

Lamar Consolidated ISD
School Health Advisory Council (SHAC)
Meeting Minutes – November 19, 2024

I. Call to Order at 10:02 by Fran Benson

II. Introduction and Agenda

- a. In-person: 5 new / 17 total; Online: 9

III. Old Business

- a. Wellness Coordinator Update
- i. 24 out of 58 >> Goal = 100%
- b. America's Healthiest Schools Award guidelines (Amy Galvan)
- i. Deadline April 15, 2025
 - ii. [DOWNLOAD THE AWARD GUIDE](#)
 - iii. [SIGN UP FOR EMAIL UPDATES](#)

IV. New Business

- a. Guest Speakers: Alain Duval (Memorial Hermann), Tiffany Kizziah (Athletic Trainer at Foster High School), and Cindy Teigs (Terry High School Assistant Athletic Trainer)
- i. Trainers – oversee athletes (thousands of students)
 - 1. Responsibilities:
 - a. Attend all practices and games 50+ hours a week
 - b. Follow UIL guidelines
 - c. Monitor Weather
 - d. Tend to Injuries and refer as needed
 - e. Concussion Return to Play Protocols
 - f. Teach CPR / First-aid to all coaches (every 2 years)
 - g. Stop the Bleed on Gold Track
 - h. Working with Coach Smallwood to get all teachers CPR certified
 - i. Work closely with the nurses
 - j. Educate on nutrition – cramping issues, hydration to perform adequately, stretching, etc
 - 2. Student trainers – a lot on the healthcare track; teach CPR, extra set of eyes; hydration; Greater Houston Athletic Trainers society competition; HOSA Sports Med Competition
 - 3. You can find your trainer on the school website under athletics
 - 4. Physicals in May for students who plan to participate in UIL activity – one day during school (1K+ students last year; \$20)
 - ii. Alain, Memorial Hermann
 - 1. All schools have access to Memorial Hermann
 - 2. Mobile clinic at Lamar HS, Randall HS Terry for economically disadvantaged students
 - 3. Medical and Dental

4. Staff employed with Memorial Hermann
5. Always athletic trainer onsite at JH games
6. Injury reports
7. January busiest season with multiple sports
8. Referrals able to fast track to sports medicine doctors or ortho same or next day; athletes and coaches
9. Specifically trained in concussions
10. Added this year – PTs once every other week – work with rehab students; Saves money and visits
11. Fast track to ER but can't guarantee immediate appointment
12. Assign a doctor to each school – sports med or ortho; one on one
13. Mid-week clinics
14. Work with students who don't have insurance
15. Our doctors can save parents time and students from missing class
16. Four staff nutritionist – programs for one time talk at each school; they also work with college and pro teams
17. Physician Assistants who can assist
18. Mobile Dental Unit – in conjunction with Memorial Hermann

b. Guest Speaker: Rachel Snow, Attack Poverty

1. Director of Excellence – oversees domestic programs; doing what they say they are doing
2. How can we partner better?
3. Flourishment strategy – how we view and address poverty
4. Global organization, but local Richmond and Roseberg
5. Trying to increase reach to JH and HS students
6. Empower to break the generationally poverty
7. Wholistic Approach; Faith-based
8. How to contribute our gifts to the community
9. Empower, Engage, Actively Listen, Build trust and relationship
10. Basic Needs > Education (surviving to thriving) > Stability (support systems) > Flourishment (6 dimensions)
11. Programs
 - a. Equipping local church
 - b. Education – how to be active, goal planning, training, disaster preparedness, CPR for the community
 - c. Revitalization – home repairs, community revitalization projects
 - d. Basic Needs – food distribution, safe water, MOU with the Red Cross
 - e. After-school programs – work directly with schools, build upon what counselors are already doing; very targeted for students who need our help
 - f. Volunteer Opportunities – look for people with specific skills
 - g. Thanksgiving Meals

- h. Grant through Health and Human Services (help with rent, pay for parent GED costs, trying to keep families together when they are going through tough times)
- i. Feel free to contact to Rachel!

V. Open Discussion to Share Ideas

- a. Thanksgiving Meals
 - i. Through Mckinney Bento; Feeding more than 300 families – athletes will help

VI. Events & Reminders

- a. Thanksgiving break: November 25 – 29, 2024
- b. Attack Poverty Thanksgiving Friday
- c. Winter break: December 23, 2024 – January 6, 2025
- d. Next meeting: February 19, 2025
- e. SHAC Website <https://www.lcisid.org/departments/athletics/parents-students/s-h-a-c>
- f. Engage on Facebook! [LCISD School Health Advisory Council | Facebook](#)

VII. Adjournment at 10:56 am