



# 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, November 18, 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](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. Audience – Ms. RJ Alvarado, WOISD SHAC Co-Chair
3. Welcome/Introductions of SHAC Committee Co-Chairs
  - a. Ms. RJ Alvarado, SHAC Committee Co-Chair
  - b. Ms. Michelle Avalos, SHAC Committee Co-Chair
4. Presentation: Newsletter Health and Wellness- Mrs. RJ Alvarado, WOISD SHAC Co-Chair
6. Presentation: Energy Drinks and Their Impact on Students- Mrs. RJ Alvarado, WOISD SHAC Co-Chair
7. Presentation: November is National Diabetes Month- Mrs. RJ Alvarado, WOISD SHAC Co-Chair

## **Minutes**

The West Oso ISD SHAC Committee met on Tuesday, November 18, 2025, in the WOISD Boardroom. Mrs. RJ Alvarado, Executive Director, convened the meeting at 4:30PM. Discussions were held on the following topics:

1. The new WOISD Quarterly Health and Wellness Newsletter
2. The concerns of the use of energy drinks and processed snacks by students
3. November being Diabetes Awareness Month

The SHAC Committee directed Mrs. Alvarado to come up with a proposal to ban energy drinks and some processed snacks from WOISD. This ban would have a phase in component, not unlike the cell phone ban, initiated during the 2025-2026 school year.

Mrs. Alvarado adjourned the meeting at 5:31PM.