

LISD School Health Advisory Council

Minutes

March 20, 2024

The meeting was called to order at 6:03 pm

Approval of Minutes Opening remarks were made by Courtney Houghton.
Minutes were approved

Child Nutrition Menu Offering: Alberto Garcia, Director Aramark, provided a variety of Petit Fours to celebrate the final SHAC meeting for the SY.**Old Business**
- none

New Business

Demonstration on using Speed Stacks by Chad. This company promotes talent and use of stacking cups quickly and in different formations. Allows all kids, no matter their athletic ability to experience friendly competition and movement. Melanie will be sending out a survey polling council member on whether or not they will be returning to the SHAC for the 2024-25 school year.

Sub-Committee Report Out

Student Fentanyl Awareness- The subcommittee concluded their review of supplementary curriculum for secondary student Fentanyl Awareness. The curriculum reviewed is offered through the federally initiated High Intensity Drug Trafficking Areas (HIDTA) organization out of the the office of the President of the United States. The curriculum meets the Texas TEKS Health Standard for 6-12th grade The following motion was made and passed unanimously by the council. The committee recommends to the LISD Board of Trustees that the Dead-on Arrival video and curriculum from the (HIDTA) organization be added to the secondary advisory lessons beginning Spring of 2025 and that the student handouts are to include the pages, *Fake Pills Fact Sheet* and *Fentanyl is Lethal*.

Elementary Movement and Physical Activity

This subcommittee concluded their review and discussion on elementary movement and physical activity. The following motions was made and passed unanimously by the council.

The committee recommends that indoor recess be defined as unstructured time that allows for student choice. No individual technology will be used and not television or movies that do not promote movement will be utilized. If the smart board is used, it will display guided activities.

The committee recommends that the sub-committee continue for the 2025

SY and expand examining movement for a wider variety of ages with activities that give the students opportunities for brain breaks.

Adjournment - @ 6:55pm