

School Health Advisory Council
Meeting Minutes
November 16, 2020
Special Programs Center Gym

Present: Cynthia Anderson, Sherri Fitzpatrick, Kara Ihedigbo, Matt Novosad, Michael Peralez, Diane Weeden, Amanda West, Ralph Wilkins.

Ms. Cynthia Anderson called the meeting to order and introductions were made at 4 pm.

- Ms. Sherri Fitzpatrick with BACODA provided information BACODA's in-school drug prevention services and her role as it pertains to school districts.
- Ms. Kara Ihedigbo with Harris County Public Health's Healthy Living Matters program led the group in an activity break before giving a legislative update. The attendees learned about the disposition of previously-discussed bills, future bills, as well as the Youth Advocacy Challenge that Healthy Living Matters is conducting.
- Ms. Stacey Brittain and Ms. Janet Zaborowski of the LPISD Special Programs Department provided a virtual presentation regarding mindfulness and its importance in the current COVID environment. The attendees participated in an introductory mindfulness activity.
- Ralph Wilkins with the LPISD School Nutrition Department discussed the current LPISD Wellness Plan and asked SHAC members to review it in preparation for any needed updates to be explored at subsequent meetings.

The meeting was closed thereafter and the next SHAC meeting date is January 25, 2021.