

Lamar Consolidated ISD
School Health Advisory Council (SHAC)
Meeting Minutes – January 10, 2023

- I. **Call to Order at 8:35 am.**
- II. **Review Meeting Minutes from November 1, 2022 – approved as posted**
- III. **Old Business**
 - a. EKG Program (Cody Stephens Program) Update – Nikki Nelson
 - i. Nikki met with Memorial Hermann and no conflict with our pr
 - ii. June or August – one central location on a Saturday when parents
 - iii. Pre-registration and walk
 - iv. Lamar physicals do not provide EKG
 - v. Marching band, color guard, cheerleader, athletics, drill teams
 - vi. Physicals 1 day at each campus (\$20), but can be
 - vii. EKG – just EKG
 - viii. Email you results.
- IV. **New Business**
 - a. Review Recess Policy Board FFA Local – Nikki Nelson
 - i. Letter abbreviation
 - ii. Legal is what is recommended by TASB, FFA Local
 - iii. Will be up for renewal
 - iv. No cold weather policy for recess
 - v. Coach Gabbard sends out weather notices – nurses send out
 - vi. Elementary not held to same standards
 - vii. Athletics has a cold weather policy – below 50 degrees
 - b. Wellness Plan Update (Board Policy FFA Local) in 23-24 school year – Nikki Nelson
 - i. Available on website – click on local
 - ii. Included nutritional guidelines, physical activity (current recess
 - iii. Up for renewal in 23 -24 school year – must be approved by the board
 - c. SHAC Awards Review – Nikki Nelson
 - i. In 2019, SHAC implemented the Watch Awards (similar to Ft Bend’s program)
 - ii. Campus can be recognized if they meet requirements (5 of the 8 outlined)
 - iii. Awarded Watch Banner
 - iv. For all campuses
 - v. Fill out the form – 14 page packet (event forms for achievement)
 - vi. Application – Nikki as Brenda if she has it
 - vii. Anyone can fill out the form – PTO, staff, or parents
 - viii. Student involvement
 - ix. Need to set up new google document
 - x. Recognize award winners at next SHAC meeting of the next year
 - xi. Promoted externally
 - xii. Sent out through Principal communication, SHAC members, employee newsletter,

- xiii. Wellness Coordinator at each campus prior to Covid; unpaid position – we can reinstate; principal asks for a volunteer
 - xiv. Next school year –
 - xv. Nikki can rollout for next fall to have Wellness Coordinator at each campus
 - xvi. Feedback from nurses – well received
- d. Election of Executive Committee for next year – email Nikki if you are interested; must attend the next meeting in person

V. Events & Reminders

- a. It's Time Texas Community Challenge - January 9 – March 5, 2023 [Info](#)
- b. National Healthy Weight Week January 15 – 21, 2023 (highlight Nessbitt at Campbell ES – she does lessons that week) – encourage PE teachers;
- c. American Heart Month – February
- d. Next Meeting – March 21, 2023 | 8:30 am (Executive Committee Elections; Reinstate Wellness coordinators, plan calendar for next year
- e. Engage on Facebook! [LCISD School Health Advisory Council | Facebook](#)
- f. Invite Ms Beck for guest speakers

VI. Adjournment at 9:10 am by Evelyn

-

National School Lunch Program – SquareMeals.org

Engage Wellness Coordinator

Tours – week after school gets out – either May 31 or June 1st

8 – noon

Big loop – variety of campuses, nutrition, common threads, athletic facilities, natatorium,

Last tour in July but it was empty; Ray ES, Bentley ES, Lamar JH, Randall, Wright

Executive committee onboarding – Nikki to set up (with Nikki and Coach Gabbard)

District SUV

Icebreaker games –

Coach Gabbard – ask on Canvas who is doing the American Heart Challenge

Elementary PE Teacher of the Year – Jessica Reisen – ask to come at next meeting (TAPHERD)