

Lamar Consolidated ISD
School Health Advisory Council (SHAC)

Meeting Meetings - September 13, 2022

- I. **Call to Order – Evelyn Hicks 8:35 am**

- II. **Introductions**
 - a. Nikki Nelson – Director of Athletics (liaison between district and SHAC)
 - b. Chair – Brooke Fatigante
 - c. Vice Chair – Evelyn Hicks
 - d. Secretary – Amy Galvan
 - e. Committee members

- III. **Nikki Nelson - Overview on SB9**
 - a. Passed during last legislation – relating to updated procedures in recommending child abuse, family violence, dating violence, and sex trafficking curriculum
 - b. Waiting on board to adopt policy
 - c. If the board asks us, then SHAC will make recommendations
 - d. Board must approve before curriculum is incorporated

- IV. **Guest Speaker – Lindsey Castellanos | Child Advocates of Fort Bend (Child Safety Matters and Teen Matters Program)**
 - a. Overview of Child Advocates of Fort Bend - Started in 1991; Court Appointed Special Advocates (CASA) Program to provide a voice for children; 100% match (make recommendations for permanent care for the child); serving children still living at home with their parents, but have experienced sexual abuse, physical abuse, witnessed a crime, and domestic abuse. Coordinate with law enforcement, CPS, medical partners, district attorneys in best interest of the child
 - b. Overview of Monique Bur Foundation for Children
 - i. Evidence based; out of Florida
 - ii. Programs (free – Child Advocates of Fort Bend would incur the cost):
 1. Child Safety Matters - Elementary Curriculum; Two different presentations based on all four abuse types (physical, neglect, emotional, sexual); includes bullying, cyber bullying and digital dangers; each grade level appropriate and builds on each other over time.
 2. Teen Safety Matters – Secondary Curriculum; more focus on social behaviors and online activities; consent & permission; nude photos; dating violence
 - c. Viewed Presentation on Child Safety Matters - previously given previously to all LCISD PE teachers
 - d. Why do we need Prevention Education?
 - i. Nationwide statistics presented
 - ii. Strategies to keep them safe and how to help adults keep them safe
 - iii. Studies show that kids are more likely to use strategies they develop on their own vs what their parents tell them
 - iv. Solution before it happens; change the social norm
 - v. For children to come to us without thinking they will get in trouble
 - vi. In order for bullying to stop – they have to tell someone; empower kids
 - vii. 90% of sexual abuse is someone they know and trust
 - viii. Identify safe people so they know to go to
 - ix. Pre-instruction – presentation to parents first on an evening by track; abuse types and why it is important to talk to them at home; 45 min presentation at the school; can be in Spanish and English (need to know ahead of time)

- x. Opt-out form (change to opt-in?) – statistics to help them understand why they need the training
- xi. Per SB9, Curriculum has to be available at any time
- xii. Net Smartz has been used in past (recommended by Secret Service / LCISD PD also likes it) – Center for Missing and Exploited Children; good digital citizen; safe gaming, cyberbullying
- xiii. Some of this gets covered in health TEKS, this will be supplemental
- xiv. If we adopt, need to consider what grade levels do we want to recommend to the board
- xv. Has to go through board approval process and Child Advocates has to have available, calendaring to see if we do this year or next years
- xvi. Volunteers are trained by the agency, but always have a staff member available; staff highly trained in-house and ongoing training
- xvii. LCISD Officer sits in presentation

V. PE/Health curriculum update – Nikki reviewed Canvas Resource Page and new curriculum roll out

- a. Have to cover Health TEKS even though not teaching a Health Class
 - i. Cafeteria / Nutrition
 - ii. PE Class
- b. 2 Canvas pages – elementary and secondary; teachers working on pulling from the two pages
 - i. Roadmaps to integrate health education into PE curriculum
 - ii. Rolled out to PE teachers and universal across the district
 - iii. New outside resources section for links
- c. Nikki's Department is the keeper of the canvas page

VI. Evelyn Hicks reviewed Potential “Cody Stevens Memorial Foundation” event – free EKG Program

- a. Named after athlete who went to sleep and never woke up; he had a heart irregularity that an EKG could have seen in advance
- b. Do we want to have a free EKG event? EKGs are not offered as part of LCISD's standard physical. If the physician giving the physical determines there is cause or concern requiring an EKG, the student is referred for one on another day and at another location. Physicals in Lamar CISD cost students \$20.00. There are opportunities available for students with financial needs to obtain a free physical, they should see their coach or trainer for that information.
- c. Coordinate with local fire/EMS departments; free, but they do accept donations
- d. Fort Bend ISD has coordinated this event in the past
- e. Maybe do at the next Back to School Block Party? – open to whole community; coordinate with Dr. Kanisha Waites
- f. Motion to consider the EKG event, 2nd Motion, and voted to proceed with coordinating the event

VII. Facebook – Amy Galvan

- a. Reviving the Facebook Page [\(3\) LCISD School Health Advisory Council | Facebook](#)
- b. Need everyone to like/follow the page and engage (like/share/comment)
- c. Content:
 - i. Share events and news related to health and wellness from Lamar CISD page, LCISD Nutrition, Support Services, and Common Threads
 - ii. Wellness Wednesdays – general wellness tips for parents /kids each week
 - iii. Did you know? – highlight wellness activities throughout the district
 - iv. Post meeting information and reminders

- d. Exploring potential for Go Live Feature
- e. Amy is managing – please send recommendations for content to Amy.Galvan@stantec.com

VIII. Next meeting October 11th at 8:30 am (Amy to add to calendars and send reminders)

IX. Adjournment at 9:45 am (8 in attendance at Lamar CISD Service Center | 15 in attendance via Zoom)