

**MINUTES OF
SCHOOL HEALTH ADVISORY COUNCIL MEETING
HERITAGE ACADEMY**

Meeting Minutes: School Health Advisory Council (SHAC)

Heritage Academy

Date: April 8, 2026 **Time:** 10:00 a.m. – 10:06 a.m. **Location:** 1301 Waters Ridge Drive, Lewisville, Texas / Zoom **Chair:** Dr. Becky Rutledge (Interim)

1. Call to Order & Attendance

Dr. Becky Rutledge called the meeting to order at 10:00 a.m. It was noted that 2 out of 5 members were present; therefore, a **quorum was not established**.

Attendees:

- **Dr. Becky Rutledge:** Executive VP of School Operations (Interim Chair)
 - **Nanci Kistler:** Director of Health Services
 - **Nathan Morris:** Director of Athletics and Transportation
 - **Melissa Summarsell:** Director of Child Nutrition
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2. Administrative Updates

- **Annual Acknowledgements:** Forms have been received from two members.
 - **Elections:** Due to the absence of the three parent volunteers (slated for Chairperson, Vice Chairperson, and Secretary), official elections are on hold until they are present.
 - **Interim Leadership:** Dr. Rutledge continues to serve as temporary chair until a parent member can assume the role.
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3. Subcommittee Report: Physical Education & Athletics

Nathan Morris provided an update on the physical education requirements and athletic offerings for Heritage Academy campuses.

PE Curriculum & Standards:

- **Compliance:** As a public charter school, Heritage Academy follows all TEA

(Texas Education Agency) requirements for elementary, middle, and high school.

- **Lesson Planning:** While specific curriculum is not mandated at the district level, campuses develop plans aligned with **TEKS** (Texas Essential Knowledge and Skills) and submit them for leadership approval.
- **Five Strands of PE:** All grade levels (K-12) follow curriculum encompassing:
 1. Movement patterns and skills
 2. Performance strategies
 3. Health, physical activity, and fitness
 4. Social and emotional health
 5. Lifetime wellness

High School Specifics: Campuses choose from three primary pathways: Lifetime Fitness and Wellness Pursuits, Lifetime Recreation/Outdoor Pursuits, or Skill-Based Lifetime Activities.

Physical Fitness Assessment Initiative (PFAI): State law requires annual fitness assessments for all students in **grades 3 and higher**. Results are submitted to the TEA annually. The four assessment categories include:

1. **Aerobic Activity:** Pacer test or one-mile run.
2. **Body Composition.**
3. **Muscular Strength/Endurance:** Curl-ups, push-ups, or pull-ups.
4. **Flexibility:** Sit-and-reach or shoulder stretch.

Athletics: Offerings are determined by individual campuses based on student interest, enrollment, and available facilities. Common sports include basketball, baseball, cheer, cross-country, soccer, and volleyball.

4. Future Business & Public Comment

- **Next Presentation:** Melissa Summarsell will present on Child Nutrition requirements at the next meeting.
- **Public Comment:** No members of the public were present, and no RSVPs were recorded.

5. Adjournment

- **Motion to Adjourn:** Moved by Melissa Summarsell, seconded by Nanci Kistler.
- **Next Meeting:** May 6, 2026, at 10:00 a.m.
- **Meeting Closed:** 10:06 a.m.