

Lago Vista ISD School Health Advisory Council (SHAC)
Meeting minutes for meeting 1: Jan 22, 2026 6pm

6pm: Meeting called to order by Laura Rutledge, District Lead Nurse, Co-chair
Welcome, introductions, and attendance.

Members present:

Laura Rutledge, Co-Chair

Coral Nash, Parent, Co-Chair

Tina Pasak, SHAC Admin liaison, District Assistant Superintendent

Amy Sexton, Counselor, Elementary school

Julee Range, Parent

Teagan Lewis, Parent

Karie Rowland, Teacher, Middle school

Dr Charles Cox, Community member

Don Johndrow, Community member

6:07 pm: SHAC Health Initiatives overview by Laura Rutledge: Outline of SHAC's purpose and importance related to student health and academic success. Meeting minutes will be posted on Lago Vista ISD website, as well as future agenda's 72 hours in advance of meetings. SHAC is advisory only and does not handle individual cases or make operational decisions. SHAC will meet 4 times per year with meetings limited to 1 hour. Reminder to everyone to be respectful and open to hearing everyone's position on topics. Topics SHAC may discuss include student health services, mental and behavioral health prevention and education, physical activity, and overall wellness.

6:10pm: Laura Rutledge reviewed updates in the health department:

- Current open positions in the Elementary School and Middle School offices.
- Review of last year's recommendation from SHAC to purchase an updated curriculum for the PE department. SHAC's recommendation was purchased.
- Update on having an athletic trainer at the high school this year handling concussion protocols and seeing students for sports related injuries, assisting in purchasing a new AED for the high school main gym.
- Vaping prevention assembly scheduled for February at the high school and middle school. "Steeredstraight.org"

6:15pm: Laura Rutledge discussed the Medical Emergency Response Team (MERT) that was initiated at the high school this year.

- Overview of roles and responsibilities and how they performed successfully at a medical event that occurred. The MERT debriefed after the incident and went over what went well and what we could improve on. Roles reviewed. One area of improvement that was noted– when sending out an alert to parents that the school is on a hold to please include that the parent of the student involved has been notified. Coral Nash agreed this would be a good addition if this is to occur again. Laura Rutledge will bring this to high school administration tomorrow.

- Discussion of calling EMS during last school year without a MERT versus the call this year and the additional clarity those assigned to roles had in how to help the situation.

6:20pm: Laura Rutledge opened the meeting to anyone wanting to share what they would like SHAC to discuss this year, any health initiatives they would see as helpful for the group to discuss.

- Coral Nash mentioned she might have a great lead on someone to fill the open position at the elementary school.
- Julee Range would like to discuss if SHAC can speak to mental health and wellness as well as physical health.
- Tina Pasak discussed that across Texas there is a requirement for all educators to be trained in mental health first aid by 2028. LVISD are phasing in training, and had their first group complete training with another group scheduled for the end of the year/beginning of next school year. Tina stated we have smaller suicide prevention training currently, but are set to be compliant by the deadline set by the state for full day training.
- Julee Range questioned what the school is doing currently with the termination of the social emotional learning class.
- Amy Sexton spoke to the elementary school teachers having a daily morning meeting where they address social emotional issues. Mrs Sexton also teaches guidance classes and holds small groups. She is also available for students to meet one on one.
- Laura Rutledge spoke to the PALS program and their help with students who need some one on one time with an older student for social emotional guidance. PALS are currently going to all lower campuses.
- Laura Rutledge would like to discuss for the coming meetings the new food pyramid guidelines and what that will change for the school system.
- Laura Rutledge would like to discuss Senate Bill 12 and how parent consents will be implemented for health services next year. We need a better understanding from our legal department the interpretation of the law and whether opting in or out of services is required. Waiting on TEA guidance.

6:32pm: Last call for any other topics anyone would like to discuss. Laura Rutledge would like members to be thinking about what they would like to get out of this committee and if any questions come up to please email with any questions.

Meeting adjourned at 6:32pm