

**School Health Advisory Council Meeting Minutes**  
**LISD Central Office, Room 117**  
**Monday, February 10, 2020, 5:30-6:30**

Members present:

Flora Amaya

Cyndi Barnett

Kristi Baumbach

Jim Beck

Kimberly Brents

Josh Gilbert

Ryan Heger

Elsie Lacy

Lenaya Robinson

Rebecca Pulliam

Veronica Alejo-Waits

Shelly Weber

Sarah Winkler

- Welcome/ Introductions-Meeting called to order at 5:31 by Co-Chairman, Ryan Heger
- Approval of minutes  
1/13/2020  
Kristi Baumbach made motion and Cyndi Barnett Seconded-Approved
- Review and Presentation of Secondary PE Class and Health Education-by Josh Gilbert-Coordinator
  - Three Main Areas
    1. Foundation of Personal Fitness-Freshmen-New Approach
    2. Aerobic Activity-design program-Sophomores
    3. Team Sports- Juniors and Seniors
  - PE is mandatory. State requires Fitness Gram. All must participate to receive full credit
- Presentation on Mental Health First Aid by Cyndi Barnett-LISD SEL Counselor- certifying as a Youth Mental Health First Aid Instructor. Program originated in Australia. National program.
  - 64.1%of youth with major depression do not receive any mental health treatment.
  - 1 in 5 teens & young adults lives with a mental health condition
  - 5.13% of youth report having a substance use or alcohol problem.  
The course will teach you how to apply the ALGEE action plan:
    - Assess for risk of suicide or harm
    - Listen nonjudgmentally
    - Give reassurance and information
    - Encourage appropriate professional help
    - Encourage self-help and other support strategies.
- Review of LISD Vision Statement, Mission Statement, Goals and Objectives and Operational Procedures-
  - Try and recruit parent to educate on what SHAC is. Principal to recommend high school students as members.
  - Quorum discussion. Jim Beck made motion for Article III: Section 5 to read, “Quorum for voting in a meeting requires one quarter of voting membership to be present.” Kristi Baumbach seconded. Motion passed.
  - 5 meetings (4 policy)-Member must be present to vote
  - Updated bylaws provided.
- District Updates-Kimberley Brents
  - 25 attended Parent University at Plum Creek on January 23rd. Good Feedback. 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.
  - March 11<sup>th</sup> Volleyball staff competition.
  - Camp Gladiator ended.
- Health Fair Updates--Fair will be held on April 25th. Many vendors from last year. 10-noon
- Adjourned 6:28-Next meeting April 13, 2020, LISD Central Office, Room 117 at 5:30 p.m.

*Minutes by Elsie Lacy*