

Lamar Consolidated ISD
School Health Advisory Council (SHAC) Meeting
September 17, 2019 – 8:30-10:30 am

MINUTES

1. Opening Items

- a. Call to Order Hope Frohbieter, Chair
- b. Approval of Minutes – April 2, 2019 Brenda Thompson in Laura Saavedra, Secretary's absence –there were no changes.
- c. Introduction of new visitors, new members Brenda Thompson, Vice-Chair
 - i. We welcomed 3 new members and had a total of 27 members/visitors in attendance.
- d. Review of SHAC Vision and Mission Statement Hope Frohbieter, Chair
 - i. This was displayed on the big screen and also as a handout for attendees

2. Program

- a. SHAC Wellness Awards presentation – We presented the first annual awards to the Wellness Coordinators/Committee representative. Those campuses receiving the award were: Campbell Elementary, Velasquez Elementary, Williams Elementary and Reading Junior High. Each campus was presented with a banner to display and photos were taken to be shared on social media and with each campus to use in various communications.
- b. Updates for 2019-2020 applications – Award application information will be sent to all campus Wellness Coordinators and Principals in a couple of weeks. The deadline to sign up is November 15, 2019. Applications will be due in early May 2020.
- c. SHAC Annual Report presentation – Hope Frohbieter shared a bullet point presentation of the SHAC annual report highlights. A more formal memo will be written up and presented to the LCISD board of trustees at one of their upcoming meetings.

3. New Business

- a. LCISD Wellness Policy assessment/audit. Discussion of why and how often we should do a policy audit. Last one was done in 2014. SHAC can advise in Wellness Plan how often it should be done (average for some other SHACs is every three years).
- b. LCISD Wellness PLAN development & committee: A Policy Audit review and Plan development sub-committee will be formed. The first meeting will be October 8th. A sign-up sheet was passed around for those interested in being on the committee. There were 11 people who signed up. Progress update will be provided at next general SHAC meeting.
- c. Vetting programs process and tools –2019-2020 plan committee formation – Discussion of why and how to vet outside programs interested in presenting to the SHAC for implementation or recommendation in LCISD. A more formal process will be developed using checklists provided by neighboring districts to be used as a guide. A program vetting sub-committee will be formed. This will help save time in SHAC general meetings and programs can be evaluated more consistently so that they align with SHAC mission and goals.
- d. Website content development plan – The executive committee met with SHAC coordinator, Nikki Nelson, this past summer to review wish list items to update and improve the SHAC page on the

LCISD website. Evaluation of other SHAC pages will be used as a guide for updating the LCISD SHAC page and make it a more valuable resource for our teachers, staff and community.

- e. Family and community outreach programs; reaching out to student organizations – Brenda had reached out over the summer with Jane Devine, the LCISD Title I Special Projects Coordinator to see about setting up some programs to serve families on a variety of topics. She was unable to attend this month’s meeting but expressed interest in learning more. A SHAC member asked about having a health fair at her campus and how to facilitate. There was some brainstorming but it was also mentioned that member, Stephanie Kellam, has a Health Fair Checklist that she would share.*
- f. Standing committee meeting date and space – The 2nd Tuesday alternating with the general SHAC meetings will be a standing sub-committee meeting. It will be at the LCISD Athletic offices.*
- g. Activity: Setting goals for 2019-2020 – We used post-it notes to solicit ideas on prioritizing SHAC goals for this school year. Those suggestions were read aloud and will be more formally organized by the SHAC Executive Committee*

4. Old business

- a. Evaluating a Vaping Program- Fort Bend Community Prevention Coalition has received a new grant to partner with LCISD and will be working together to provide community outreach programs.*

5. Report from SHAC Coordinator

Nikki Nelson, LCISD Athletic Director, SHAC Sponsor

- a. Open lap swim is available to staff members; district is also partnering more with Long Acre Ranch to provide more opportunities to learn while moving/exploring outside. Faculty night (details?)*
- b. Report from Child Nutrition Director (Monica Tomas)– Planning “What’s On Your Tray?” campus tours; there are new aquaponics and hydroponics gardens at one high school campus— will be providing items grown to be used in menu items offered. If successful, hoping to expand to additional campuses. Clarification on the Free Breakfast and Lunch program - 18 campuses currently participate. No applications needed if more than 40% of students qualify. Share Table was discussed...this is a campus-by-campus implementation program at this time. Long term goal is to eventually move to more semi-scratch made menu items.*

6. Announcements/Informational Items

- a. Nominating new SHAC Executive Committee members*
- b. 2019-2020 Meetings – 8:30 am – 10:30 am
September 17, 2019 • November 12, 2019 • February 11, 2020 • April 7, 2020*

7. Adjourn

Have you followed the SHAC on Facebook? Check us out here: <https://facebook.com/lcisdshac/>

Programs and Meetings Worth Checking Out


Below are some upcoming meetings, conferences and programs that might be of interest. Follow the links for more information or to register to attend:

DATE/TIME	WHAT	LOCATION	DETAILS
Saturday, October 5, 2019 9:00 am- 12:00 pm	WELLCON 2019 : A School Conference and Expo for School Nurses, Teachers, Parents and Community	University of Houston-Sugar Land, Brazos Hall	Did you know that Healthy schools are Smarter Schools? SMART Wellness improves engagement, attendance and academic performance at EVERY grade level (even Staff!) Come meet wellness program coordinators and services representatives at WELLCON! Breakfast and program is included with your ticket. Then spend time with a variety of local wellness vendors who can bring programs, curriculum, funding or whatever else you need for your health fairs, fun runs, obstacle races, after school clubs and school educational events! MORE INFO. and tickets--> https://wellnessgeeksblog.wordpress.com/
Friday, September 27, 2019 7:45 am -3:15 pm	4 th Annual Center for School Behavioral Health Conference	Region 4 ESC 7145 W. Tidwell Road Houston, TX 77092	Why Do Students Act This Way & What Can I Do About It? – will include sessions in three tracks: Trauma, Social Emotional Learning, and High-Risk Behaviors. For more info and to register: https://csbh2019.swoogo.com/csbh2019 Breakfast & Lunch Provided CEU's Available
Wednesday, October 9, 2019 10:00 am – 11:30 am	Fort Bend Community Prevention Coalition meeting	Fort Bend County Health & Human Services, Rosenberg Annex, 4520 Reading Road, Suite A, Rosenberg TX 77471	Coalition building is a time-tested strategy that promotes coordination and collaboration to ensure efficient use of our community's resources to create and sustain a reduction in local youth and young adult substance abuse. The goals and objectives of the coalition are achieved by collaborating with the above sector members and changing the environment, social norms and perceptions regarding substance abuse through evidence-based strategies. For more info. or to RSVP, contact ppatani@fortbendcouncil.org

Whole School, Whole Community, Whole Child (WSCC)

<http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>

A collaborative approach to learning and health Establishing healthy behaviors during childhood is easier and more effective than trying to change unhealthy behaviors during adulthood. Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behavior patterns. Research shows a link between the health outcomes of young people and their academic success. To have the most positive impact on the health outcomes of young people, government agencies, community organizations, schools, and other community members must work together through a collaborative and comprehensive approach. The Whole School, Whole Community, Whole Child (WSCC) model expands on the eight elements of CDC's coordinated school health (CSH) approach and is combined with the whole child framework. CDC and ASCD developed this expanded model—in collaboration with key leaders from the fields of health, public health, education, and school health—to strengthen a unified and collaborative approach designed to improve learning and health in our nation's schools.

	<p>The Need for an Expanded Model to School Health</p> <p>The education, public health, and school health sectors have each called for greater alignment, integration, and collaboration between education and health to improve each child's cognitive, physical, social, and emotional development. Public health and education serve the same children, often in the same settings. The WSCC focuses on the child to align the common goals of both sectors. The expanded model integrates the eight components of a coordinated school health (CSH) program with the tenets of a whole child approach to education.</p>
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