

SHAC

Lumberton ISD School Health Advisory Council
October 8, 2025

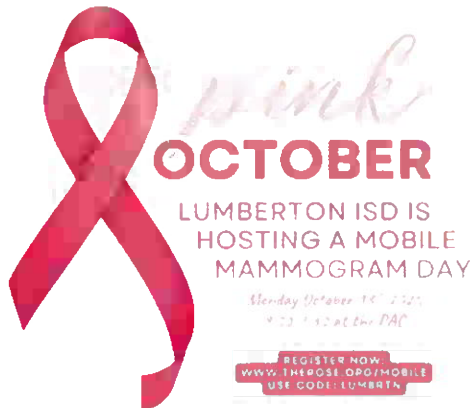


Location: Central Office Board Room

Agenda:

- I. Welcome
 - a. Introduction of all SHAC Members
 - i. Please be sure to sign in.
- II. New Business
 - a. Election of Officers
 - i. Appointed District Leader: Brittany Williams (May serve as co-chairman if needed.)
 - ii. Chairman – Must be a person not employed by the district.*
 1. Open for Nominations / Vote – A Motion to Second? All in favor?
 - iii. Vice Chairman
 1. Open for Nominations / Vote – A Motion to Second? All in favor?
 - iv. Secretary
 1. Open for Nominations / Vote – A Motion to Second? All in favor?
 - v. Members: Majority of members should be persons who are parents of students enrolled in the district and who are not employed by the district. Help us recruit! Community members, spouses, parents!
 - b. Upcoming meeting dates for 2025-2026. Please mark your calendars. All meetings will be held at the Central Office Board Room, at 5:30 PM, unless notified otherwise.
 - i. SB 18 mandates that School Board Meetings be held outside of typical work hours to enhance accessibility for parents and the community.
 1. Lumberton ISD is extending this practice to all meetings for parents and the community. Therefore, our SHAC Meetings will no longer be held during lunch hours and will now take place at 5:30 PM.
 2. Historically, meetings were scheduled on Wednesdays, but we have received questions about conflicts with church schedules. Would another weekday work better for attendees?
 - ii. Tentative Dates (if held on Wednesdays)
 1. December 10, 2025
 2. February 11, 2026
 3. April 8, 2026
 - c. SHAC Triennial Assessment/Wellness Assessment - Due April 2026
 - i. We will attend each campus CEIC (Campus Education Improvement Committee) Meeting to complete the assessment for each campus individually.
 - d. LISD had a Flu Clinic for Staff September 24th
 - e. Campus Exemption Days

- i. Each campus receives 6 exemption days to be used for parties and/or fundraisers.
 - ii. All food or drink items sold in school to students outside these 6 days must meet smart snack standards.
 - iii. Each campus should record their exemption days on the shared spreadsheet, which must be approved by Mrs. Alex and myself.
- f. Breast Cancer Awareness Month – Mobile Mammogram Day at LISD 10/13/25 9:00-3:30 at the PAC



- g. Child Nutrition Updates
- i. Smart Snack Compliance
 - 1. All items sold in our cafeterias, including vending machines, are smart snack approved.
 - 2. Federal guidelines require that any food or drink sold to students during the school day:
 - a. Be whole grain-rich or have a fruit, vegetable, dairy, or protein as the main ingredient.
 - b. Meet limits for calories, sugar, sodium, and fat.
 - c. Promote healthier choices.
 - ii. Farm Fresh Challenge: October 1-31
 - 1. What does this look like for our students?
 - a. Eat Local: Students will be served local food representing at least 3 different meal components and 6 items.
 - b. Teach Local: Students will learn about eating local through educational activities.
 - c. Be Social: Updates and photos will be shared on our Facebook page: <https://www.facebook.com/LISDCND>
 - iii. National School Lunch Week: October 13-16
 - 1. Texas Taste Tour: Students will enjoy their “School Lunch Passport” journey across Texas flavors.
 - iv. Kitchen Semester Inspections: All 6 kitchens received a perfect score of 100!
- h. Counselor Updates
- i. EC: Kayla Wilson
 - 1. Guidance Lessons (Campus wide)
 - a. August: Focused on *being a bucket filler*—understanding that our words and actions affect others and building empathy. The school-wide Bucket Filler Assembly was held on September 19th, where all students received shirts and we kicked off the year.
 - b. September: Focused on *confidence*—celebrating what makes each student unique and encouraging a growth mindset through the power of “yet.”
 - c. October: Focus is *courage*—teaching students to be brave in the face of challenges. Bullying prevention is also tied into this month’s lesson as part of Bullying Prevention Month.

2. Small Groups: Began on September 29th. Currently serving 30 students weekly in groups focusing on building self-esteem, handling change, managing worry, self-regulation, and developing positive peer relationships.
 3. Backpack Buddies: Participation has grown to 18 students, the highest number to date.
 4. Past & Upcoming Events
 - a. Celebrated Johnny Appleseed Day recently.
 - b. Preparing for Monster Mash on Monday, October 26th from 5:30–7:30 PM—our biggest fundraiser of the year! This indoor event will feature trick-or-treating, 15 carnival-style games, a hayride, inflatable bounce house, face painting, and more. Wristbands are \$10 and can be pre-purchased at the EC office or by scanning the QR code on our Facebook page. (All ages welcome—activities geared toward young children.)
- ii. PS: Bridget Aldridge
1. Character Education: Whole-class lessons began in August, focusing on *Being a Golden Raider* and *Honesty*. This month's focus is *Accountability*, and students are also learning how to be *Upstanders* in recognition of *Bullying Prevention Month*.
 2. Red Ribbon Week: During the last week of October, students will learn about *healthy habits and making positive choices* as part of our Red Ribbon Week activities.
 3. Celebrations: We recently held our first *McWords Celebration* and *DESSA Assemblies* to recognize students for learning their sight words, earning positive referrals, and being named *Students of the Month*.
 4. Field Trips: This week, *2nd graders* are visiting *Old McDonald's Farm*, and later this month, *1st graders* will attend a performance at the *Lutcher Theater*.
 5. Farm to School Visit: *Hiland Dairy* will visit later this month to teach 1st graders about how milk travels from the farm to our cafeteria tables.
 6. Read-a-Thon: Our *Read-a-Thon* will also kick off this month, encouraging students to develop a love for reading!
- iii. IS: Stephanie Battle
1. Consent Forms: Counselors are still collecting consent forms for counseling services.
 2. Guidance Lessons: Lessons began on October 8 for 3rd and 5th grades and will continue through October and November. Lessons for 4th grade will begin in January.
 3. Literacy Event: *Literacy Under the Lights* was a huge success!
 4. First Nine Weeks: Time has flown by—our first nine weeks are already complete!
 5. Holiday Activities: We're gearing up for fun holiday events, including the 3rd-grade pumpkin contest, Thanksgiving activities, Christmas parties, and the Christmas music program.
 6. Staff Fun: Staff are enjoying participating in the "Boo-ing" tradition with one another.
 7. Universal Screeners & MTSS: The first round of universal screeners has been completed, and all MTSS meetings have been held.
 8. Attendance Notes: A few students were marked as no-shows due to homeschooling, but some have since returned.
- iv. MS: Sarah Christ
1. Crocktober: Celebrating our amazing staff this month with *Crocktober*—a fun and cozy way to bring everyone together and make work feel a little more like home.
 2. DESSA Lessons: We've completed the first three DESSA lessons focused on *Responsible Decision Making*. Thank you to everyone who helped make these discussions meaningful for our students.
 3. TCHAT: So far this year, we've had 10 TCHAT referrals, with 5 students currently being assessed.

4. Fentanyl Poisoning Awareness Week: Taking place during *Red Ribbon Week*. We'll feature infographics around campus, daily announcements, and social media posts to help raise awareness and promote student safety.
 - v. HS: Angela Williams
 1. September was a busy month in the High School counseling office! We'd like to highlight TCHAT (Texas Child Health Access Through Telemedicine) as a valuable resource for students and families.
 - a. What it is: Funded through a Texas state grant, TCHAT provides virtual counseling and psychiatry services at no cost to Lumberton ISD students.
 - b. How it works: Appointments take place during the school day in a private space at school, making it convenient and accessible.
 - c. Impact: Over the past month, we've seen an increase in families utilizing this service, allowing us to connect students to the support they need.
 2. Suicide Prevention Awareness Month:
 - a. High school students participated in a collaborative project to raise awareness.
 - b. During academic advisory periods, students decorated awareness ribbons, and the word HOPE was spelled out in the cafeteria for all to see.
 - c. This display serves as a reminder that there is hope, even in the darkest of times.
 - i. Nurse Updates: April Whitten, District Lead Nurse and Hardin County Liaison
 - i. Increase in hand, foot, and mouth disease cases. Please ensure high-touch areas are cleaned and disinfected regularly, encourage frequent handwashing, and remind families that students should stay home until symptom-free for at least 24 hours and cleared by a doctor's note.
 - ii. Noticing an uptick in seasonal allergy symptoms and a few cases of strep throat.
 - iii. Vision and hearing screenings are currently in progress, and referrals are being sent out as needed.
 - j. Special Program Updates: Nicole Baker
 - k. HOSA/FHP Updates
 - i. Rachelle Myers has a new partner teacher, Mrs. Teryan Warnock.
 - ii. Our first Community fall blood drive will be Wednesday Oct 15 at the PAC from 8-3 (All are welcome to come donate blood) .
 - iii. Lamar Nursing Students will be coming to our practicum class this week for an educational outreach teaching lesson then we will go tour Lamar sometime in October as well to see their program.
 - iv. Our pharmacy tech students are working hard to learn their top 200 drugs and our practicum students are learning their hands on skills before attending hospital clinicals in the spring.
 - l. Physical Education Updates
 - m. Campus Updates: Admin
 - n. Health Department Updates: Gail Douglas, Whitney Heinicke and Amber Meredith
 - o. Region 5 Prevention Resource Center Updates: Kim Bartel, Billy Smith, and Paige Bentley
 - p. Clinical Outreach Manager – East Texas: Garrett Drake – Charlie Health
 - q. Items for future agenda
- III. Adjournment

IMMUNIZATION *hours*

KOUNTZE OFFICE - 409-246-5188

1135 REDWOOD DR. KOUNTZE, TX 77625

MONDAY-THURSDAY 8:00AM-5:00PM

FRIDAY 7:30AM-4:30PM

LUMBERTON OFFICE - 409-790-6149

826 N MAIN, LUMBERTON, TX 77657

TUESDAY & WEDNESDAY 9:00AM-3:00PM

BY APPOINTMENT ONLY

SILSBEE OFFICE - 409-679-8050

603 FM 418 W, SILSBEE, TX 77656

MONDAY 8:00AM-5:00PM

THURSDAY 8:00AM-5:00PM

FRIDAY 7:30AM-4:30PM

****ALL OFFICES WILL CLOSE THE LAST THURSDAY OF THE MONTH AT 1:00PM**

HARDIN COUNTY FAMILY RESOURCE CENTER

1155 TX 327,
Silsbee, TX 77656

Time:
9:00-12:00
1:00-3:00

Call to schedule appointment!
Walk-ins welcome.



Services available to Hardin County Residents. Your community advocates are here to support you every step of the way! ONE STOP SHOP, multiple agencies in person to assist with the processes!

Key components:

- ✓ Application Assistance
- ✓ Parent Education
- ✓ School Readiness Program
- ✓ Car Seat Assistance
- ✓ Community Resources



Contact Us



(832)318-4853 (409)249-7000 (409)988-5069

COMMUNITY OUTREACH PROGRAM

Through our referral program, we connect those facing financial hardship with additional support and services to help meet their needs.



Hardin County Health Services

Referral Services Tailored to Meet Your Needs:



Food Assistance



Transportation Assistance



Light Bill Assistance



Medical Assistance

 In addition to a range of other supportive services.

Contributing Partners:

- TAN Healthcare
- Legacy Community Health
- SETRAC
- Oakleaf Apartments
- Southeast Texas Food Bank
- GETCAP
- School Readiness Program (MET)
- Health & Human Services
- Circle of Hope
- Gulf Coast Health
- Endeavors
- Texas Workforce Commission
- Charlie Health
- Opening Doors (MET)
- Gift of Life
- Nutrition & Services for Seniors

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