

November 12, 2019

Bria Morris - CGE Counselor

Kelly Bradley - DSHS

Vickie Fuller - DSHS

Barbara Waters - retired teacher

Deena Galloway - TCE P.E. Coach

Ashley McMaster - TCE Nurse

Heather Wiggins - CGE Nurse

Robbie Vinson - LJH Counselor

Denise Tucker - LJH Assistant Principal

Jenny Bush - GEAR UP Coordinator

Kim Bartel - ACDAC

Tamara Morris - CSE Counselor

Jennifer Page - ACDAC

Abby Baker - Coalition

Pam DuBose - CSE Nurse

Kirstin Boddie - PRP Nurse

Whitney Haynes - PRP Counselor

Stephanie Mitchell - Childrenz Haven

Crystal Valderez- CSE PE

Kaycee Hendrix - Childrenz Haven

Melanie Justice - CSE PE

Kathryn Pedigo - LHS Counselor

Mark Young - SFE

Bridgett Tisdale - SFE

Lana Smith - Director of Student Services

Jennifer Birdwell - Director of

Communications

The School Health Advisory Council (SHAC) meeting was called to order by Lana Smith at 9:08.

Copies were distributed for the Jingle Bell Run.

Students participating in Creekside Elementary Fuel Up to Play 60 program prepared breakfast for the group.

Creekside Elementary Counselor Tamera Morris brought students to the meeting to demonstrate Balance Audio-Visual Exercises. These techniques are used to focus in class. Brain gym consists of thirty exercises that can be conducted in class to help relax, focus and concentrate.

Pine Ridge Primary Counselor Whitney Haynes reviewed programs in place at her campus of Pre-Kindergarten and Kindergarten students. Each month the district focuses on a different character trait - November's trait is Compassion. At the beginning of the school year, she meets with every student on campus and completes the "Minute Meetings" by the end of August.

The Daily Announcements include a different rhyme about being compassionate and they also post it on Facebook. Pre-Kindergarten has 13 lessons per month and the Kindergarten students have 15 lessons per month. The teachers can request special programs. Mrs. Haynes holds seven groups of lunch bunch which consists of students from teacher referrals. She groups the students based on similar behavior and they focus on staying on task. She meets with students for individual sessions at the request of the parents. She sees kids with the following concerns - parent incarceration, family member death, student threat to self, student threat to others, and physical and sexual abuse.

LHS Counselor Kathryn Pedigo still builds on character traits that are implemented at the lower levels. They build on compassion month by holding a food drive for local charities.

ACDAC is putting out flyers about energy drinks as well as flyers about alcohol. ACDAC will visit 9th-grade health classes.

The last legislative session is leading schools to implement mental health initiatives. A law was passed making educators aware of warning signs and what to look and watch for. The Jason Foundation is a US organization that provides curriculum material to schools, parents and other teens about how teen suicide can be preventable. The Jason Foundation also aims to send out awareness of teen suicide and helps to connect parents to resources outside of the school. Jason did not fit any of the stereotypes of student suicide. Educators are encouraged to get to know students better.

One more officer is being added to the staff and will be split between CGE & TCE.

Creekside Elementary Coach Melanie Justice presented CATCH - Coordinated Approach to Child Health, an E-cigarette & JUUL Prevention program. The program consists of four lessons in four weeks, 30-35 minutes per lesson. This is a huge health crisis. Twenty percent of high school students are using these products. The program is designed to get the facts out to the students in our district.

Abby Baker distributed a Texas school survey about current drug use and trends. The most drastic finding compares the following, e-cigarettes, smokeless cigarettes, and cigarettes. The change is drastically increased. The information provided is for Angelina, Polk and San Augustine combined. LISD will participate in a survey and will be provided data specific to the district.

Stop the Bleed training will be provided to nurses and teachers and will begin with AED training. The state has a specific list of items that are required in the "Stop the Bleed" kits. Teachers and key staff will be trained on how to use the kits and upon completion of the session, they will become trainers.

Jennifer Page with ADAC shared that November 21st is the Great American Smokeout which focuses on a 24-hour commitment of no smoking.

The State of Texas has a 14% usage rate and Polk County has a 17% usage rate.

The meeting was adjourned at 10:05.