



INCARNATE WORD ACADEMY

To the Director and Members of the Texas Association of Student Councils:

The Student Council of Incarnate Word Academy writes to declare their formal intent to run for the office of Vice President of the Texas Association of Student Councils. Incarnate Word Academy consistently leads in parallel with the pillars of TASC: citizenship, scholarship, leadership, human relations, and cultural values. The platform we have chosen to run on is *You Are Enough*, which focuses on raising awareness around the issue of low self-esteem and supporting students in learning self-acceptance. We believe this project would have a profound impact on Texas students, as high self-esteem is a key component of positive mental health; additionally, while most social-emotional learning curricula touch on the topic of self-acceptance, they do not provide students with the help needed to actively work towards it.

Our Incarnate Word student council advisor, Antoinette Hernandez, and student representative, Alex Beltran, are passionate and ready to share the project with our entire Texas student council community. Antoinette Hernandez brings experience serving members of TASC as the D7 coordinator, D713 co-coordinator, and on the TASC Board of Directors as an officer advisor and an elected advisor to the board. She has also served as a consultant for the TASC Summer Leadership Workshop Program and supported Incarnate Word Academy during its time as TASC President School. Alex Beltran has served on our executive board for the last three years, has contributed to our recognition at the state and national level, has led as a JC at the district and state level, and has spearheaded *You Are Enough* on our campus.

Self-acceptance affects every student, regardless of age or background. According to the National Institute of Health, 50% of adolescents experience low self-esteem, which can lead to depression, anxiety, and trouble actively participating in social and academic life. This is a significant increase from the 10% of 5 year-old children who experience this, according to a study by the University of Washington. *You Are Enough* recognizes the active role schools have in developing the self-worth of students and focuses on this issue by providing students with the tools they need to grow their self-acceptance. To implement this, our school educated students with advisory lessons focused on raising awareness about the importance of self-acceptance, growing in gratitude for themselves and others, and working to embrace their own purpose and path. Our council also provided school-wide opportunities and activities to help students open themselves up to growth and change and be confident in their differences and individuality. Incarnate Word Academy aims to have these tools brought to the state level, so that students across Texas know that they do not have to strive to be more worthy, more acceptable, or more loved, because they are already all those things, and that they are enough.

We appreciate your consideration of Incarnate Word Academy for your 2026-2027 TASC Vice President School and look forward to working with and for you.

Sincerely,

Alex Beltran
Student Representative

Antoinette Hernandez
Advisor

Cathy Stephen
Principal



Intent to Run for TASC State Office 2025-2026

School	Incarnate Word Academy
Position Sought	Vice President
Advisor's Name (person who will serve on the Board if elected to office)	Antoinette Hernandez
School Address	609 Crawford Street
School City, State, Zip	Houston, TX 77002
Advisor's School Email	ahernandez@incarnateword.org
Advisor's School Phone (Ensure that cell phone is listed on advisor profile on website.)	713-227-3637
Principal's Name	Cathy Stephen
Student Representative (Student who will serve on Board if school is elected to office)	Alex Beltran
Platform: What is your issue, and <u>what are you proposing that TASC as an association or TASC member schools do to address this?</u> (Please see TASC guidelines if there is a cost to this platform.)	YOU ARE ENOUGH is a student-led initiative designed to create a positive and supportive environment for every student to find self-acceptance through each stage of life. Through focused programming and opportunities for individual growth, we ask schools across the state to foster a culture where students are able to grow, fail, and discover, all while knowing they are enough.

INTENT TO RUN CHECKLIST

Verify before submitting your intent to run that the following is included:

- ☒ Candidate School's Official Letter of Intent
- ☒ Intent to Run (first 3 pages here)
- ☒ Candidate School's Resume
- ☒ TASC Officer and Advisor Agreement
- ☒ TASC District/State Social Media Code of Conduct

Do not include personal contact information such as cell phone, home address, etc.

Scan and submit all materials as one pdf document. Do not submit Google docs.

Advisor, principal, and student must initial each item below.

Advisor [Signature]
Principal [Signature]
Student AB
We understand, if elected, both advisor and student representative are expected to attend the TASC State Steering Committee Meeting.

Advisor [Signature]
Principal [Signature]
Student AB
We understand, if elected, both advisor and student representative are expected to attend the TASC Summer Board Meeting.

Advisor [Signature]
Principal [Signature]
Student AB
We understand, if elected, both advisor and student representative are expected to attend the TASC Fall Board Meeting.

Advisor [Signature]
Principal [Signature]
Student AB
We understand, if elected, both advisor and student representative are expected to attend the TASC Annual Conference.

Advisor [Signature]
Principal [Signature]
Student AB
We understand, if elected, both advisor and student representative will be responsible for some expenses related to optional travel (i.e. travel to Out of State Conference).

Advisor [Signature]
Principal [Signature]
Student AB
We understand, if elected, both advisor and student representative will be encouraged to attend a selected Out of State Conference. (TASC will pay registration, pre-trip activities and hotel for student representative.)

Advisor [Signature]
Principal [Signature]
Student AB
We understand, if elected, our school are responsible for presenting information at the Advisors Workshop, the Middle Level Annual Conference, and the HS Annual Conference.


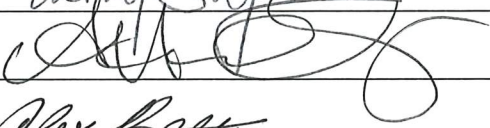

Advisor [Signature]
Principal [Signature]
Student AB
We understand all TASC officer schools (to include the advisor and student representative) are expected to support and attend all TASC activities including Summer Leadership Workshop, and Advanced Workshops as well as District events.

Advisor [Signature]
Principal [Signature]
Student AB
We have read and understand the specific responsibilities of the office in which we are running.

Advisor [Signature]
Principal [Signature]
Student AB
If elected, we agree to serve the full term of our office.

Continued on next page

*Please note that the school runs for the office. One student representative and one advisor are named by the school per office to sit on the Board. The named advisor of record must organize the campaign, represent the school at the HS Annual Conference, and remain active throughout the term of office. At the written request of the school, those representatives may be changed at any time. The TASC Board of Directors may remove a student or an advisor for a violation of TASC policy. A school may be removed from office by the TASC Board of Directors for failure to fulfill duties of office.

Principal's Signature 
Advisor's Signature 
Student's Signature 

*If student representative has not been selected by the time of initial filing, please resubmit form with student's initials and signature by date of final Officer Candidate Filing. If the student representative changes, resubmit the form as soon as possible.

Date Submitted January 27, 2026

Candidate School's Resume

School Name: Incarnate Word Academy

Candidate for which office: Vice President

School's Qualifications	2025	2024	2023
Did your school earn Sweepstakes?	X	X	X
Did your school earn Outstanding Student Council?	X	X	X
Did your school Pride and Patriotism recognition?	X	X	X
Did your school earn Energy and Environment recognition?	X	X	X
Did your school earn Community Service recognition?	X	X	X
Did your school earn Top 10 Projects recognition?			
Did your school earn Top 10 Video recognition?			
Did your school attend Lakeview/Mo Ranch TASC Advanced Leadership Workshop?	X	X	X
Did your school attend the TASC HS Annual Conference?	X	X	X
Did your school attend a TASC Summer Leadership Workshop?	X	X	X
Has your school held a TASC district office?	X		
Has your school hosted a TASC district conference?			
	Year	Year	Year
Has your school ever served as a TASC state officer school? Please list the 3 most recent years served.	X	X	
Has your school ever served as the TASC HS Annual Conference coordinator school?			
Advisor's Qualifications	2025	2024	2023
Did advisor attend the TASC Advisors' Workshop?	X	X	X
Did advisor present at the TASC Advisors' Workshop?	X	X	X
Did advisor attend Lakeview/Mo Ranch TASC Advanced Leadership Workshop?	X	X	X
Did advisor attend the TASC HS Annual Conference?	X	X	X
Did advisor attend a TASC Summer Leadership Workshop?	X	X	X
Did advisor serve on staff at a TASC Summer Leadership Workshop?	X	X	X
Has the school held a TASC district office under this advisor?	X		
Has the school hosted a TASC district conference under this advisor?			
Student Representative's Qualifications	2025	2024	2023
Did the student attend Lakeview/Mo Ranch TASC Advanced Workshop?	X		
Did the student attend the TASC HS Annual Conference?	X	X	X
Was the student a Table Talk Presenter at the TASC HS Annual Conference?	X		
Did the student attend a TASC Summer Leadership Workshop?	X	X	
Did the student serve as a JC at a TASC Summer Leadership Workshop?	X		
Has the student held a TASC district office?			
Has the student held an officer position in student council?	X	X	X

Additional Comments: List (This can be any additional information you wish to share regarding qualifications, experience, etc.)

School:

D713 State Report Verification Host (2023, 2024)

NatStuCo National Gold Council of Excellence (2023, 2024, 2025)

Advisor:

D7 Coordinator (2017-2021)

D713 Co-Coordinator (2022-2025)

TASC Officer Advisor (VP 2010-2011, President 2012-2013, Past President: 2013-2014, President 2024-2025, Past President: 2025-2026)

TASC Elected Advisor to the Board (2015-2018, 2019-2022)

TASC Summer Leadership Workshop Consultant (2009-2024)

Student Representative:

Executive Board (2023-Present)

Class President (2023-President)

State Candidate School Team Member (2024)

D713 Fall Convention Table Talk Presenter (2025)

D713 Winter Workshop JC (2026)

TASC Advanced Leadership Workshop Mo Ranch JC (2026)