

School Health Advisory Council Minutes

April 20, 2022

Odem Edroy ISD- OJH Library

4:20 to 5:20

Participants in attendance: Lisa Perez, Amy Salinas, Laura Ruiz, Elisa Garza, Renee Orta, Abigail Martinez, Esmeralda Martinez, Dora Sturgeon, Lidamar Yruegas, Laura Ortiz, Lisa Flores, Cynthia Garcia, Yolanda Carr, Janie Luna, Lori Schultze, Shannon Seale

Members Absent: Virginia Lopez, Dora Sturgeon, Armando Huerta, Miguel Lopez, Christine Alcocer, Belinda Ruiz, Erica Tapia, Cynthia Garcia, Christine Guzman, Debra Velasco, Janie Luna, Kathleen Flowers-Madrigo, Kathy Farrow, Marcella Gutierrez, Felicia Espinoza, and Jason Pfluger.

Visitors: Alexandria Moody-Coastal Bend Wellness Foundation, Barbara Burditt, and Annette Hall- The Great Body Shop (via zoom)

The meeting was called to order at 4:20. Lisa Perez, RN read the mission statement, welcomed members and guests to the meeting. The minutes from the 1/12/22 meeting was read and approved by all members.

The SHAC team then shared reports from each committee.

Nutrition: Janie Luna- Cafeteria Staff, still offering a fruit or vegetable option on Tuesdays and Thursdays for an afternoon snack at the Elementary and Intermediate campus. Sometimes it changes and she can offer something exotic; something that the students would not normally try.

Physical Education: Renee Orta has begun working on field day events that will be all-day on May 19, 2022. In the morning, students from K-2nd grade and in the afternoon 3rd –5th graders. She is currently working on a push-up and sit-up program.

Health Services: Lisa Perez stated that we are currently testing students and staff for covid. Vision, Hearing and, AN (Acanthosis Nigricans) Screenings are complete and now working on state report. Nurses are working on following up with parents as far as who has been seen and treated by a physician.

Healthy School Environment: Police force in Odem, Texas State Troopers and San Patricio County Sherrif Dept. continues to patrol the schools for safety. Each campus is still conducting fire and safety drills periodically.

Health Education: Laura Ortiz, Lisa Perez and Amy Salinas completed the CPR for seniors' class and applied to their transcripts. The new TEKS for Health Education curriculum for next school year was discussed; along with a decision on which program the district will adopt.

Counselors: Abigail Martinez explained, Project Turn Around just finished last week with their Drop Everything and Read Night. They were able to read to the students, gave out books and Petey (Turtle) the mascot acted out some of the readings. She is going into the classrooms this month and talking about bullying. Journey of Hope has also started. Dr. Gomez, LPC is contracted with the district and is here for counselling services on Mondays and Wednesdays at the Elementary and Intermediate.

Referrals are handled by the assistant principal on each campus. Project Turn Around, did presentations for Alcohol Abuse, Prescription Drug Abuse and THZ. They have also begun FYI group therapy for students that suffer from anxiety and panic attacks, meeting every Monday with a group of 11 and started 5 weeks ago (students like it). Also at the High School Dr. Gomez LPC, is counseling 3 students so far and would like more that are having difficulty.

Family and Community Involvement: Parent conference at San Patricio County Civic Center 4/21/22 @ 8:30-2:00. Drop Everything and Read in the Junior High Cafetorium last week @6.

Health Promotion for Staff: Amy Salinas, spoke about the weight loss challenge that was done at Junior High in February of this year. She spoke about some of the prizes, cost per person per week and what the outcome was. Lisa Perez stated that the Superintendent's office is doing a raffle for a free pass to the city pool for water aerobics classes and to keep an eye out for the email. She also explained that Kathy Farrow with Texas Agri-Life has the step-up to scale-down program also for weight loss.

Open Discussion:

Barbara Burditt from The Great Body Shop (via zoom) presented their curriculum/program with the new health TEKS. She explained the age groups that it covers and went over several slides according to grade levels with social and emotional learning in every unit. She also spoke about what the teachers would receive as far as instructional material. At the end answered a few questions SHAC members had.

Alexandria Moody from the Coastal Bend Wellness Foundation (Making Proud Choices) just reiterated that the program they offer covers all the health Teks and is for ages 15-19yrs old.

Lisa Perez began by making sure that everyone is aware that this meeting is about making the decision for the new Health Teks for grades K-8th and which program we will want to apply for next school year. Members of SHAC discussed their likes and dislikes about the programs offered and the Opt-in option for parents. Some had ideas as to whether it should be taught in PE, Science or Social Studies classes. The program would be taught once a week on Fridays. The Great Body Shop does offer extra options for the grade levels and was discussed as an option to be used in the later school years. All were in favor of The Great Body Shops program, but the decision as to where in the curriculum it will be taught has not been decided. Lisa did make everyone aware of pricing for the program per grade levels. Yolanda Carr did state that if the program discusses character development, she could get funding for this. A motion to approve the Great Body Shop and Aim For Success for 5th grade as the new curriculums for next school year was made. The committee voted unanimously to present the Great Body Shop for K-8th grade and Aim For Success for 5th grade to the School Board for adoption for the 2022-2023 School Year. The meeting adjourned at 5:20.