

LISD School Health Advisory Council

Minutes for January 14, 2025

I. Call to Order at 6:16pm by Trish Cuckler

II. Introductions

III. Approval of Minutes

A. It was stated that the minutes from the last meeting were emailed to councilmembers, a date revision was made in the title from March 26th to December 10th; motion made to approve and seconded; all in favor.

IV. Child Nutrition Menu Offering

Dinner samples of a spicy chicken and macaroni and cheese was served by Child Nutrition and feedback requested..

V. New Business

A. Children's Health- Weight Management Group with Children's Health

1. Representative, Alex Reid from Children's Health provided an overview of the weight management programs offered through their organization. She explained the programs, the partnership model, and the intended audience. Programs discussed included childhood weight management, type 2 diabetes support, autism-focused exercise, cooking demonstrations, and gardening/planting activities.

She highlighted the *Get Up and Go* flagship program, which focuses on promoting healthy lifestyles for children. The curriculum is available in both English and Spanish, and pre- and post-program data is collected to measure outcomes of lifestyle change. It was noted that the locations closest to Lewisville are Coppell, Plano, and Flower Mound. The program partners with the YMCA, and participating families receive a YMCA membership during the 10-week program.

A flyer will be provided to Trish Cuckler for distribution to interested families.

VI. Adjourned @6:55pm

VII. Next meeting March 4, 2026