

SHAC

Lumberton ISD School Health Advisory Council

February 12, 2026

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. Members
 - i. 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.
 - ii. Meeting Dates:
 1. Tuesday, April 7, 2026, at 5:30 PM
 - c. SHAC Triennial Assessment/Wellness Assessment - Due April 2026
 - i. It's recommended these be done by campus now instead of a district as a whole, as each campus has unique needs. I have now attended all but one Campus Leadership meetings and will present those assessments at our next meeting.
 - d. Child Nutrition Updates
 - i. Region 5 Food Show
 1. March 3, 2026: Region 5 Food Show – students and community members are welcome. Come try school vendors and give us feedback.
 - ii. School Breakfast Week
 1. March 2nd-6th
 2. Please help us encourage participation on your campuses!
 - e. Counselor Updates
 - i. EC: Things are going great over here at the Early Childhood School.
 1. I just finished Kindergarten GT testing. We had 67 testers this year! I'm still working on compiling all of the data and then the committee will meet to make selections.
 2. My Spring Semester small groups are about to start up at the end of February.
 3. Parkway Life church generously donated coats and blankets to all of our backpack buddies right before the winter freeze we had a few weeks ago.

4. Random Acts of Kindness week is NEXT week. Our students have a themed dress up day and kindness challenge for each day of the week.
- ii. PS: We are focusing on kindness at LPS during the month of February. Students are participating in The Kindness Fundraiser, learning how to give and receive compliments in their counseling lesson this month, and handing out Random Acts of Kindness next week with a challenge each day. We also look forward to the first-grade Texas Music Program on March 12.
- iii. IS: We have had a lot going on this year at Intermediate!
 1. Amy and I just got back from our Counseling conference (which was fabulous) and we have lots of new ideas.
 2. We will start GT testing the first week in March.
 3. Random Acts of Kindness week kicks off next week and we have sent out a schedule of dress up days.
 4. All grade levels guidance lessons have been done, and we are still working on extra ones as we work through this busy testing season.
 5. Math/STAAR night next Thursday from 5:30-7:00
- iv. HS: Lumberton High School counseling office is actively planning a mental health fair for our 9th and 10th grade students. This will take place on campus on the afternoon of April 7th after English EOC exams. We have several local mental health resources who have agreed to attend, but we are still looking for more creative ideas to invite. This mental health fair will be a mix of mental health resources and healthy coping skill options such as Village Creek State Park attending to represent taking a nature walk or being outdoors as a coping skill. If anyone has any other creative ideas or local contacts, please share so that we can invite them to attend.
- f. Nurse Updates: April Whitten, District Lead Nurse
 - i. We are observing an increase in cough, seasonal allergies, gastrointestinal symptoms, and cases of lice. A recently recommended prescription treatment for lice is Spinosad. This can be prescribed by the child's physician.
- g. Special Program Updates: Kara Sisson
 - i. January - PK-8 MOY Reading/Math universal screens completed; Behavior screens completed based on campus procedures.
 - ii. February - Counselor appreciation week
 - iii. March - Developmental Disabilities Awareness Month;
 - iv. Bridging the Gap - stay tuned to our PSQ and FB for our upcoming video series dedicated to post-secondary resources for families and highlights from local resource agencies.
 - v. In March we will also celebrate and recognize our Educational Diagnosticians.
- h. HOSA/FHP Updates: Rachelle Myers
 - i. Our practicum HST students just completed Baptist Hospital Orientation and started clinicals today. They will rotate through 15 different areas including surgery, Labor and delivery, wound care, imaging and more over the next 3 months. This is a great hands-on opportunity for our students to see healthcare careers, build professional skills, and see first-hand the many healthcare opportunities that await them. They are eager, motivated, and ready to learn. Our next community blood drive with Lifeshare will be on Friday, March 6 at the PAC from 8-3. 1 unit of blood can save 3 lives.
- i. Healthy Habits Updates: Darlene Johnson
- j. Physical Education/Athletics Updates
- k. Campus Updates
- l. District Updates: Megan Hogg
- m. Health Department Updates: Gail Douglas

n. Region 5 Prevention Resource Center Updates: Kim Bartel

o. Items for future agenda

III. Adjournment