

## School Health Advisory Council Minutes

December 11, 2025

Odem Intermediate Library

4:15-4:40

Participants in attendance: Lisa Perez, Kathryn Young, Briana Casas, Christina Yee, Crystal Perez, Amanda Finly, Belinda Ruiz, Jason Pfluger, and Dr. Yruegas.

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 April 24, 2025, were read by everyone in attendance and approved by all members.

### **Nutrition:**

Unable to attend

### **Physical Education:**

Unable to attend

### **Health Services:**

Lisa Perez states that health screenings have been completed and we are currently working on rescreens and sending out referrals. Primary scoliosis screenings have been completed as well and rescreens will be started sometime this upcoming week. Referrals will be sent out once completed. New supply of Narcan will be ordered. The current supply will be expiring in March 2026. Two different organizations in the area will provide Narcan for free, so we will get with them to get more ordered. New EpiPen Juniors have been ordered and will be passed out to campuses before the new year. The current EpiPens will expire in February. New AED pads have been ordered for the press box. The current pads expire in February as well.

### **Health Education:**

We are currently doing Great Body Shop and Esteem. Christina Yee states 13 lessons have been completed so far for esteem and will be working on lesson 14 this upcoming week. Christina would like to know if there has been any feedback from students or parents about the esteem program. She states the kids have been engaged in the lessons and have been doing well. They have been discussing different goals and limits for themselves as well. Students are doing well when it comes to the sensitive lessons and they have been filling

out their journals. The plan for next year as an organization would be to offer the esteem program again but only teach the sensitive lessons and train the staff to teach all other lessons. Christina states her team will come in to train the teachers. Lessons will still be taught to grades 5<sup>th</sup>-8<sup>th</sup>.

### **Health School Environments:**

Jason Pfluger states drills have been started at all campuses such as fire and evacuation drills. Elementary and High school have both had their safety intruder audits and passed. We are currently waiting on audits for our other campuses.

### **Counselors:**

Counselors stated red ribbon week has been completed. Career day was done before Thanksgiving break and went well. Therapy dogs have been brought to the high school and will be returning next week. Due to them not having very many dogs it is hard to get them here as often. However, in January they should be getting more dogs for their therapy program. Project turnaround has begun and will include the counselors giving guided lessons. 6<sup>th</sup> and 7<sup>th</sup> graders will be starting ILead. A new curriculum will be introduced starting in January 2026 and will be taught during social studies. Interns have left; they finished last week. The same interns will be returning in January. They have stated they are enjoying their time here with the students. Debriefing is done every week about what is going on and how to reach out to parents regarding students. Interns have also participated in the guided lessons. Counselors are trying to get interns to be able to teach group lessons.

### **Family and Community Involvement:**

Lisa Perez states Pies with parents were done the week of November 13<sup>th</sup>. We had a great turnout. November 14<sup>th</sup> students participated in the turkey trot. Bingo night was held on November 17<sup>th</sup> and went well. There was a good number of parents to show up. December 15<sup>th</sup> will be the jingle bell walk taking place during PE class times. Parent teacher conferences were held and completed.

### **Health Promotion for Staff:**

Lisa Perez states Flu shot clinic was held in the intermediate nurse's office on September 26, 2025. 40 employees attended, which is probably the most we've ever had.

### **House Bill 3908 "Tuckers Law"**

Lisa Perez explained House Bill 3908 and what it entails. She was contacted to see what the district was doing to provide education about Fentanyl abuse prevention. This

education is required for 6<sup>th</sup> through 12<sup>th</sup> grade. Education has been done using videos and presentations during lunch periods by Roxanna. Esteem has provided this education to 6<sup>th</sup>-8<sup>th</sup> grade students.

### **Texas Mobile Imaging:**

Lisa Perez states this company will come and do scan for employees. Lisa was told he would like to come back February 16, 2026, to meet with campuses and provides education about scans that are done and how much they cost. Primary principals and nurses will not be charged. Lisa opened the floor for discussion on whether employees wanted him to come back. Everyone was in agreeance about having him come do education for scans on February 16, 2026, and then have him come on a day when there are no students to do the scans.

### **Health Fair:**

Lisa Perez asked attendees when they would like to have the health fair this year. Lisa suggested holding the health fair again in April. Another date was mentioned in May after testing has been completed. The only complaint from last year was one class could not attend due to vendors taking their lunch break.

### **Health Initiatives for staff and students:**

Lisa Perez asked if anyone had any ideas for health initiatives. Dr. Yruegas mentioned talking about doing a student beach to bay unless it will be when school is out. It was also mentioned to have the Jingle Bell walk to have some type of competition to keep the kids motivated. Dr. Yruegas stated they were thinking about doing that for the turkey trot next year. It was also suggested to try and have field day be more competitive and have it as a meet instead of activities for the students to participate in.

### **Open Discussion:**

Lisa Perez opened the floor for open discussion. The health department stated they would be available to participate as vendors for any health fairs and then asked if there was anything the district needs from them. Lisa Perez mentioned having the health department provide Fentanyl education. In response, it would be a good idea to have Fentanyl education the week before spring break. Lisa states we are working on not allowing energy drinks at school. We will discuss this more in the next meeting. Attendees discussed and agreed to have the next SHAC meeting on January 29, 2026, at 4:15.

The meeting was adjourned at 4:40.