

February 5, 2019

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

The following were in attendance.

Heather Wiggins - CGE Nurse	Ashley McMaster - TCE Nurse	Tamara Morris - LIS Counselor
Carlene Womack - Amerigroup	Melanie Justice - Intermediate School PE	Pam Dubose - LIS Nurse
Misty Nettles - Grace Pregnancy Outreach	Crystal Valdez - Intermediate School PE	Kristin Boddie - PRE Nurse
Mark Young - SFE - Food Service	Lana Smith - LHS Academy	Ruth Wright - LJH Assistant Principal
Jennifer Birdwell - LISD Communications	Frances Palmeri - CHI St. Luke's Health	Kyeisha Foreman - PRCS - ADAC

Lana reviewed the minutes and highlighted activities going on in the district including. CPR & AED Training for LISD staff.

Districtwide - extra classroom and bus cleanings to prevent illness. When there is a confirmed flu or strep case the custodial staff is notified. This year the district is taking a pro-active stance and teachers are also wiping down desks in classrooms to help prevent the spread of germs.

Go Red was held at LIS on February 1st. This is an American Heart Association program and has been in place for the last 3 years. The AHA statistics are 1 in 3 women will have heart disease. If you would like to make a \$20 donation to AHA you receive a "Go Red" t-shirt. All LIS staff participated in stations conducting blood pressure, documenting height and weight to calculate BMI, pulse, O2 stats, respiratory rate, temperature. LHS CNA students helped with the stats and SFE set up a yogurt bar for teachers.

Nurse Heather Wiggins gave a presentation on puberty-hygiene talk that will be presented during the 2019-2020 school year after the elementary campuses have transitioned. The Hygiene DVD is geared to 3rd - 5th-grade levels. The title is "You're not a little kid anymore". There is a separate girls and boys version to be viewed. The SHAC committee viewed the video "Just around the corner". Nurse Wiggins plans to show the video to the 5th-grade students during the Spring semester. The hygiene video will be shown to 3rd - 5th-grade students. Lana reminded the group that it is the job of SHAC to recommend a curriculum after LISD Curriculum Officer Janan Moore has approved it. Prior to the students viewing the video, a letter would be sent home to parents giving them an opportunity to opt-out. The CGE campus plans to give parents an opportunity to view the video on a Professional Development Day. Nurse Wiggins plans to put together hygiene packets to give students on the day they view the video including deodorant, toothpaste, toothbrush, mouthwash, etc.

The Livingston ISD Fine Arts Festival and Health Fair will be held on Thursday, April 18, from 6:00 pm - 8:00 pm. This event helps the district meet state and federal requirements. We have an outstanding parent attendance at this event. A sign-up list will be available at the April 3rd SHAC meeting for those interested in having a booth at the health fair.

Lana reminded everyone to sign up for the Friday Beat Newsletter. This website shares a lot of beneficial school health information. <https://www.dshs.state.tx.us/schoolhealth/fridaybeat.shtm>

Kyeisha Foreman with Region 5 Prevention Resource Center in Lufkin updated the group on drug awareness. Juul - is an e-cigarette in the form of a USB drive (Juul pod). Police recently arrested a dealer of Juul pods containing marijuana. Sales of flavored Juul pods have discontinued in convenience stores. Be aware, even if these products say they do not contain nicotine, there can be trace amounts. One pod can have the potency of two packages of cigarettes. Warnings have been issued in the Lufkin area: Don't touch anything in a park. Fentanyl can be absorbed through the skin. Less than the size of a dime can be lethal and it is causing people to overdose and die. Pamphlets on E-Joints were distributed to those in attendance.

Meeting adjourned at 10:15 a.m. and the next meeting will be held on Wednesday, April 3, 2019