy Boundaries**

- Bodily autonomy and no touch rules
- Respecting a child's right to say no to physical affection
- Teaching children about personal space

#### **Session 2: Trusted Adults and Why Adults Should Not Share Secrets with Children**

- Emphasizing that children should feel safe disclosing secrets without fear.
- Teaching children that no adult should ask them to keep secrets from parents.
- Identifying who trusted adults are in their lives.

#### **Session 3: Empowering Children to Use Their Voice Without Fear of Punishment**

- Ensuring children know they will not get into trouble for speaking up.
- Building confidence to communicate with trusted adults.
- Reinforcing that their safety is the priority.

### Additional Topics Discussed

The committee also discussed practical parenting strategies that may be incorporated:

- Creative ways to introduce vegetables (hiding in meals, products like Goodles)
- Avoiding food as a reward to prevent unhealthy associations
- Addressing picky eating by focusing on presentation and repeated exposure
- Healthy sleep habits (suggested by Anna Lerma)

### Workshop Date and Time

After discussion of scheduling considerations including spring break (March 16-20), the committee agreed on:

**Thursday, March 26, 2026, at 6:00 PM**

**Format:** Virtual (to be recorded for parents who cannot attend live)

### Workshop Presenters

Role	Assigned To
Opening Video and Introduction	Robin Jones (Chairperson)
Workshop Facilitator / Session Lead	Tiffany Green (Certified Guidance Counselor)
Co-Lead / External Presenter (TBD)	Tiffany Green to identify LPC

### Parent Participation Incentive

To encourage parent participation, the committee proposed offering a free dress pass to students whose parents attend the workshop.

### Implementation Notes:

- Some campuses already have free dress Fridays; alternative days may be used.
- Attendance lists will be shared with campuses for pass distribution.
- Tiffany Green will coordinate with campus principals.

### Meeting Schedule Updates

The committee agreed to adjust the March SHAC meeting:

Meeting	Date	Time
March SHAC Meeting	March 25, 2026	1:00 PM (changed)
Parent Workshop	March 26, 2026	6:00 PM
April SHAC Meeting	April 22, 2026	2:00 PM

### Action Items

Action	Responsible Party	Due Date
Coordinate free dress pass with campuses	Tiffany Green	Feb 28
Draft outreach materials for registration	Tiffany Green	Early March
Identify external presenter (LPC)	Tiffany Green	March 25
Create opening video	Robin Jones	March 25
Finalize session content	All Members	March 25
Confirm technology setup	Tiffany Green	March 25

### Decisions Made

- Workshop title: Supporting Children When Family Dynamics Create Stress
- Three 15-minute sessions confirmed.

- Workshop date: Thursday, March 26 at 6:00 PM
- Free dress pass incentive approved.
- March SHAC meeting moved to March 25 at 1:00 PM

### **Public Comment**

Anna Lerma suggested including healthy sleep habits as an additional topic. The committee agreed to consider inclusion if time allows.

### **Adjournment**

**Motion to Adjourn:** Crystal Warner

**Second:** Anna Lerma

**Vote:** Passed unanimously.

Meeting Adjourned at 2:48 PM

**Next Meeting:** March 25, 2026, at 1:00 PM (Virtual)

**Next Event:** Parent Workshop - March 26, 2026, at 6:00 PM

*Minutes prepared for review by Crystal Warner, Secretary*

*Draft submitted by Charnice Tatum, Vice Chairperson*