

**La Vega ISD PAC/SHAC/SDFSC COMMITTEE MEETING MINUTES**  
**Parent Advisory Committee (PAC)**  
**School Health Advisory Committee (SHAC)**  
**Held In-Person March 16, 2023 ~ 11:30 –12:20 pm**

**Chairperson:** Dr. Peggy Johnson

**Members Present:** LaToya Beavers, Lisa Drafahl, Monica Zavala, Robert Glynn, Dave Thiel, Kristi Rizo, Nancy Mohammad, Holanie Beam, Monica Arechiga, Jenna Buckner, Chris Ward, Carol Hesbrook

**Other(s) Present;** Samantha Zilem, Minutes

**Welcome and Introductions**

Mrs. Drafahl called the meeting to order at 11:30 am

**Discussion Item(s):**

Groups were formed by Mrs. Zavala and Mrs. Drafahl to work on topics of interest for potential Parent Workshops

- High School
  - Career activities
  - Monthly CTE showcases highlighting the programs younger students can take once they get to high school
- Primary
  - Social/Emotional Learning
  - Math & Healthy Snack Sessions (teaching parents how to make healthy snacks involving the students)
  - Fitness nice. Involving local parks encouraging parents to move with their kids.
  - Importance of sleep.
- Coding & Robotics Night – discuss the importance of math and science.
- Bring ModocMedia to campuses other than the high school.
- Career Nights – Include more branches of programs that we already have. Instead of only CNA classes, we could expand to Pharmacy Tech classes.
- Scholarship Night – How to write a great scholarship essay?

Summer food program.

- What is something they could do to promote the lunch bus?
- After school meals.
  - All students are also allowed an afterschool dinner.
  - The athletics department and ACE have utilized this program. Any program can take advantage of this program; the sponsor would need to take a discrimination class.
  - As long as one program has one student in an afterschool program, every student on that campus is entitled to an after school meal.

Ms. Ruth Lara, Waco Family Medicine TeleHealth 254-313-4702

- Any student that attends LVISD has access to this program; they do not have to be a patient of Waco Family Medicine to receive medical TeleHealth services.
- Students needing behavioral counseling must be a Waco Family Medicine patient.

Meeting adjourned at 12:12 pm on March 16, 2023. This is the last PAC/SHAC Meeting for the 2022-2023 school year.