

January 25, 2018

The meeting was called to order by Lana Smith at 9:05 a.m.

Lana presented an overview of the SHAC program.

In the Spring we will have the Health and Wellness Fair and review the District Wellness Plan.

She asked each campus representatives to share what type of wellness programs are available on each campus. The role of the SHAC is to help provide support to the district. SHAC is an advisory committee where a team effort works together to generate ideas that will benefit the staff and students of the district.

Introductions were made of those in attendance.

-Barbara Waters - *representative of TAPHERD*

-Millie Williams - *Alabama-Coushatta Head Start Coordinator*

-Cheyenne Olexy - *PRE parent*

-Karen Maxey - *Principal of DAEP*

-Karen Pollard - *CHI St. Luke's - Safety Education*

She can bring presentations to the school on ATV, seat belt, or gun safety, Hand washing, Co-Sleeping.

Safety Education presentations are a good resource to encourage parents to be involved.

-Kyeisha Foreman - *Region 5 Lufkin - Alcohol and Drug Abuse Council*

Community Liaison that conducts presentations to educate adults on drug trends. Would be available for presentations to teachers and would like to make as many contacts as possible.

-Rusti Garcia - *House of Mary - PRE PTO president - volunteers with the local food bank - Center of Hope*

Kindred Hospice has a summer bereavement camp is offered to 7-14 year olds at Camp Cho-Yeh during the first weekend in August and is free to kids - Camp I Believe.

-Heather Wiggins - *CGE Nurse*

There are times when our parents need a resource to learn more about crisis that we or our children are faced with.

-Whitney Haynes - *PRE Counselor*

Shared information about the PRE program - Watch Dog Dads

-Brittany Flores - *PRE parent*

-Mark Young - *SFE Food Service Director*

Discussed the Roving Chef Program that allows students to prepare food.

Discussed the Community Eligibility Program - The federal program that LISD is participating in that allows free breakfast and free lunch to every LISD student.

-Jennifer Birdwell - *Communications Director*

-Melanie Justice - *LIS P.E. Teacher*

-Krissa Bass - *Horace Mann Insurance & Parent*

Health Programs that are offered to employees

PRE - grade levels are competing against each other in the Biggest Loser

CGE - holding a Biggest Loser Competition and a steps competition

LHS - Biggest Loser competition

SHAC will be reviewing and revising the District Health and Wellness Plan

Craig Davis helped with this process last year.

The next meeting on February 14 in the LHS Distance Learning Lab will include information about the LISD Health and Wellness Fair.

February 14, 2018

The meeting was called to order by Lana Smith at 9:05 a.m.

Members attending the meeting included: Melanie Justice, Heather Wiggins, K. Boddie, Mark Young, Jennifer Birdwell, Krissa bass, Barbara Waters, Karen Maxey, Cheyenne Olexy, Kathryn Pedigo, Dalva Moseley, Lana Smith.

Discussion of flu symptoms and prevention. Campuses are asking that parents keep students home until 24 hours free of fever. The district is disinfecting classrooms, gym and other high traffic areas at every campus to help combat the spread of germs. GenEon Systems were purchased by the district and are being used to sanitize and disinfect buses, classrooms and common areas with a chemical free mist.

Lana welcomed everyone for attending, she thanked Mark Young for providing breakfast items to the members.

Lana encouraged SHAC members to support our community partners and help promote any events that they may be holding. She reminded everyone that the LISD Fine Arts Festival and Health & Wellness Fair will be held at Livingston Intermediate School on April 19.

Krissa Bass let everyone know that the sign-up time is now for the Texas Lions Camp. The camp is a residential camping facility for children with physical disabilities, type 1 diabetes and cancer. Children with special needs from all over the State of Texas are invited. Children ages 7-16 with disabilities are encouraged to fill out an online application and will need to submit a physical. Children will attend the camp in Kerrville in June and transportation is available.

Lana will be emailing the LISD Wellness Plan to all SHAC members for review. She asked that everyone be sure the district-wide plan is current. She also encouraged everyone to take a minute to review the SHAC page on the LISD website. It can be found under the "Community" tab. Please give feedback if you find that more resources for parents and students need to be included. More links can be added to the website covering a variety of topics.

The meeting was adjourned at 9:37 a.m.

The next meeting will be held on Wednesday, March 21 at 9:00 a.m. in the LHS Distance Learning Lab and will include information about the LISD Health and Wellness Fair.

March 21, 2018

The School Health Advisory Council (SHAC) meeting was called to order by Lana Smith at 9:05 a.m.

The following were in attendance:

Lana Smith - *LHS Academy Principal and SHAC Coordinator*
Kimberly Hughes - *Health Center Southeast Texas*
Gail Wright - *PATH Partners Resource Network*
Rusti Garcia - *PRE PTO President, House of Mary, COH, Kindred Hospice*
Ruth Wright - *Livingston Junior High Assistant Principal*
Melanie Justice - *Livingston Intermediate School PE Teacher*
Kristin Boddie - *Pine Ridge Elementary Nurse*
Whitney Haynes - *Pine Ridge Elementary Counselor*
Jennifer Birdwell - *LISD Communications Director*
Karen Maxey - *DAEP Principal*
Kathryn Pedigo - *LHS Counselor*

Lana distributed and reviewed the minutes from the February 14, 2018 meeting. She reminded everyone about Texas Lions Camp and encouraged applicants to be directed to campus nurses.

Jennifer mentioned that the TRS ActiveCare participants are eligible to join a wellness challenge called Shake the Sugar. An email was sent to all district employees. Those participating in TRS ActiveCare can log onto their portal as teams or individuals. The Challenge dates will be March 26 - April 22. The purpose of the challenge is to remove unhealthy sugars from your diet.

The table diagram of the Health Fair was also distributed and there was discussion about the Health Fair. The Health and Wellness Fair is sponsored by SHAC and will be held on Thursday, April 19th from 6:00 p.m. - 8:00 p.m. at the Livingston Intermediate School Cafeteria. It is held in conjunction with the Livingston ISD Art Festival. Last year's diagram of the cafeteria indicated 20 tables, this year's list already included 22 vendors.

The 2018 Confirmed Vendors include:

LHS CNA Students	National Park Service
Southwest Food Service	Path Project
Childrenz Haven	Health Center Southeast Texas
HEB	Lice Clinics of America
Amerigroup	Texas Parks & Wildlife
Kindred Hospice	
Center of Hope	
Camp Cho-Yeh (Will confirm closer to the event)	
Region VI Alcohol & Drug Abuse Council	
Livingston Fitness Center (will confirm)	
Head Start	
CHI-St. Luke's Hospital	
House of Mary	
LISD PTO	
Grace Pregnancy Outreach	
LISD Nurses	
Lions Club	