

School Health Advisory Council Minutes

January 29, 2026

Odem Intermediate Library

4:15-4:37

Participants in attendance are Lisa Perez, Aricela Tortorello, Belinda Ruiz, Cindy Garcia, Omar Garcia, and Lidamar 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 December 11, 2025, were read by everyone in attendance and approved by all members.

Nutrition:

Lisa Perez states she has become aware that the previous ladies from Texas AgriLife have retired. She states she will find out who the new representatives are and invite them to our future meetings.

Physical Education:

Unable to attend

Health Services:

Lisa states how the nurses are currently working on all new students' vision and hearing screenings and following up on referrals. AN referrals are being sent out.

Health Education:

Lisa mentions Great body shop education is continuing for grades K-4. Christina Yi has completed the Esteem curriculum for fifth grade and junior high campuses. We are currently waiting on surveys to come in for the junior high campus so they can be completed and submitted. Once those are complete everything will be finished for fifth grade and junior high.

Health School Environments:

Unable to attend

Family and Community Involvement:

Lisa states there will be a father daughter dance on February 15, 2026, at the intermediate campus. The elementary campus will be doing a sweetheart dance on February 6, 2026. Lidamar Yruegas states they have just completed their spring parent teacher conferences. It is stated by a member that a meeting will be held for parents on February 2, 2026 for grade course selections. Counselors are working on Project Turnaround to do community involvement by hosting a fair. Date and time to be determined. A member stated the 8th graders were hosted for their elective choices and a meeting for the parents will be held soon.

Health Initiatives for Staff and Students:

Lisa states that Jerry from Texas Mobile Imaging wants to know if March 16, 17, and 18th would work for doing the screenings. They will be held for staff during conferences and after school. Attendees agree on the selected days. The imaging will be held at the intermediate campus.

Energy Drink on campus:

Lisa goes over what our current district's wellness policy consists of. Mrs. Carr gave an example of how it can be written in the policy which states "energy drinks are not allowed to be offered or consumed by students during school hours on school campuses. An energy drink is type of beverage that contain large amounts of stimulant drugs, chiefly large amount of caffeine which are marketed as providing large amounts of mental and physical stimulation. They may or may not be carbonated and contain sugar or other sweeteners. There are many brands and varieties of energy drinks such as red bull, monster, rock star, etc. Not included in this definition are drinks such as Gatorade, Powerade or others that are intended as a sports drink that do not contain large quantities of caffeine but does contain electrolytes and is intended to rehydrate and refuel during physical activity. Campus administration should ultimately determine what does or does not qualify as an energy drink." Lisa asked the attendees how they felt about the above statement. Some staff members are concerned due to staff consuming these drinks as well on a regular basis and which drinks are to be considered energy drinks. Lisa reiterates that administration will make the final decision on what counts as an energy drink.

We would like to have this added to the wellness policy as soon as possible. Lisa found further information from the Academy of Pediatrics that she can post with the updated policy. The academy does not advise caffeine for children under 12. It is recommended that children 12-18 should not consume more than 100 mg of caffeine in one day. Consuming energy drinks can trigger symptoms that include restlessness, shaking hands, stomach

aches, headaches and nervousness. They can also cause irregular heart rhythm and other life-threatening heart rhythm changes.

Our goal is to keep our students safe and healthy. A member questioned coffee and Herbalife drinks being allowed. Lisa states we are here to determine which drinks are considered ok or if certain grade levels can be allowed certain drinks. It is questioned if other districts around the area are limiting energy drinks as well, which is unknown. Lisa mentions we are having students who experience the side effects mentioned above.

Lisa questions if members want to wait for it to be discussed more and vote at the next meeting. Members motion that we table this to the next meeting when administrators are present.

Wellness plan:

A copy of the wellness plan was provided to be read independently. It is discussed about campuses being allowed 6 different days to have concession stands for the students during school hours on certain days for students to purchase snacks. Members in attendance agree that 6 days out of the school year have been working and there is no need to adjust.

Recommendations for health initiatives:

Running club was started for the kids. Lisa suggested adding a fun run or possibly a family field day. Color run will be done this year as an elementary fundraiser. It is mentioned to have something towards the end of football season during the fall since springtime has a lot going on.

Open Discussion:

No open discussion currently.

Meeting adjourned at 4:37.