

**Lamar Consolidated ISD**  
**School Health Advisory Council (SHAC)**

Meeting Minutes – October 17, 2023

- I. **Call to Order at 10:05 by Evelyn Hicks**
  
- II. **Review minutes – September 19, 2023; motioned to approve minutes as is**
  
- III. **Old Business**
  - a. Cody Stephens Program Update – guest speaker next meeting
  - b. Wellness Coordinator Update
    - i. Up to 29 WC's, but looking for 100%
  - c. Wellness Plan Update
    - i. Planning to do a separate workshop to divide into Health, Physical, and Nutrition subcommittees
    - ii. Evelyn to send out survey monkey
    - iii. Looking at dates and times; location could be Ft Bend County Health and Human Services or at a campus
    - iv. Need to include kids after we get a game plan – maybe during a PE class
  
- IV. **New Business**
  - a. SHAC Awards
    - i. Brenda Thompson has criteria and will email it
  - b. Current Programs:
    - i. Girls on the Run, Kickstart (6<sup>th</sup> grade & up; Wesendorff and Poly Ryan – next year expanding), First Tee Program, Play360 (K-6; boys and girls thru NFL), Let me Run (boys)
    - ii. Colgate Van visit at Taylor Ray. 200 students were screened through the Bright Smiles, Bright Futures program.
  - c. Fort Bend County Health and Human Services education staff can come do school/class presentations on physical activity, nutrition and mental health at no cost
  - d. Monica to follow-up regarding nutrition visits and visuals that can be used on campuses
    - i. Dangers of sugar, dangers of energy drinks, etc
  
- V. **Events & Reminders**
  - a. October is Children's Health Month [Children's Health Outreach Toolkit | US EPA](#)
  - b. Safe Schools Week: October 15 – 21<sup>st</sup> <http://www.schoolsafety.us/safe-schools-week>
  - c. October is National Bullying Prevention Month:
    - i. Unity Day: October 18<sup>th</sup> – Wear Orange! [Unity Day](#)
    - ii. Wesendorff and Leaman participating in Character Counts Week
  - d. Red Ribbon Week: October 23 – 31<sup>st</sup>
  - e. Remember to Vote! [2023 Bond Information \(lcsd.org\)](#)
    - i. Early Voting: October 23<sup>rd</sup> – November 3<sup>rd</sup>
    - ii. Election Day is November 7<sup>th</sup>
  - f. Next Meeting – Tuesday, November 14<sup>th</sup> at 10 am | Lamar Mustang Fieldhouse
  - g. Engage on Facebook! [LCISD School Health Advisory Council | Facebook](#)
  
- VI. **Adjournment at 10:30 am**

**Zoom attendees**

Amy Galvan

Sara Brown

Debbie Nesbitt

Lorena Lynch

S Turner

Coach Swallers

Zach Lambert

Erin Swan

Amanda Ballard

Jennifer Walters

Brenda Thompson

Coach Forshee

Teresa Cantu

BreeAnn Lancaster

Marie Annexy

Kaila Martell

Jeremy May