

School Health Advisory Council Minutes

May 18, 2023

Odem Edroy ISD- OJH Library

4:15PM to 5:08PM

Participants in attendance: Lisa Perez, Marissa Mendez, Laura Ruiz, Amy Salinas, Lidamar Yruegas, Dora Sturgeon, Virginia Lopez, Jason Pfluger, Erica Tapia, Yolanda Carr, Cynthia Garcia, and Lori Schulze.

Parent: Miranda Rendon

Students: Jaelynn Salone, Avery Mendez, Ayvenn Rodriguez, Ryan Salinas and Jacob Salinas

Members Absent: Armando Huerta, Lisa Flores, Christine Guzman, Shannon Seale, Debra Velasco, Felicia Espinoza, Abigail Gonzales, Roxanna Arredondo, Esmeralda Martinez, Cindy Garcia, and Renee Orta, Janie Luna

The meeting was called to order at 4:15. Lisa Perez, RN read the mission statement, welcomed members and guests to the meeting. The minutes from the 4/20/23 meeting were read and approved by members. Lisa Perez answered questions about the previous meeting's minutes a parent and Staff member had.

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

Nutrition: Lisa Perez read off notes from Janie Luna- Fresh Fruit and Vegetable Program funding has ended. Kathy and Virginia will continue sending monthly newsletters about nutrition.

Physical Education: Lisa Perez read off notes from Rene Orta- Working on fitness graham for grade levels K- 12. FITNESSGRAM is a health-related fitness assessment that will help students reach healthy fitness zones in those areas where they need to improve.

Health Services: Lisa Perez-Working on State reports for Vision, Hearing, and Scoliosis. Getting ready for registration at the end of the month for PK, K. All nurses have taken Narcan and opioid overdoses training and were trained on how to recognize and administer Narcan. The Narcan has been ordered for the district. We are uncertain when we will receive it. The program that we ordered from distributes free Narcan to agencies and community programs who request it. Next school year Mrs. Carr and I will come up with a plan to decide who is going to carry it and who will be trained in the district. Health Services is also working on end-of-the-year reports and getting ready to shut down the Offices.

Healthy School Environment: Jason Pfluger- as we get into the end of the school year; our staff and students have done a good job of helping keep everyone safe. Keeping the doors locked/closed and following protocols. I am concerned that as we near the end of the school year staff will become lax. But the staff and students have done a pretty good job all year long.

We are in the middle of a large safety audit, which comes around every 3 years. We are working on the audit for this year. For the spring we will continue to do door checks, make sure everyone has an ID/badge (visitors, police officers and staff) and drills.

Health Education: Lisa Perez- The students just finished up The Great Body Shop and we are waiting for them to call back so we can order for next year. Trying to order early so we can get through all 10 issues for the new school year and if there are any new teachers, we can get them into the system so they will be able to utilize the curriculum as well.

Counselors: n/a

Family and Community Involvement: Lisa Perez –District Bond Passed for district improvements

Health Promotion for Staff: Lisa Perez- we just finished Step up to Scale down (12-week program) and overall, the group lost 120lbs.

Open Discussion:

Lisa Perez- Discuss and possibly take action on recommendations made by the recess committee about any changes that will be made to our policy or plan. When the committee met, we decided we would recommend:

PK- Structured physical activity 30min daily and 15 min of free play daily

K-5- 135 min of PE, PE and music will combine on Fridays to complete the total min. Also 20 min of recess free play daily for Kinder through 5th grades.

We can vote on how everyone feels, does that sound reasonable to everyone?

Lori Schulze: So, on Fridays will the music and PE class combine?

Lisa Perez- Yes, that is what we used to do previously before the previous music teacher was here. They used to do Fruity Friday and students would bring fruit and exercise or just participate in different activities or games so we could get our minutes in. Right now, they rotate music and PE. Next year the kids will combine on Fridays. How does that sound
Lidamar Yruegas-I don't know any other way to get the 135 minutes.

Lisa Pere- Let's put it to a vote. Everyone is in agreement? Motion approved.

High school only requires one credit for PE. For Junior High and High school what they currently have will meet the requirements by having student engage in 30min or moderate to vigorous physical activity per day for at least 4 semesters as part of the district's physical educations curriculum or at least 225 minutes of moderate to vigorous physical activity within each 2week period for the 4 semesters. Does that sound about right?

High School- District will meet the physical activity requirements at the high school campus by having the student do at least one physical education credit.

Erica Tapia- At the Junior high school we have PE class or athletics.

Lisa Perez- or band

Erica Tapia- Yes.

Lisa Perez- At the April SHAC meeting the SHAC had discussed updating the Wellness Policy and broken up into groups to review the current policy, and research how best to update the Wellness Policy to current guidelines and then have each group present their findings and recommendations to the SHAC at the May meeting. The SHAC would then discuss the recommendations and put them to a vote. Lisa Perez introduced discussion and possibly taking action on updating the District Wellness Policy based on the group recommendations. Multiple recommendations and changes were discussed. Motions were made to make the recommended changes to the District Wellness Policy. Lisa Perez asked if everyone was in agreement to make the recommended changes. Motion approved unanimously.

Lisa Perez then moved on to discussing recommendations for possible health initiatives- I know Dora asked me about implementing a garden, or we can table that and vote on it in the next meeting. I talked to Mr. Almaguer he stated he could build the flower beds, but we need to find the material.

Lida Yruegas- Home Depot has a grant for that

Lisa Perez- I talked to Kathy Farrow from the Texas A&M Agrilife Extension Service. She has a curriculum that we can use and seeds but doesn't have the soil and raised beds. She stated raised beds are easier on the back. In the curriculum the kids tend to everything and at the end they can have a taste test on the fruits or vegetables they grow. Another thing I was thinking about is having a nutrition club for the elementary and intermediate students, she can come up with a curriculum for that too. Would your bigger kids be interested in that?

Yolanda Carr- FFA and Culinary could get involved.

Lisa Perez- Maybe the culinary students could help teach it

Lida Yruegas- Fruit and Veggie Fridays?

Erica Tapia-That would be good

Lisa Perez-I talked to Janie to see if there was funding for that, she said probably not. But we could find the funding or have a fundraiser. We could revisit that next year to see if you're interested next year.

Meeting adjourned.