



Student Health Advisory Committee (SHAC)

Minutes

Tuesday, February 14, 2023

11:30am-1:00pm

Welcome - Jan Fulbright opened the meeting by wishing everyone a Happy Valentine's Day and appreciating everyone for coming out with the bad weather.

In attendance were Jan Fulbright, Cindy Tierney, Kim Bartel, Stefanie Beams, Kristen Belshaw, Jesse Bradford, Stewart Burson, Amanda Calk, Missy Perry, Liza Smith, Dr. Amanda Smith, Thalia Tierney, Tamara Tucker, Paula Moore, Tamara Anguiano and Leslie Brimmage.

Previous minutes were reviewed and motion approved by Jesse Bradford and second by Kristen Belshaw.

Dr. Amanda Smith from digital learning gave an update. Students are fully online with testing if not fully 100% this year, will be next year. Kindergarten through 2nd grade students are learning to type which started last year on learning.com. Third through fifth grades are learning writing and will have to type it out on computers. The nursing program got new iPads several years ago for each campus to FaceTime The Children's Clinic to ask questions. It's helped low income families who need medical assistance. By using the app DexCom to monitor blood sugar for the diabetic students, nurses are able to follow the students on the iPad. All PreK-2nd grade use iPads, 3rd-5th use Chromebooks, which are only internet laptops. Teachers can watch students on the iPads and lock it if needed. Sixth through twelfth grades use laptops. The district is a certified digital citizenship which constantly works with students showing videos and discussions regarding safety.

Amanda Calk RD, LD Director of Student Nutrition updated on Student Nutrition. All regulations and guidelines come from USDA. All funding is Federal Funding. All students qualify for free meals (breakfast and lunch) regardless of income. You can read more about this presentation on the attached PDF or listen to the audio.

Proposed standard for sugar on page 8057, proposed standard for milk on page 8060, proposed standard for whole grains on page 8063, and proposed standards for sodium on page 8066. Page 8081 starts a "summary of changes". The link on where to comment on the proposed rule changes is below. There is a blue "comment" box next to the share button. <https://www.regulations.gov/document/FNS-2022-0043-0001>
Public comments on these proposed changes are open until **April 10, 2023**.



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Tamara Anguiano, Family Engagement Specialist for 21st Century, an after school program. We have a grant for 5 years and we are currently in our 2nd year. Our goal is to improve academic performance, increase attendance, promote positive behavior and increase family engagement. We do one hour of academics and one hour of enrichment. As of today, we currently have 799 students and their families on 5 primary and 5 elementary campuses. We promote health and wellness and have 8-12 family engagements per week. We have Community Partners that are coming in and working with us including Food and Nutrition, Lufkin Parks and Recreation, Angelina College Men's basketball team, East Texas Food Bank, Texas A&M Agrilife Extension Service, Family Crisis Center and ADAC. Physical activity includes Pilates, Karate, basketball and ballet.

For more information, visit the 21st Century website.

<https://www.lufkinisd.org/2021/11/30/what-is-the-21st-century-texas-ace-program/>

Jan Fulbright shared information regarding Texas Mobile Imaging. This is a company that provides scans, AFib screening, and carotid artery screening. We are planning to have them present to staff members in early Fall.

Cindy Tierney updated on health lessons. This time last year we started some conversations about the new legislation that came out and new requirements. A proposal was submitted to the school board and was approved for health talk for 4th and 5th grade. In middle school and high school health topics are covered in Health class. Fourth grade is about puberty, 5th grade is maturation, safety, how to be safe and stay safe. Opt in letters were sent out to 4th and 5th grade boys and girls.

Kim Bartel from ADAC presented flyers on the Prom Project and Texas School Survey Statistics 2022.

Respectfully submitted, Administrative Assistant

Next meeting will be held Tuesday, April 11, 2023