

Muenster ISD
Student Health Advisory Council
Meeting Minutes
Monday, April 13, 2026
7:30 am

Community Members present:

Tiffany Lutkenhaus
Stevie Maas
DJ Yarbrough
Rhonda Silman
Kay Schroeder

School Personnel Present:

Misty Rhyne
Brandi Richardson

The meeting was called to order at 7:30 am.

Review of February 23, 2026 meeting minutes:

- Tiffany Lutkenhaus made a motion to approve the minutes.
- Stevie Mass seconded the motion.
- Minutes from the February meeting were approved.

Health Report:

Nurse Richardson noted that most health screenings were complete. State reporting will be completed by the summer deadline.

Nurse Richardson reviewed various training programs, including YES. YES covers topics such as drug use prevention and dangers, coping skills, emotional awareness, cyber bullying, etc. She said she may explore the platforms and recommend.

Richardson reported that the immunization clinic was well-attended, especially by seniors needing immunizations for college attendance.

The group discussed caffeine awareness flyers at school. The awareness is targeted to those in 5th grade and up, and is in response to popular energy drinks such as Monster, Alani, Celcius, etc.

Counselor Report:

Counselor Rhyne reported that Abigail's Arms presented in the fall and will return in May.

Sixth graders will start alcohol and drug awareness training through Vector. Vector is an online training platform. Students are required to complete a designed number of hours.

On April 14, the 10th-12th grade students will attend an impaired driving assembly. The training is especially important this time of year, with prom and graduation season upon us.

Project ADAM Update:

Nurse Richardson reported that MISD has already met many of the Project ADAM requirements. Being a Project ADAM Heart Safe School will require us to have a cardiac emergency response team of at least five, and at least one drill per year. Ms. Richardson is moving forward to meet requirements.

Recommendations for the 2026-27 School Year:

The committee discussed continuing the 180 Degrees program, which covers sexual risk avoidance education.

Muenster Memorial Hospital has offered to provide CRP certification training for seniors. MMH will do the training and pay trainer expenses. The students would pay the \$12 certification fee.

MMH also offered to provide ATV safety training. The group was in favor of this training, since four-wheelers, mules, side-by-sides, etc. are popular.

SHAC also recommended training about the dangers of steroid use.

Nurse Richardson reminded the group of the importance of planning and securing dates on the school calendars as early as possible, since the calendars fill up quite quickly.

There being no further discussion, the committee adjourned at 7:49 am.

Submitted by Kay Schroeder
April 17, 2026