

School Health Advisory Council Minutes

Apr. 20, 2023

Odem Edroy ISD- OJH Library

4:15PM to 5:08PM

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

Parent: Miranda Rendon

Students: Luna Rendon, Ayvehn Rodriguez, 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.

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 3/23/23 meeting were read and approved by members. Lisa Perez answered questions about the previous meeting's minutes a Parent and Staff had.

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

Nutrition: Janie Luna- Fresh Fruit and Vegetable Program's funding is almost complete, she has approximately 2 weeks left. Lisa Perez asked if it could be possible to do at the upper levels? Janie- The kids really enjoy it; it would be nice if we could do it at the Junior High and High school levels because some of the students don't even know what some of the fruits are that are being given out. Unfortunately, the grant covers elementary and Junior High only.

Physical Education: Lupita Carrizales- Getting ready for the Annual Field Day on 5/5/23, Elementary will be in the morning and Intermediate in the afternoon.

Health Services: Lisa Perez, Scoliosis screenings are done and doing follow up call to remind parents about the referral and getting the student seen by a physician. Registration for Pre-K and K will be 5/30/23 all day and 5/31/23 half day. Vision, hearing, and Acanthosis Nigricans state reports are going to be due soon and are working to get those sent in. She is working on getting the Narcan for the district and hopefully will have those soon.

Healthy School Environment: Jason Pfluger- Continuing to do drills throughout the campuses and Administration are doing door sweeps (checking locked doors). Staff are being more vigilant around the separate campuses as well. The Odem Police force, 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. Setting up Raptor, which is a silent alert system that will notify staff members quicker and easier of an emergency.

Health Education: Lisa Perez- Great Body Shop- We are continuing with the GBS curriculum at Elementary, Intermediate and Junior High School(K-8th). We will be talking about it in our wellness plan if we would like to continue using GBS or should we discuss another option.

Counselors:

Family and Community Involvement: Lisa Perez –4/6/23 Coastal Bend Wellness did a presentation on Vaping and making good choices with the Junior High students in the Cafetorium.

Venessa Martinez with Communities in Schools has been doing a monthly food drive here in the Junior High parking lot.

Health Promotion for Staff: Step up to Scale down (12-week program) on Tuesdays @ 4:15PM in Junior High Library. Overall, the group has lost 83lbs so far.

Open Discussion:

Lisa Perez- going over The District Wellness policy which needs to be updated every 3 years, and this is what we are going to go over. She read over all the suggested policy text, Options (if available) and asked if anyone had anything else that they would like to change for each policy.

Page 1: District Contact Information

Miranda Rendon(parent)- Question: Who is our policy consultant?

Lisa Perez: TASB

Page 2: District's Support- All agreed that the "text is acceptable as presented"

Page 3: Development, Implementation and Review of Guidelines and Goals- All agreed on Option 1

Miranda Rendon: Question-what other options would there be available.

Lisa Perez: The packets went home last meeting for everyone to do research and present other option at this time. She asked if anyone had found anything different to put into place.

Page 4: Wellness Plan- All agreed "the text is acceptable as presented"

Page 5: Nutrition Guidelines: Food and Beverage Sold- Option 1 was explained and accepted

Page 6: Nutrition Guidelines: Food and Beverage Provided- all agreed "the text is acceptable as presented"

Page 7: District goals for nutrition promotion- all agreed on "item1 and item2"

Miranda Rendon: Question-would that include the food sold at the concession stand?

Lisa Perez: No because it just involves advertisement, example the score board has DQ on the sign currently

Yolanda Carr: you may not be able to remove that because of the sponsorship from Dairy Queen

Page 8: District goals for nutrition education- all agreed on, "Item1, Item2, Item3"

Page 9: Wellness Goals: Physical Activity- all agreed on “Item1, Item2, Item4, and Item 5”

Miranda Rendon: Asked why the track was not open to the public and if we could open it again to add Option 6?

Yolanda Carr The school does provide alternative walking space for the public, school facilities are made for school use. There are safety issues in accessing the old gym (restrooms, and different things) and protecting the new investments in the field which are still not finished.

Miranda Rendon: Were taxpayers responsible for paying for the field?

Yolanda Carr: Taxpayers did pay for the field, but however what that includes is school use. We do provide the figure 8 walking track, owl square, and Junior High parking lot. Hopefully, if the school gets the new bond, we can adjust sidewalks or walking areas around owl square. I understand taxpayers pay, but they do pay school taxes for school use. We do not leave a building open after hours because it is for school use and the fireman do not leave keys to the firetrucks in the ignition for someone else to use.

Miranda Rendon: I felt that it should be open because of the wellness policy because it encourages community members as well to bring their kids out here to exercise. So, when I saw the track is not open to the public because it says community members should be involved with this.

Yolanda Carr: We do provide an alternative and it is not something we are required to do. We see a lot of walkers out here, but not a lot during the school day, which is good due to safety issues. There are some walkers, but they are our regulars. As far as opening the track up we have not since the remodel, but we still need phase 2 of that and which we haven't even started. We have provided alternatives and we can continue opening the gym for little dribblers, pee-wee football teams and practices that the parents are involved in. Due to safety and security, we are going to fence certain areas to some degree because you would be surprised to what you will find like tagging, things found on the playground and things tend to get destroyed.

Miranda Rendon: Yes, I was very sad to not see the playground was not there any longer near the tennis courts.

Yolanda Carr: So, we do have to make sure our kids in the morning do not walk into something that should not be there by the buildings and things like that. In the end it is for school use, and we need to make sure of that. As much as we struggle to keep things up, we cannot invite other things in that might endanger the students.

Miranda Rendon: What about bike racks to encourage bike riders?

Yolanda Carr: I know the high school has one

Jason Pfluger: We do have one here (Junior High)

Lidamar Y.: We do not have a bike rack at intermediate, but a lot of our kids get dropped off

Lori Schulze: There is a 5th grader that rides and parks his bike here (Junior High)

Yolanda Carr: Some kids do, I do see them in the evening while their parents are walking. Now that would be an idea. I have seen some bikes attached to this right by the gym, it's either a water meter or some kind of metal with a bike chained to it?

Miranda Rendon: Just one more, swimming? Swimming, is that open to the kids to use at all because on #3 it said the district shall make appropriate before school and after school physical activity programs. That's why I was wondering if swimming would be offered as an alternative to help promote that?

Lisa Perez- They used to have a swim team and I talked to Bianca about that at the end of last year. She said she was thinking of bringing that back. So are they going to have that this year I don't know but I know that they had it previously she's thinking about it.

Miranda Rendon: Ok so that may be something that is in the works.

Yolanda Carr: We are working on the condition of the pool; I don't know if they have finished replacing the filter system and then after that we will replaster. It is too late and very costly so we will do the replastering next year but there is funding for that. This year the Filter system and use the pool just like last summer and when it gets shut down after summer replaster the pool. Then possibly start up the swim team.

Lisa Perez- The team was very competitive and made it to state

Lidamar Y. - PE was able to use the pool as well for exercise

Yolanda Carr- I think it just got really rundown and very expensive to replaster like a \$120,000.00 and we did replace the filter system which was failing. We just couldn't do both in one year. I think by next year or even by second semester of next year because if the replaster in August and September and maybe could be ready for swim season. They did used to go for PE, right?

Lisa Perez- K-5th grade would go and do exercise

Yolanda Carr- The ladies use it for water aerobics once it opens. The kids do get to go over for the end of the year parties as well.

Lisa Perez- So that may be something right now we won't put in but maybe for the next 3years we can put in for next

Amy Salinas- Do the summer camps count?

Lisa Perez- No this is before and after school programs, intermural sports, or if someone did an after aerobics camp for the kids.

Page 10: School-Based Activities- all agreed on "Item1, Item2, and Item3"

Miranda Rendon: I had a question on the time limit, I know some kids bring their lunches and the have to wait to use the microwave and sometime the kids don't have sufficient time to eat. What can we do about that?

Lisa Perez- I know the state allows so many minutes that the students have to have in the cafeteria. I don't know, is that a problem on our campus?

Lidamar Y.- We are down to 1 microwave at this time

Janie Luna- I'm getting 2 more microwaves for next year

Lisa Perez- Since we are getting more microwaves that's going to help so that should not be an issue

Miranda Rendon: For dinner, are we allowing enough time for dinner? I know some of the bus kids run late because there is a long line, and they are trying to scarf down their food.

Erica Tapia: We do hold for buses, we wait until they have had time and we go in and call them, we make sure the bus kids eat first.

Miranda Rendon: Ok so they do have enough time

Lisa Perez- I don't know that this thing even has guidelines for dinner, I know they have it for breakfast and lunch. They are very strict

Janie Luna- Yes, they are very strict, and we have to serve till the last bell rings. Once the audit passed, we can change the time for another 10-15min earlier and other districts do it, so the students have time to eat.

Lisa Perez- But is there a set time for dinner?

Yolanda Carr- No not for dinner, and if the numbers are not up we will lose those benefits.

Implementation- all agreed on "the text is acceptable as presented, and we have filled in the blank with the appropriate position title

Page 11: Evaluation-all agreed on "the text is acceptable as presented"

Public Notification- all agreed on "the text is acceptable as presented"

Page 12: Records Retention- all agreed on "the text is acceptable as presented"

Lisa Perez- If we are all in agreement, we will send this copy to Cristine Garcia, and it will be sent forward.

Next is the Wellness Plan Template, I was hoping everyone would come today so that we could break up into groups, but since it's just us and very lengthy I would like to divide it. So many people cover so many sections and probably email those of us weren't able to attend to assign some sections as well. That way we cover the whole thing, like I said it is lengthy as it is or as it was and the new one. Are ya'll comfortable with taking sections home and working on them and bringing them back and talking about them at the next meeting? All right, does anyone want to volunteer? I will go over it because I have already done some and give examples

Lori Schulze- I will start

Lisa Perez- Mrs. Schulze cover rules for physical activity on page 5-13 Goal 1-2

Yolanda Carr- Lori and I will take Goals for physical Activity pgs. 5-8

Lisa Perez- Who would like to cover Goals for other school-based activities? Miranda Rendon/Dora Sturgeon page 9-10

Goals for Nutrition Guidelines- Janie Luna

Goals for Nutrition Education- Objective 3-4 covered

I have already done Implementation for Nutrition Promotion. So, on our website is our wellness plan and you need to compare our old plan to the new one. If some of the things sound reasonable and they sound like that is something we want to do for our district, then plug them in. If it is something that you may have to do some research on the internet for and that other districts are doing or have better ideas; bring new suggestions so we can vote on them.

Lori Schulze- So, existing goals are the ones we already have on our current plan?

Lisa Perez- Some of them, that's the thing. This is the new wellness plan and some of it has changed minutely, and verbiage has changed; a lot is the same. We need to compare what we have to what the state is wanting. We need to figure out some objectives and activities to fulfill that.

Lori Schulze- Did you have a copy of the current one?

Lisa Perez- I thought I did, but it is on our website.

Lori Schulze- Would you like me to make copies of our current plan?

Lisa Perez-Sure that would be great.

Example 1: Page 8 of current plan. The district food service staff, teachers, and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms, and other appropriate settings. So, in our plan that is one of our goals and our objective: the district will increase knowledge at the campus level on meal programs offered on campus and menu offerings resulting in increased participation in federal child nutrition programs by the end of each school year.

Action steps: Distribute menus with nutrition education information in activities to all campuses for incorporation to lesson plans and reinforcing importance of participation in district meal programs. District will recognize school breakfast week and national school lunch week

That is what is in our actual plan,

Measurements for measuring implementation: Baseline or benchmark weights, participation rates in federal child nutrition programs monthly, monthly menus available on district website and at campuses. Before that we didn't do that but now, we do. Janie Luna puts the menus on the website. We also talked about putting the nutrition information on the website, but we haven't gotten that far, but menus are on there.

Resources needed: Jaime posts the menus for the district website. We can find out if there are more kids that are participating in these programs.

Janie Luna- Sometimes we have an increase, but some of the students bring outside food.

Lisa Perez- so that would be a way to measure, did we have an increase during breakfast and lunch? So that is one example.

Implementing goals for nutrition education: Goal as a district we shall deliver nutritional education to classroom adoption and maintenance for healthy behaviors. Campus administrators, when sharing healthy nutrition messages and nutrition education are communicating monthly through the Texas A&M AgriLife Extension services Newsletter K-5 and

those go out already monthly. So, every month the newsletters go out and they have recipes on there. Last month it talked about peas, and what vitamins are in peas.

Does that kind of make sense to everybody? So that's what I did. I went through a few of these and compared them to our old wellness plan. Under nutrition education we had included the old, coordinated school health program. We had CATCH approach to Children's health as a health program. I don't want to say we are not using those anymore because Elementary and Intermediate are still using this through the PE programs. On top of that we added The Great Body Shop for health education. So now we will change the wellness plan to say our health education program is The Great Body Shop. Once you get a copy, you can compare how the old one is to the way we may want it. Like I said the verbiage is the same in some areas and some of the areas are not the same. They switched some things around.

Miranda Rendon: What is the difference between the 3 page one versus this one?

Lisa Perez: The 3-page document is the district policy, and the plan is how we are going to complete and meet those goals.

Miranda Rendon: That makes sense.

Lisa Perez- Janie just completed the district food service audit and did very well on her audit, the state reviews what the districts are doing on the policy and plan. Not all districts are following their plan. OEISD is currently following our guidelines; everybody is usually pretty good about not selling what they are not supposed to or giving food out. When you go through the plan you will notice the days that we can sell to the students, whether we are to give candy to the student or not. Our plan talks about all those rules and regulations. So, when you go over it, please read those sections carefully, we will come back and talk about it and hopefully all the administrators will be here. When we have a new administrator, they don't necessarily know that the kids are not supposed to get candy for getting good grades; unless it's in here. If we put it in the plan, then it's allowed. There are certain days that we do allow students to get food; like once a month I think is what our plan allows. That it can be provided. Like if they are having the STAAR test they can have snacks and that could count for their once a month. It doesn't have to be stated exactly; or once a 6 weeks.

Miranda Rendon: Teacher appreciation week is coming up, so does that count towards the teachers

Lisa Perez- This just covers the students; this is not for the teachers.

Yolanda Carr- We have really strict rules about fundraisers. We do have parents that have said they can bring candy to work to sell. Any item added to sell here at school would need to be written as part of the plan.

Lisa Perez- they can buy before 3:30 but that is to go home and should not be eaten here at school.

Yolanda Carr- Students are not allowed to buy or sell candy during the school day.

Lisa Perez- That is correct that would interfere with the school cafeteria rules. Same with Christmas parties and classroom parties, they are allowed to bring food after the students have already had lunch, in order for it not to interfere with the school lunch program. Parents are allowed to bring snacks on the student's birthdays, but it is done after 2PM. Any other questions?

Lori Schultze- When is our homework due?

Lisa Perez- At the next meeting, which is 5/18/23.

Next SHAC meeting is 5/18/23

The meeting adjourned at 5:08 PM.