

Muenster ISD
Student Health Advisory Council
Meeting Minutes - Monday, April 14, 2025

1. Meeting Called to Order @ 07:34 am.
2. Sign-In / Welcome - Members present as follows:

<u>Staff:</u> Brandi Richardson Monte Sewell Matthew Quick Cassie Newton	<u>Parents/ Community:</u> Ronda Silmon - DSHS Jo Schilling Karime Graves Tiffany Lutkenhaus Stevie Maas Kay Schroeder Holly Harris-Bayer
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3. Approve minutes from the previous meeting on February 24, 2025 - Tiffany Lutkenhaus made a motion to approve the minutes. Stevie Maas seconded the motion. Minutes approved.
4. Nutrition / Fueling Athletes - The council discussed ways to increase the protein intake for the athletes at MISD while still following the state and federal nutrition guidelines. A suggestion was made to have high protein snacks readily available in the field house/ locker rooms. This will be possible with assistance from the PTO and parent donations.
5. Update on “Shattered Dreams” presentation and timeline - There are no current updates and no date has been set at this time.
6. Recommendation for upcoming educational programs for school board - Recommendations are as follows:
 - Continue to utilize 180 Degrees for sexual risk avoidance education for 6th-12th grade students at MISD.
 - Consider having the Forever 15 Project come speak next school year to 6th-12th grade students about the dangers of fentanyl.
 - Mrs. Reynolds is looking at initiating a new suicide/ mental health curriculum for JH/HS students for the 2025-2026 school year (more details to come).
 - Increased drug awareness/ mental health signage on both campuses.
 - Partnering with Muenster Memorial Hospital for fentanyl education - on hold at this time until grant money/ funding is available.
 - Utilizing available resources to ensure that the annual 10 hours of fentanyl prevention and drug poisoning awareness instruction for 6th-12th grades is met for the 2025-2026 school year.
7. Counselor Update - Ms. Newton gave a report to the council stating that CASA lessons have been completed for grades K-2 this semester. Classroom guidance lessons are continuing in the elementary classrooms. Mrs. Richardson and Ms. Newton will be teaching a puberty/ hygiene lesson to 5th grade students on April 17th. Ms. Newton states that bullying lessons are ongoing in the elementary classrooms. STAAR testing is also ongoing.
8. Open Forum / Discussion - There were no further discussions or questions at this time.
9. Adjourn - Meeting was adjourned at 08:00 am.

This notice was posted in compliance with the Texas Open Meetings Act.

Co-Chair _____