



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 **Monday, January 29, 2025** 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 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. Presentation: Stop the Bleed Training - Ms. RJ Alvarado, WOISD SHAC Co-Chair, and WOHS/WOJH Students
7. Vote: SHAC Bylaws- Mrs. RJ Alvarado, WOISD SHAC Co-Chair
8. Mental Health First Aid Training- Mrs. RJ Alvarado, WOISD SHAC Co-Chair
9. SHAC Committee Future Meeting Date Tuesday, April 15, 2025
10. Adjournment

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The WOISD School health Advisory Committee (SHAC) was convened at 4:32PM on Wednesday, January 29, 2025 by Mrs. RJ Alvarado, Executive Director of Safety, Security and Student Services. Introductions were made. Ms. Chelsea Lovell (WOHS Teacher) discussed the Stop the Bleed Training given to 77 WOHS and WOJH students. The students then presented on their experiences with the Stop the Bleed training.

The SHAC Bylaws were presented by Mrs. Alvarado. Motion to approve was initiated by Ms. Linda Perkins and was seconded by Mr. Paul Alvarado. Motion was approved by the committee.

A discussion of the Mental health First Aid trainings was initiated by Mrs. Alvarado. 106 members of the WOISD staff were trained in August 2024, and further trainings will be given during the second semester of the 2024-2025 school year.

The next SHAC meeting will be on Tuesday, April 15, 2025. The meeting was adjourned at 5:32 PM.