

## SHAC MEETING

NOVEMBER 14, 2025

### HEALTH SERVICES UPDATE

The Wellness Policy is reviewed every two years with changes made if necessary. It will be up for review this school year and plans are to review it in February. The Wellness Policy can be found on the LOISD website under Food Services. The main topics are nutrition and physical activity. Each member will take home a copy of the Wellness Policy to review.

We have nine AEDs in the district with two additional ones that are on long term loan by the LO Fire Dept, which will give us a total of 11. We are waiting on the Zoll AED pads to be delivered so we can have these installed in the new addition of the HS. All AEDs are monitored and checked monthly. All are in good working condition and each one has adult pads and child pads along with a CPR/AED Responder pack, a box of Narcan and unassigned epi-pens with the exception of the two that have been loaned to us that have not been set up yet.

Stop The Bleed/Hands Only CPR/AED training for employees will be completed January 5<sup>th</sup>. Each campus will rotate through and will receive the training provided by Hunt County EMS. Every AED in the district has a Stop the Bleed kit with it.

Lone Oak ISD participates in the Epi-pen 4 School program. We have a local FNP that has been writing our orders to keep this program going. We are waiting on our new shipment of Epi-pens from Bioridge Pharma. This is a program that is free to our district.

Lone Oak had its annual Flu Shot clinic on Oct 17<sup>th</sup> with a good turnout.

The Mobile Mammography Coach will be here February 16th, 2026. They provide screenings not only for employees but also for the community.

The Tooth Fairy (Shiloh Masonic Lodge) will be at the elementary in February to provide tooth kits to the 1<sup>st</sup> grade students. The District Nurse will do a dental hygiene presentation during this time.

The 5<sup>th</sup> grade Always Changing puberty video will be presented before the students leave for Spring Break. This is viewed by the girls and boys in separate classrooms. Parents sign a permission form in order for their child to view the video. The question was asked if there is a video for 7<sup>th</sup> grade students to view. There is no state mandated video requirement for the 7<sup>th</sup> grade.

The Juniors and Seniors will receive Hands Only CPR/AED training in the Spring. We will also include the Stop the Bleed training.

A total of 483 hearing and vision screenings have been completed in the district thus far. Spinal screenings for 5<sup>th</sup> and 7<sup>th</sup> grade girls and 8<sup>th</sup> grade boys will take place in February. Letters will go out to the parents ahead of time informing them of the dates and procedure.

The Immunization State Report was completed and submitted on 11/12/25. The district was in compliance with no delinquent immunization records. We have a total of 49 immunization exemptions in the district.

Any suggestions for an employee weight loss challenge or exercise challenge is welcome. I was recently asked about a weight loss challenge. The problem I have run into with the weight loss challenge is that many people are taking the weight loss shots which makes this, in my opinion, unfair to the people that are not on the weight loss meds. Several suggestions were given such as a walking/exercise group, points for activities, Zumba class and a 10,000 steps club.