



**NISD School Health Advisory Council**  
**January 22, 2026**  
**6:00pm-7:00pm**  
**MEETING MINUTES**

**Opening:**

The NISD School Health Advisory Council meeting was called to order at 6:00 pm on January 22, 2026 by Dr. Kimberly Ridgley, Facilitator of NISD SHAC.

**Present Members:** Dr. Kimberly Ridgley, John Carollo, Lillian Carollo, Merry Garcia, David Halbert, Autumn Perez, Rob Phelps, Patricia Ramos, DeAnna Stansberry, Daniel Walker, Aimee Metzger, Nicolette Ardiente

**Speakers:**

- John Carollo–NISD SHAC Parent Chair
- Dr. Kimberly Ridgley–Facilitator of NISD SHAC and Assistant Superintendent for Whole Child Development

**New Business:**

- **Approval of October 23, 2025 Meeting Minutes**
  - The minutes were approved as read.
- **NISD SHAC Subcommittees**
  - The SHAC subcommittees (Local Wellness Policy, Physical Activity Fitness Planning, Effects of Social Media) worked together to form goals and objectives, action steps, and progress monitoring for the subcommittees. The SHAC subcommittees highlighted important points about their subcommittee work and what their plans of action will be. The SHAC committees will continue to recommend ways to improve the health and wellness of NISD.

**Adjournment:**

The NISD SHAC meeting was adjourned at 6:59 pm by Parent Chair, John Carollo.