

School Health Advisory Council Minutes
February 20, 2025
Odem-Edroy Intermediate Library
4:15 to 5:00

Participants in attendance: Jason Pfluger, Brianna Garcia, Abigail Gonzalez, Renee Orta, Vanessa Martinez, Sierra Zavalla Cindy Garcia, Belinda Ruiz, Shannon Seale, Aricela Tortorello, and 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 December 12th, 2024, meeting were read by everyone in attendance and approved by all members.

Nutrition:

Lisa Perez states that the Texas A&M AgriLife Extension Services are continuing to bring nutrition newsletters every month.

Physical Education:

Renee Orta, Elementary/Intermediate PE teacher reported that right now students are working on their kickball unit. K-2nd are learning the concept of kicking/running bases and 3rd- 5th are doing well with the kickball game. She reports that they currently have a running club for 3rd-5th grade that meets every Friday. She states that they have a goal to have a Beach to Bay team in May. She reports that she is also trying to have a fundraiser for the PE program by having a kickball tournament at the softball field in the near future.

Health Services:

Lisa Perez RN, District Nurse reported that they are currently finishing the AN screening for 1st, 3rd, 5th, and 7th grade. AN is Acanthosis Nigricans- a dark line/marker found on neck, elbows, etc. that indicates high insulin levels. It doesn't diagnose diabetes but shows that their bodies create high levels of insulin and that eventually the pancreas can give out, thus causing diabetes. Nurses are working on fishing the AN screening so that referrals can be sent out by spring break. She reports that nurses are continuing to follow up on vision, hearing, and scoliosis referrals. She notes that they are also working on organizing the Health Fair which will be held on April 17th at the intermediate gym. Lisa states that after having a nurse resign in January, they have been interviewing and have a potential candidate for the Elementary Campus.

Health Education:

Lisa Perez states that we voted on the Esteem Health curriculum at the last meeting. The representative for that program will be presenting it to the school board so that we can move forward with the program in the 2025-2026 school year.

Healthy School Environment

Jason Pfluger states they are continuing to run drills at the campuses. 3 out of 4 campuses have had their intruder audit and were successful in all of those. States that Junior High campus is waiting to be audited. He states that our maintenance department continues to fix any broken doors.

Counselors:

Abigail Gonzalez states that they are doing Project Turn Around for K-2nd. They are working on positive choices in kindergarten and the whole curriculum for 1st-2nd. She states today they are starting a new American Heart Association Fundraiser with a lot of prize incentives. She states the fundraiser has an app with different missions that they are able to complete ie- eating healthy (colorful plate), getting enough sleep, exercise, Finns challenge- learning how to help perform CPR, and learn about stroke symptoms. Fundraiser is over right before spring break.

Belinda Ruiz states that they just completed the CTE tour with the 8th graders. They looked at the phlebotomy class and culinary class so that they can see different pathways for when they get to HS. They have begun the course selection meetings. The 8th graders have already completed their course schedules. Next month they will be working on 5th, 6th, and 7th graders. We are also continuing with Project Turn Around on Wednesdays. They are coming in for stress management for testing and anxiety. She states they have a cyber security presentation with two detectives and one from homeland security that will be presenting to 6th, 7th, and 8th graders separately to discuss the dangers of the internet. This will be on March 7th before spring break. Belinda also stated that they took their science Pre-AP girls on a field trip, "This one's for the girls," and was career/industry driven. All the presenters focused on career options for girls specifically.

Vanessa Martinez states that with High School, Mrs. Arredondo is working on GPAs with the Seniors. Shes meeting with all the senior class for transcripts or whatever they need. Today they met with the Sophomores individually to go over their pathways and to do their course selections. They are working on getting a field trip together at the Omni to go over etiquette before prom.

Family and Community Involvement:

They will be holding Math/Science night for elementary school and intermediate at the JH cafeteria. Abigail states in April they will be holding a conference in Sinton for parents. Some topics covered at the conference include cyber security, someone from DelMar will be discussing college, and two other topics will be covered.

Health Promotions for Staff

Lisa Perez inquires on recommendations on people we can bring in to get our staff healthier ie exercise programs, Zumba, step up to scale, Yoga, massage therapy at discounted rate. Lisa states if we move forward with a program, we'd need to sign a release so that in case anyone does get injured, there is no liability.

Stop the Bleed

Lisa Perez discusses a new state requirement- a mandatory stop the bleed training that must be offered to grades 7th through 12th. Lisa gives suggestions that some schools have given a notice on the website and/or a paper notice so that the student can complete the online portion, then a permission slip must be turned in into the principal, and then the nurses can complete the hands-on training.

Great Body Shop

Lisa states that everyone present covered their issues regarding the Great Body Shop and notes that at the next meeting we will review which were opt in/opt out.

Health Fair

Lisa Perez RN discussed the health fair. Lisa proposes doing the health fair April 17th. Elementary/ Intermediate campuses will go during PE/Music, JH campus will go to the health fair during science classes or 6th grade computer science classes, 7th grade Texas History classes, and during 8th grade during enrichment period.

Open discussion

Shannon Seale states that Elementary has the Color Fun Run fundraiser. It can be 1K or 5K timed on April 26th.

Sierra Zavala, the relations coordinator for Coastal Planes Intergrated Health, discussed that she goes out and does community outreach with different organizations and schools. She states that they campaign for Mental Health awareness in the month of May. They discuss depression/anxiety, risk factors on why someone may develop a mental health challenge, and how you can start a discussion or reach out to someone when you don't feel safe. She notes this topic is geared towards JH/HS. They also have an emotional wellness presentation for PK-2nd.

Cindy Garcia questions the topic on energy drinks. She states that today a student had creatine powder. She reached out to Coach Huerta, he noted that they do not encourage it, but it is allowed. Lisa Perez stated she will f/u with Mrs. Carr.

The meeting was adjourned at 5:00.