

Lamar Consolidated ISD
School Health Advisory Council (SHAC)

Meeting Minutes – Nov 14, 2023

- I. **Call to Order at 10:05 by Evelyn Hicks**

- II. **Review minutes – October 17, 2023; Rebecca Clark motioned to approve minutes as is**

- III. **Old Business**
 - a. Cody Stephens Program Update
 - i. See presentation notes below
 - b. Wellness Coordinator Update
 - i. Up to 30 WC's out of 57, but looking for 100%
 - c. Wellness Plan Update
 - i. Planning to do a separate workshop to divide into Health (hoping a nurse will lead), Physical (Coach Gabbard will lead), and Nutrition (Monica Tomas will lead) subcommittees
 - ii. Schedule zoom meeting to discuss
 - d. SHAC Awards
 - i. Brenda Thompson shared the purpose & description of SHAC awards. Reviewed the 8 parts for awards. Campuses also gave examples of some of the initiatives they've engaged in. Discussed funds for awards.

- IV. **New Business**
 - a. Cody Stephens presentation by Alana
 - i. 2019 Legislation says all school districts should offer free ECG. The machines are \$2800. The CSF provides grants and they are ready to write a grant for LCISD for the machine.
 - ii. 1 in 300 students are at-risk.
 - iii. Galena Park, Cy-Fair, Katy ISD, & Needville have participated; Katy ISD is offering EKG to their employees.
 - iv. Leaman JH Basketball coach spoke about his group participating in a test trial.
 - v. Can incorporate school district's nursing students to assist with the program.
 - vi. 7th, 9th, 11th grades are the recommended grades for the ECG. \$10 is the recommended price if you own a machine. \$10 for the cardiologist to read, electrodes, and machine upkeep. It's \$20 per student if you don't own a machine. The procedure is non-invasive. The procedure can be done at school during the day. It only takes 2 minutes per student. The foundation calls parent if there is an issue with the results.
 - vii. The Foundation will give resources to families for affordable follow-up care.
 - viii. CHF can possibly get a grant to pay for each student so parents don't have to pay.
 - ix. 2 machines per HS campus is ideal. Their cardiologist can read ages 11+ ages.
 - x. Cody Stephens Foundation needs a letter of support from SHAC & LCISD parents. Alana will send the form letter to SHAC.

- V. **Events & Reminders**
 - a. Next meeting 1/9 at 10am; New bldg

VI. Adjournment at 10:57 am

Attendees by Zoom

Lorena Lynch	Ali Khan	Debbie Nesbitt	Coach Forshee
Brenda Thompson	S. Turner	BreeAnn Lancaster	Jeremy May
Brian Stuckey	Sara Brown	Tamara Mage	Rebecca Clark
Ali Khan	Teresa Cantu	Denia York Soto	Fran Benson