

**School Health Advisory Council Meeting Minutes**  
**LISD Central Office, Room 117**  
**Monday, January 13, 2020, 5:30-6:30**

Members present:

Cyndi Barnett	Carl Cisneros	Lenaya Robinson
Kristi Baumbach	Ryan Heger	Melissa Royer
Jim Beck	Elsie Lacy	Veronica Alejo-Waits
Kimberly Brents	Kristal Matthews	Shelly Weber

- Welcome/ Introductions-Meeting called to order at 5:31 by President Jim Beck
- Approval of minutes  
11/11/2019  
Kristi Baumbach made motion and Carl Cisneros seconded-Approved
- Review of LISD Vision Statement, Mission Statement, Goals and Objectives and Operational Procedures
- Kimberly Brents made sure changes would not break policy.  
These are the suggestions
  - 5 meetings (4 policy)-Member must be present to vote
  - 1<sup>st</sup> teacher's forum Spring-27 attended and Fall, November 62 attended
  - Communicate with board to attend May mtg.
  - Discussion on changes to bylaws sent out before next meeting-will vote
- Review on elementary PE Classes and Health Education-
  - Anaerobic/aerobic and stretching –2<sup>nd</sup> grade heart rate/3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup> Fitness Test
  - Hygiene-bathing/deodorant/clothes/bathroom etiquette (wiping/ flushing/washing)
  - Nutrition-fruits and vegetables 5x a day/what color//MyPlate
  - Communicate appropriately- verbally and facially
  - Safety-Fire/Halloween/seat belt/ water/sun
  - Dangers of vaping and drugs-drug free campuses
  - Drinking water and cutting down on sugar
- District Updates
  - Teacher Retention-Support-Provided Back to School \$100 Wal-Mart gift cards. Instructor training on MHFA for Youth
- Parent University at Plum Creek on January 23rd. Rotating sessions on different topics anxiety, bullying, setting limits, siblings without rivalry, stress management, vaping, attendance.5-5:30 Light dinner/5:40 Opening session 6-7:15 rotating sessions.
- Staff Wellness –Kickball competition, Volleyball and Camp Gladiator
- Staff Seizure Training-Law in September 2019 Staff (50 minutes and Nurse (2 ½ hours) on seizures.
- Health Fair Updates  
Fair will be held on April 25th.
- Next meeting February 10, 2020, LISD Central Office, Room 117 at 5:30 p.m.

*Minutes by Elsie Lacy*