

School Health Advisory Council Minutes

November 14, 2024

Odem-Edroy Intermediate Library

4:15 to 5:15

Participants in attendance: Crystal Juarez, Christina Brubaker, Briana Garcia, Lidamar Yruegas, Christina Yi, Abigail Gonzales, Marissa Mendez, Aricela Tortorello, Jason Pfluger, Cindy Garcia, Belinda Ruiz, Janna Shoe, Lisa Perez

The meeting was called to order at 4:15. Lisa Perez read the mission statement and welcomed members and guests to the meeting. The minutes from the March 21, 2024 meeting were read by everyone in attendance and approved by all members.

Christina Yi, Youth Outreach coordinator from the Pregnancy Center of the Coastal Bend spoke to the SHAC about the Esteem Health Curriculum and passed out examples of the material that is used to teach the curriculum for SHAC members to look at. She explained that the program is designed for 5th through 12th grade students. She also informed SHAC members that they have 5 locations in the coastal bend. They want to provide a primary prevention health curriculum to the schools. The Pregnancy Center of the coastal bend is seeing younger and younger students in crisis, including many 14 and 15 yr olds in our area. They want to make sure that the education is reaching our students before they get to their clinic and have need of their services. She explained that the curriculum she was offering would be provided through a Title V grant and would be free of charge to school districts and would cover all health education TEKS. The grant would be in effect for 5 years. The curriculum consists of 14 lessons. The first 9 lessons are non-sensitive topics. The last 5 lessons consist of sensitive topics. The curriculum has a strong focus on parental involvement. Parents can go online and see the curriculum and there is a parent preview night available to parents as well.

The SHAC (School Health Advisory Council) team then shared reports from each committee.

Nutrition:

Kathy Farrow from Texas A&M Agri-life Extension Service –K-5th grade students continue to receive the monthly nutrition newsletter; they can also offer programs to district employees such as cooking well with type 2 diabetes and cooking well for high blood pressure during teacher lunch hours. They can rotate at each campus and be onsite for 1-2 hrs. to do food demos and talk about nutrition and provide education for prevention as

well as maintenance for staff members who already suffer from those diseases. They can offer the program at different lunch periods so all staff on that campus could participate. Kathy also spoke about the yearly Parenting Conference which will be held in the spring. Texas Agri-Life Extension also has a school activity program, they offer any program that the school may need as it relates to students, teachers, or parents.

Physical Education:

Renee Orta, Elementary/Intermediate PE teacher was unable to make it to the meeting but reported that students are working on basketball skills and ball handling. They Turkey Trot for Elementary and Intermediate students will be held tomorrow, November 15 through the PE/Music classes. Parents can join students as they walk around the football track.

Health Services:

Lisa Perez RN reported that the Health Services Department finished all staff training for Blood Borne Pathogens, Stop the Bleed, and Anaphylaxis; finished all vision and hearing screenings for PK through 12th grade; and they are getting ready to complete scoliosis screenings. They will begin the Scoliosis screenings at the Intermediate campus for 5th grade girls next week and the Junior High Campus (7th grade girls and 8th grade boys) in the beginning of December.

Health Education:

The district uses the Great Body Shop Curriculum for K-8th grade health education at the Elementary, Intermediate, and Junior High Campuses.

Healthy School Environment:

Not discussed

Counselors:

Abby Gonzales the Elementary/Intermediate Counselor had to leave early but left her report. She stated that Project turnaround is finishing up for the fall semester at the Intermediate, they will begin again in the spring semester at the Elementary. The counselors are promoting Kindness, World Kindness Day was on November 13th so she rolled out some activities with the staff. She also reported that Dr. Gomez is now available for student counseling and will be billing through the parents Insurance to provide services. Parents can also utilize Coastal Plains to provide student counseling. Parents and students will have to travel to the Coastal Plains facility so that students can receive services. There was also a family bingo night for the district families on November 12th.

Belinda Ruiz, Junior High Counselor, reported that they are promoting kindness, Project Turnaround is also working with JH students and will not be finishing at JH campus until December 6 and that is for their small groups as well. They are announcing kindness shout outs any time they are observing the student's showing kindness to each other and awarding them over the announcements. They are also having students utilize the BCFS program. They have been really good with turnaround time with reaching out to parents and getting that set up. BCFS provides academic support, mental health support, whatever it is that the families may need. The counselors fill out the referral, and then BCFS reaches out to the parents, and then the parents follow up and set up the rest with them. They can meet with the students here at school or go to their home, whichever the parents prefer.

Family and Community Involvement

Pies with Parents will be held on November 18, 19, and the 21 for Intermediate students and for Elementary students Pies with Parents will be held on November 18, 19, 21 and 22.

Health Promotion for Staff:

Did not discuss

Discuss adding guidelines on students consuming energy drinks at school-

Discussed as a committee how there was a concern about students drinking energy drinks at school. In previous years there had been students who presented to the nurse office with heart palpitations, panic attacks, and other symptoms who report that they had energy drinks that day. Discussed the Academy of Pediatrics stance on Energy drinks for children. Agreed as a committee to discuss the need for wellness policy updates to include language prohibiting the consumption of energy drinks on school grounds.

Health Fair-

Agreed that the Health Fair will be held on Friday March 7, 2025.

Great Body Shop Issues

Lisa Perez

3rd grade Issue 9: Ears, Hearing, how to treat students with body challenges and Senses

Not opt in

3rd grade Issue 10: Skeleton, bones, jobs bones do, posture, joints in body **Not opt in**

4th grade Issue 9: Ears, how we hear, how the bones in the ear help us to hear **Not opt in**

Belinda Ruiz

Kindergarten Issue 9: Keeping Clean and Healthy - responsible cleaning, daily routines, benefits of cleanliness, staying healthy, being a good citizen. **Not opt in**

Kindergarten Issue 10: Everyday play –what play is, the importance of play, how they play, different types of play (group and individual) play as exercise and rules of play **Not opt in**

7th grade Issue 4: Reproductive system- puberty, reproductive organs with diagrams. fertilization, care and feeding of embryo, birth process, friendship and dating, saying no to harassment. **Opt in**

Jason Pfluger

6th grade Issue 7: All about addiction- What is addiction, classification of drugs, depressant versus stimulants, some things are legal but not safe, harmful side effects of vapes and other drugs, how to make good decisions, how to say no. **Not opt in**

6th grade Issue 8: Infectious diseases- respiratory infections, HIV, STDs, effects of drugs and those decision and what that could lead to. **Opt in**

8th grade Issue 9: Environment and your health, environmental issues, how to protect the environment, how your environment can affect your health

Aricella Tortorello RN

5th grade Issue 7: Use and Misuse of drugs, talked in depth about stimulants, meth, crack, cocaine, methamphetamines, barbiturates, hallucinogens, GHB, alcohol, substance and alcohol abuse, choosing to be drug free, ways to stay drug free. **Not opt in**

5th grade Issue 8: Circulatory system, the heart, how the heart beats, platelets, blood, plasma, blood and your immune system, HIV and your immune system. **Opt in**

Cindy Garcia

1st grade Issue 9: Breathing, lungs, running **Not opt in**

1st grade Issue 10: Physical exercise, running playing, playing fair **Not opt in**

7th grade Issue 4: Sexual Transmitted diseases, sex trafficking, sexual predators, relationships **Opt In**

Dr. Lidamar Yruegas

3rd grade Issue 7: Saying no to drugs, what are drugs, what are e-cigarettes, effects of drugs on your body, what happens if you take too much cold medicine **Not opt in**

3rd grade Issue 8: What to do if you are sick, things that your body needs like rest, the importance of vaccines. **Not opt in**

6th grade Issue 10: Sports, ligaments, muscles, and how sports and exercise affect your body. **Not opt in**

Marissa Mendez

7th grade Issue 7: Safety, ways to prevent injuries, understanding violence, hate crimes, abusive relationships, gang affiliations, domestic violence, sexual abuse, trafficking **Opt in**

7th grade Issue 8: Substance abuse prevention, effects of drug use, lists all the drugs, what it does to your body, long term use and short-term use, risk factors, values and beliefs, how to say no, decision making, and drug and alcohol intervention and treatment. **Not opt in**

Open Discussion

Janna Shoe outreach disaster coordinator for 211 Texas. She brought some brochures to share with parents and families about the State helpline. It is available 24hrs a day 7 days a week, even holidays and during disasters. They are an option 1 information referral. They connect people looking for a variety of services that they might need help with, and they upload their database to the 211texas.org website where they can answer questions with chat 24hrs a day in English or Spanish. You just need a zip code when you call to see if any programs are available for anyone in the community. She inquired if the SHAC was aware of Tchat for mental health counseling.

Belinda Ruiz stated that the concern was there was a long wait time with that service. It is a telehealth mental health counseling service.

Janna Shoe-Coastal Plains offers a program for outpatient substance abuse disorder treatment for youth or if you're dual diagnosed mental health substance use disorder of any type there's a program in Alice or Kingsville. If anyone is interested, we can email her for more information.

Christina Brubaker from Driscoll Children's Health Plan spoke about the HeadStart program. They are wanting to encourage parents to apply for the HeadStart programs in Nueces and San Patricio counties instead of paying out of pocket for daycare. They are wanting to educate parents on what HeadStart is. It teaches them toilet training, ABC's,

123's and not just childcare alone. Parents can apply through workforce solutions. Enrollment fluctuates as people move in and out of the area.

Crystal Juarez from the San Patricio County Health Department spoke about grants that offer education in health topics that the district may need. We can contact her if we have a need for a specific topic and they can come out and speak to the students about those topics.

Lisa Perez spoke to the SHAC to see if we have an interest in recommending the Esteem program for the 2024-2025 school year. We will revisit and vote on this at the next meeting.

Aricella Tortorello spoke to SHAC to clear up any questions that were raised about The Great Body Shop and how to implement it.

Meeting adjourned at 5:20.