**School Health Advisory Council**

Agenda - December 5, 2011

\*  Welcome and Introductions

\* Introducing Dr. Gerry Foo

\* Mindfulness Moment

\*  Discussion Topics

                \*  Homework Research/Building resiliency website/on–line survey of LHS

student stress/Update on RTN

\* Support for Dining Services (Remarks from Kellie Prince, Director of

Food and Nutrition Services)

                \*  Wellness Policy Revision/Update

                \*  Middle School efforts for parent education/support

                \*  Support for School Health Services

                \*  Advocacy for health, physical education and wellness

\*  Other Areas

                \*   PTSA forums

                \*  Mindfulness practices/ways to address mental health issues

including stress and resiliency

                \*  host YRBS results

\*  SHAC meeting dates for FY 2012

                \*  Mar. 12, 2012

                \*  May 14, 2012

NOTE: See reverse side for community notice and announcements.

Community notice: School-Based Family Flu Clinic Scheduled

Free flu clinics for Lexington families are planned for November 30 and December 7. All Lexington Public School students and their families will have the opportunity to be vaccinated from 4-7p.m. at the William Diamond Middle School on Nov. 30th and at Lexington High School in the Library Media Room (#147) on December 7th. Students may be vaccinated without the presence of a parent if they provide a signed consent form. Consent forms will be available on the LPS website prior to the clinic. The flu consent form is available at <http://teacherweb.com/MA/LexingtonPublicSchools/LexingtonSchoolNurses/apt11.aspx>

**Announcements**

Thursday, December 8th parent group meeting: guest speaker. Mary Ann Burnside will discuss mindful parenting and will lead some mindfulness exercises. Mindful parenting is the practice of becoming more mindful and intentional about how we interact with our children. 7:45-8:45 am in the Library Media room at Lexington High School (room 147, main building).  All are welcome.

The Lexington Education Foundation (LEF) launches its first annual [*Global Treasures Multicultural Bazaar*](https://www.facebook.com/media/set/?set=a.254288241285232.54304.115214731859251&type=3) on Thursday, December 8, at the Lexington Depot, 13 Depot Square, Lexington, 2:30 -7:30 PM.  Come celebrate Lexington’s diverse student population and learn about LEF’s work supporting teacher initiatives in our schools.