

School Health Advisory Council meeting minutes: January 14th, 2019

Members Present: Ryan Heger, Katy Snell, Shelly Weber, Rebecca Pullium, Jim Beck, Mandy Caudillo, Karina Rea, Sarah Winkler, Kim Brents, Lenaya Robinson, Kristi Baumbach, James Acuna, Kimberly Gonzales, Flora Amaya, Dr. Y. Urankary, Cristina Baez, Veronica Alejo-Waits

Meeting Minutes from 12/12/18

Sarah Winkler moved to approve the minutes, seconded by Mandy Caudillo. Minutes approved.

Chair Person and Secretary Nominations

Shelly Weber notified the group that the SHAC needed a new Chair Person and Secretary and the positions needed to be held by a parent. Jim Beck volunteered to serve as Chair Person. No volunteers or nominations for the secretary position. This position will be requested again at the next meeting.

CATCH e-cigarette Program at the High School

Kathryn Snell presented on her involvement with the CATCH e-cigarette program. The district started the program last year with 9th grade PE classes. The curriculum consists of 4 classes. Kathryn Snell verbalized that the students seemed to be interested in the material and they actively participated in the class. A video was shown of an introduction of the CATCH program. The SHAC was informed that Lockhart High School will be implementing the e-cigarette program again this year and the first class started today and will continue for the next 4 weeks. A CATCH e-cigarette program was implemented at the Jr. High last year also. The curriculum is age appropriate for each grade level.

School Health Index

Shelly Weber notified the group about the recommendation to do a School Health Index survey of Lockhart ISD. Shelly Weber explained that the District last did a SHI in approximately 2012. The SHI is a self-assessment and planning guide that can help identify strengths and weaknesses the District's policies and programs for promoting health and safety. The SHAC would look at the data received from the SHI and develop an action plan for improving student health and safety. The SHI should not be used to compare or rate schools and should not be used for auditing or punishing school staff. It is simply a self-assessment and the data gained can help the SHAC determine ways to improve the District's health and safety policies and practices. The SHI uses the "Whole School, Whole Community, Whole Child" approach which includes the following 10 components:

1. Health Education
2. Physical Education and Physical Activity Programs
3. Nutrition Environment and Services
4. School Health Services
5. School Counseling, Psychological and Social Services
6. Social and Emotional Climate
7. Physical Environment
8. Employee Wellness and Health Promotion
9. Family Engagement
10. Community Involvement

Nutrition Department's Role in 504 Meetings

A 504 plan is a federal plan that is put in place to give a student the needed support when he/she has a disability. The nutrition department could become involved when a student is identified as having a

disability and has special dietary needs. Some examples of special dietary needs that are considered disabilities: diabetes, severe food allergies, celiac disease. Special modifications or accommodations can be made such as food restrictions, texture changes, tube feeding. The nutrition department has a Special Diet form that would need to be completed by a physician indicating the needs of the student.

Health Fair Planning

The 3rd annual LISD Health Fair will be held in the Lockhart Jr. High cafeteria on Saturday, April 27th, 10am-12pm. We are currently seeking participants who are interested in having a booth. We are looking to have medical and dental offices participating as well as Lockhart Fire Department and Lockhart Police Department participating. Although not required, we are asking for participants to make a donation of a bicycle. The bicycles will be given away to the children by a drawing. LPD will donate bike helmets. LFD will donate fire extinguishers. We will be asking community sports leagues to participate to provide parents with information of ways to increase activity in their children. We will be asking for the schools to provide entertainment: band, choir, cheer, dance, art.

Membership Input

It was discussed that health class is no longer a required class. Membership voiced concern about where students are getting health information. It was mentioned that students receive health information in the PE classes at the elementary level. Membership discussed health topics for student education: e-cigarette/drug/alcohol education, mental health topics, human sexuality. The group was informed that the SHAC can look at different topics and make recommendations about curriculum to the School Board. The School Health Index can be a tool to use to see areas where SHAC can make improvements to the District's health and safety practices.

A proposal was made to increase the number of meeting dates to include April and May dates.

Meeting Dates:

February 11, 2019

March 11, 2019

The meeting adjourned at 6:39