

Lamar Consolidated ISD
School Health Advisory Council (SHAC)

Agenda – February 19, 2025

- I. **Call to Order by Evelyn Hicks at 10:02 am**

- II. **Introduction and Agenda**

- III. **Old Business**
 - a. Wellness coordinator update
 - b. REMINDER! Submit your School for America’s Healthiest Schools Award
 - i. Deadline April 15, 2025
 - ii. [DOWNLOAD THE AWARD GUIDE](#)
 - iii. [SIGN UP FOR EMAIL UPDATES](#)

- IV. **New Business**
 - a. Guest Speaker: Kelle Kipping (LCISD Student Services Counselor / Coordinator) and Kathryn Reaves (Elementary Counselor Coordinator) – Overview of District Student Support Services and Resources
 - i. Support Students in many ways:
 - 1. Classroom Teachers – support teachers in helping students daily with life’s ups and downs
 - 2. School Counselors – help students succeed academically, socially and emotionally; follows the Texas Model
 - a. Promoting culture through Character Counts – 6 pillars
 - b. Guidance lessons – conflict resolutions, self-concept, handling emotions, managing time and goals; individual planning, college planning; short-term responsive services for students who need additional support, crisis intervention, helping with fear and anxiety; academic, social and emotional wellbeing; help connect with families, students, administration
 - c. Do not provide mental health counseling
 - 3. Outside Resources for long-term therapy
 - a. HGI Counseling – long-standing partner; free therapy available for schools in Blue Track (funding provided by a grant)
 - b. Memorial Hermann – free services for Red, Blue, & Silver tracks
 - c. TCHAT – free teletherapy sessions
 - d. United Human Services – accepts insurance and some Medicaid
 - 4. Family Support Specialists
 - a. Group of either counselor or social workers by education
 - b. When you don’t know what to do, call your specialist
 - c. Help remove barriers for those in need, housing, utilities, etc
 - d. Designated specialist for each track

5. McKinney Vento Services
 - a. Homeless Education Act – law that can assist those without a home
 - b. Reduced breakfast and lunch
 - c. Transportation services
 - d. Renew questionnaire every year
 - e. Basic needs, supplies
 6. Pregnant Students
 - a. Help them graduate
 - b. Support the whole family
 7. Common Threads
 - a. Recycled clothes program
 - b. Across from Jane Long ES
 - c. Hope on the Brazos usually a month before school starts (July)
 8. Response Team
 - a. Go to schools for support when there is a student or death of a staff member
 - ii. Employee assistance program – 5 free therapy sessions, texting therapy, self-guided therapy
 - iii. REMINDER - Take care of yourself! Eat right, exercise, sleep, set boundaries, reduce stress, give yourself grace and self-compassion.
- b. Guest Speaker: Dr. Kevin Phillips, LCISD Executive Director of Purchasing & Business Development - Thriving Students, Thriving Schools: School Choice and Student Health
- i. Exploring school choice in response to students, families, and staff members
 - ii. Proactive to legislative session and school choice
 - iii. Senate Bill 1882, passed by the Texas Legislature in 2017, allows school districts to form partnerships with non-profit organizations, institutions of higher education, or other eligible entities to operate district campuses as in-district charters. Empowers parents to choose.
 - iv. Micro Schools
 1. Smaller settings
 2. Individualized attention
 3. Flexibility
 - v. Potential Themed Academies
 1. Global leadership and multi-language
 2. STEM
 3. Arts and Innovation
 4. Environmental Science
 - vi. Benefits to students' health
 1. Reducing stress by choosing a school that fits them
 2. Increasing motivation, catering to individual interests and needs
 3. Better attendance and engagement
 4. Sense of belonging
 - vii. LCISD committed to exploring options and helping students thrive

V. Open Discussion to Share Ideas

- a. Fort Bend
 - i. Prevention programs
 - ii. April 28th Drug Symposium

VI. Events & Reminders

- a. February: National Children’s Dental Health Month
- b. February: Black History Month
- c. February: CTE Month
- d. February 3rd – 7th: National School Counseling Week
- e. February 17th: Random Acts of Kindness Day
- f. Next meeting: March 19, 2025
- g. SHAC Website <https://www.lcisd.org/departments/athletics/parents-students/s-h-a-c->
- h. Engage on Facebook! [LCISD School Health Advisory Council | Facebook](#)

VII. Adjournment at 11:16 am