

School Health Advisory Council  
Meeting Minutes  
April 24, 2023  
Special Programs Gym

Present: Billye Trader, Julia Walton, Kristy Hanks, Sgt. Novosad, Abigail Zarate, Cathy Crate, Tyler Bryan, Michael Peralez, Hannah Westmoreland, Carrie Rife, Curtis Daugherty, Valerie Marcott, Katherine Yarbrough, Danielle Knight, Debbie Moye, Jill Howells, Kristi Cox, James Miller, Susy Parker, Kristen Milburn.

Katherine Yarbrough called the meeting to order and introductions were made at 4 pm.

- Nurse Susy Parker, spoke about the SETT Training that all LPISD campus nurses attended last Fall. SETT – School Emergency Triage Training, was held in coordination with Pasadena ISD in October, 2022. The purpose was to provide school nurses with knowledge, skills, and training resources to lead school-based Disaster Response Teams and perform triage in response to mass casualty incidents (MCI.)
- Abigail (Abbey) Zarate, from the Houston Food Bank, introduced **School Athl-EATS**, a program which teaches MYPLATE, a tool that demonstrates a nutritious diet made up of the 5 food groups TIMING of the meals and snacks, OFF-SEASON: bulking up and maintaining/maintenance, and HYDRATION: athletes between the ages of 14-18, need 10-14 cups of water per day. The Food Bank offers classes over the summer and will come speak to athletic programs during the school year.
- During Open Discussion: Kat asked for subject topics for the May 8<sup>th</sup> SHAC meeting, and she spoke about the healthy food options demo for the 2023/24 SHAC meetings.

The meeting was closed thereafter and the next SHAC meeting will be held on May 8, 2023 in the SPC Gym.