

Lamar Consolidated ISD
School Health Advisory Council (SHAC)

Minutes for Executive Meeting for September 2, 2022

I. **Attendees:** Nikki Nelson, Evelyn Hicks, Amy Galvan

II. **Upcoming Meeting Agendas**

- a. Nikki updated meeting dates and times on the website
 - 1. September 13th at 8:30 am (confirmed agenda)
 - a. Introductions
 - b. Nikki gives an overview on SB9
 - c. Lindsey Castellanos w/Child Advocates of Fort Bend will present on Child Safety & Teen Safety Matters Program (in reference to Senate Bill 9 - school dating violence, family violence & child abuse); followed by discussion
 - d. PE/Health curriculum update – Nikki will discuss Canvas Resource Page and new curriculum roll out
 - e. Discuss potential “Cody Stevens Memorial Foundation” event – free EKG Program – find a partner?
 - 2. October 11th at 8:30 am
 - a. Focus on Nutrition
 - b. Guest speaker: Monica Tomas
 - 3. November 8th at 8:30 am (can we meet at Common Threads?)
 - a. Student Services Department and Programs - guest speaker Dr. Jennifer Roberts (Director of Counseling Services)
 - b. Review Recess Policy Board FFA Local
 - i. Identify Physical Activity & Fitness sub-committee – loop in PTO and teachers
 - ii. Goal to make recommendations as needed to the board to increase and improve physical activity
 - 4. January 10th at 8:30 am
 - a. TBD
 - 5. March 21st at 8:30 am
 - a. Prep for SHAC spring presentation to the board
 - b. Elect Executive Officers for 2023 – 2024 School year
 - c. Planning Meeting for 2023 – 2024 School year

III. **Facebook**

- a. Content:
 - i. Wellness Wednesdays – general wellness tips
 - ii. Did you know? – highlight wellness activities throughout the district
 - iii. Post meeting information
 - iv. Share events from Lamar and Common Threads FB pages

IV. **Action Items**

- i. Nikki – confirm speakers for October & November meetings
- ii. Nikki – send Amy roster & new member applications
- iii. Nikki – how we can connect with Commons Threads (how can we support them? Event notifications? Recruit volunteers?)
- iv. Nikki – set-up email address for SHAC
- v. Amy – send meeting minutes
- vi. Amy – invite all members to like FB page
- vii. Amy – send agenda and reminders for next meeting on Sept 12th
- viii. All – recruit new members