

School Health Advisory Council
Meeting Minutes
November 1, 2021
LPISD Board Room

Present: Valerie Marcott,, Cynthia Anderson, Kristi Cox, Carrie Rife, Abby Turner, Ralph Wilkins, Julie Walton, Jo Johnson, Cindy Martin, Janet Zaborowski, Karen Hall, Tessa Harvick, Rosie Sepulveda , Matthew Novosad, Wanda Anderson, Kristy Hanks, Amanda West, Michelle Palomarez, Sara Adnane, Cathy Crate, Diana Horelka, Tyler Bryan, Stacey Brittain, Hilary McLellan, Debbie Moye, Hannah Westmoreland, Jennifer Muschweck, Dora Ortiz, Sherri Fitzpatrick, Crystal Thibodaux, Susy Parker, Stephanie Bellew, Curtis Daugherty, Jill Howells, Karen Ihedigbo, Ruben Forias, Debbie Hoot, Taylor Lupardus, Martha Sendejo, Rebecca Villanueva, Amber Carter, Janet, Zaborowski, Jaime Cunningham, Leslie Rodriguez, James Odom, Tammy Nguyen, Emma Castillo.

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

- Ralph Wilkins & Karen Hall led attendance introductions.
- Amber Carter & Sherri Fitzpatrick with BACODA, reviewed the 8-page drug survey given to students last Spring. Information packets were handed out, containing the STATS for alcohol & drug use in the schools, the popular drugs used today. There was a mock bedroom display depicting items where students can hide drugs. The display is titled “Hidden in Plain Sight” for parents and staff to view. A sub-committee was formed.
- Ralph Wilkins gave the Nutrition update: New products were introduced during the National School Lunch Week.
- Jo Johnson of IYG gave updates on the Human Sexuality Sub-Committee meeting held on Tuesday, October 26th. 14 members attended. Evidence based programs & their websites were presented.
- James Odom gave a Restorative Practices report and spoke about the needs assessment he conducted recently and how to better serve La Porte ISD. He is doing district-wide trainings on strategies to help students learn, learn from mistakes, and showing counselors how to better utilize restorative practice circles & participation community circles. Solving conflict was discussed with the use of mediations. 19 mediations have taken place & 53 students were involved at LPHS. Most of the time, the conflict has been resolved.
- Janet Zaborowski & Stacey Brittain spoke about Suicidality; the stats, precursors, multiple risk factors, & pre-existing situations.
- Janet Zaborowski ended the meeting with a 10-minute mindful meditation. We left the meeting more at peace and quite relaxed.

The meeting was closed thereafter and the next SHAC meeting date is January 31, 2022.