

Lamar Consolidated ISD
School Health Advisory Council (SHAC)
Meeting Minutes – September 19, 2023

- I. **Call to Order by Evelyn Hicks at 10:02 am**
- II. **Review minutes - March 21, 2023. Motion to approved by Dr. Phleshette Johnson**
- III. **SHAC Overview**
 - a. New District Liaison – Coach Gabbord
 - b. Welcome New Members / Wellness Coordinators
 - c. Goals and Mission of SHAC
 - i. Help promote PE, Health, Nutrition activities – help the teachers and communicate to the community
 - d. Board Liaison is Zach Lambert
 - e. SHAC Website <https://www.lcisd.org/departments/athletics/parents-students/s-h-a-c>
 - i. Agendas, Meeting Minutes, Annual Reports, and Recordings
 - f. Engage on Facebook! [LCISD School Health Advisory Council | Facebook](#)
- IV. **Old Business**
 - a. Cody Stephens Program
 - i. EKG Program by the Cody Stephens Foundation
 - ii. Lamar’s physicals do not include heart health screenings
 - iii. Coordinate event before basketball season?
 - iv. No cost, but they do take donations (normal costs could be up to \$150)
 - v. Physicals are April – before start of school (good for one year)
 - vi. Memorial Hermann does Lamar physicals - can we coordinate during the same time?
 - vii. Evelyn to ask for potential dates
 - b. Wellness Plan Update (Have to do Tri-annual review)
 - i. Up for renewal in 23 -24 school year – must be approved by the board; was supposed to be written during Covid
 - ii. Includes guidelines for nutrition and physical activity (PE, ROTC, Cheer, Band)
 1. EX: Objective – increase heart health awareness during February Heart Month
 2. EX: district to share nutrition goals
 - a. Each campus will ...
 - b. Then benchmark – activities (health fairs, PE nights); how to measure and communicate
 - iii. Intended to implement policy FFA (LOCAL) to comply with the requirements for a school wellness policy. [Section 9A(a) of the National School Lunch Act (NSLA), 42 U.S.C. 1758b]
 - iv. Review current Lamar CISD Board Policy FFA Local (provide link on website or I can attach with agenda)

- v. Discuss plan to update
 - 1. Campus Brainstorm – what do you have in place and what do you need
 - 2. Possible workshop with Nutrition department – poll to see best time to meet
 - 3. We will need students to participate
 - 4. Campus representatives from each level – ES, MS, HS
 - 5. Subcommittees for each
 - 6. Push out via Newsletters, FB, bulletin boards, Website

V. New Business

- a. Guest Speaker – Monica Tomas, Director of Child Nutrition and Kaishia Martin, Assistant Director of Planning (menus and special diets)
 - i. See attached PPT
 - ii. Added 5 new supervisors (in the field to adhere to federal and state regulations)
 - iii. Chicken whole chicken, 100% beef
 - iv. Time to remodel stuff – Friscoe, Wertheimer, Lamar HS - all new serving lines
 - v. Received Gen Youth awards from JJ Watt Foundation & his wife
 - vi. Farm to table – every campus – Sept 8th Gala Apples (each month)
 - vii. Second chance breakfast (2 carts at Terry) – grab and go bags/scan id/eat in class; eventually all high schools
 - viii. CEP – Lamar, Terry, Randle & Associates
 - ix. Trying to bring in gluten free items, but they are expensive
 - x. New - Every Thursday at every high school – Fiesta Line (30 different entrees)
 - xi. Tuesdays (Asian line)
 - xii. Iced coffees at every high school
 - xiii. Celebration cookie replacements for special diets
 - xiv. Share on social media - #LCISDWeFeedKids
- b. New Initiatives (open discussion for new ideas)
 - i. Send ideas to Amy.Galvan@stantec.com

VI. Events & Reminders

- a. Fort Bend County Fair – whole grain funnel cakes at the elementary schools!
- b. September is National Suicide Prevention Month
 - i. The National Institute of Mental Health ([NIMH](#)) is hosting a [Facebook Live](#) event on September 19 | Facebook Live: Youth Suicide Prevention Time: 2 - 2:30 p.m. ET. The event will focus on strategies for preventing suicide among youth.
- c. October - Breast Cancer Awareness Month
- d. October is Children's Health Month [Children's Health Outreach Toolkit | US EPA](#)
 - i. October 1-7: Protecting children where they live.
 - ii. October 8-14: Protecting children where they learn.
 - iii. October 15-21: Protecting children where they play.
 - iv. October 22-28: International and [National Lead Poisoning Prevention Week](#)
 - v. February – Dental Health Month & Heart Health Month
- e. Next Meeting – Tuesday, October 17th at 10 am | Lamar Mustang Fieldhouse

VII. Adjournment by Evelyn Hicks at 11:04 am

HOW TO OBSERVE SUICIDE PREVENTION WEEK

1. Raise awareness

One of the most helpful and effective ways we can observe Suicide Prevention Week is by raising awareness of it. We need to reduce the stigma around it and raise awareness so that more and more people can reach out for help.

2. Educate yourself

The best thing we can do is to learn more about it. We need to educate ourselves and facilitate proactive prevention in our communities so that we can shatter the silence around our mental health.

3. Look out for others

Most of the people suffering from poor mental health do not reach out for help for fear of being judged or misunderstood. So we need to look out for others and check for warning signs. We need to help people feel heard and understood.

National Suicide Prevention Lifeline Moves to 3-Digit Dialing Code



The telephone number for the National Suicide Prevention Lifeline is now 988.

What do you need to know?

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. The new dialing code became available nationwide on July 16, 2022.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

This new dial code does not replace the previous phone number (1-800-273-8255). Both will connect callers to 24/7 help.

Need help?

View more information at 988lifeline.org and on the [Substance Abuse and Mental Health Services Administration website](#).