

School Health Advisory Council Minutes

Nov. 2, 2023

Odem Edroy ISD- OIS Library

4:15PM to 4:50PM

Participants in attendance: Lisa Perez, Amy Salinas, Lidamar Yruegas, Belinda Ruiz, Roxanna Arredondo, Venessa Martinez, Abigail Gonzales, Lisa Flores, Renee Orta, Ruth Cristiana and Lori Schulze.

Members Absent: Marissa Mendez, Yolanda Carr, Armando Huerta, Lisa Flores, Christine Guzman, Shannon Seale, Debra Velasco, Cynthia Garcia, Felicia Espinoza, Jason Pfluger, and 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 5/18/23 meeting were read and approved by members.

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

Nutrition: Lisa Perez stated Kathy Farrow is unable to make it but was going to speak about nutrition.

Physical Education: Renee Orta- This six week we have worked on under hand tossing and hand eye coordination, physical fitness by learning about the bones and doing a race while putting together the bones as fast as they could while doing a lap around the gym. We also did a couple of Halloween activities and are going to start basketball drills soon.

Health Services: Lisa Perez- Just completed AN screening and hearing and vision screenings and doing follow ups on the ones that failed. On Nov 6-7 we are going to start scoliosis screenings on 5th grade girls, 7th grade girls and 8th grade boys.

Healthy School Environment:

Health Education: Lisa Perez- Teachers have started The Great Body Shop in September and will finish up at the end of the school year.

Counselors: Roxanna Arredondo- We did the Fentanyl "One pill kills" . She discussed mental health day at the high school, teaching good ways to manage stress and tied it in with red ribbon week, parental involvement meetings, pathways with culinary like making pies for a door prizes. They did the parental involvement meeting during lunch and caught some of the parents while they were bringing lunches for the students. We Let parents know that we are getting students involved and hopefully more parents will come if their student is involved. We will try

to do some in the afternoon and evening. Project turnaround and TRIO will be doing a presentation for the parents because they are already on our campus.

Abigail Gonzalez- We are doing pies with parents for 3rd, 4th and 5th and having a presentation with the parents beforehand. We are having a hard time getting parents to attend informational presentations at the school, so we are trying to tie them into programs and family events.

Elementary has a singalong we will use the first 15 minutes to let the parents know what is going on and then they can enjoy the program from the kids. Project turnaround will be here in the spring for Elementary. They also did a presentation for the kids geared towards red ribbon week and I went into the classrooms talking about red ribbon week. We are going to start our Kindness tree next week, also when the kids are caught doing kind things and get their heart on the tree, if they get 4 hearts, they get to choose from my treasure box and that will go on for the rest of the school year. I sent out a note about wearing orange and blue for anti-bullying month and we have world kindness day/week coming up and wanting to do something for that day.

Belinda Ruiz- Project turnaround is doing small groups of about 12 students for 6th grade and 7th grade for the ones that need a little more support. The 8th grade group will start next week. We also did red ribbon week and made kindness chains and we did a couple of videos. I was telling Venessa that I wanted to start continuing kindness for the Mother Teresa Shelter in Corpus Christi, need paper goods for the homeless, because they feed the homeless in the morning and lunch time and I would like to do a drive and collect those items and donate. In December I would like to make little goodie bags or baskets for the kids at our school to donate and try to do something like that each month so we can continue to give back.

Family and Community Involvement: Lisa Perez –On 10/26 was Family Literacy night, Feast of kindness is coming up on 11/15.

Health Promotion for Staff: Lisa Perez- Flu shot clinic has been done and we had a good turnout, Texas Mobile Imaging will be here tomorrow to talk to the staff about the screenings they provide. Portland Chiropractic would like to come and do a back screening, presentation, and provide lunch for each campus. If you are interested, please let me know and I'll get a hold of them and set it up.

Open Discussion:

Lisa Perez- Discussed the Great Body Shop teacher guides. Right now, the teachers are just teaching from the student pamphlets because some of the literature is/could be controversial, I am giving everyone a copy of my login information. I am needing everyone to read through the teacher's guide and asked that everyone take a month and grade level to look over them and report back at the December meeting. I would like the help of everyone on this committee because it should be a committee decision. She explained how to access the issue online with her login information. Read over Lessons, home connection and portfolio in the teacher guide. Lidamar Yruegas-Gave an example of a parent call last year.

Elementary:

Vanessa –K grade, issues 3,4

Shannon Seale 1st grade, issues 3,4

Marissa Mendez-2nd grade, issues 3,4

Intermediate:

Lidamar Yruegas-3rd grade, issues 3,4

Abigail Gonzalez –4th grade 3,4

Lori Schulze-5th grade, issues 3,4

Junior High:

Venessa Martinez –7th grade, issues 3,4

Belinda Ruiz-6th grade, issues 3,4

Cynthia Garcia-8th grade, issues 3,4

Lisa Flores-K grade, issues 5,6

Roxanna Arredondo -1st grade, issues 5,6

Renee Orta- 2nd grade, issues 5,6

Lisa Perez-3rd grade, issues 5,6

Amy Salinas- 4th grade, issues 5,6

Jason Pfluger-5th grade, issues 5,6

Continued Open discussion:

Lisa Perez- 2nd dose Meningitis shot clinic for High school seniors; it is a college requirement not a high school requirement. Family Planning Clinic will come and give it and should email available dates soon.

Roxanna Arredondo- just let me know what the dates are so we can add it to the calendar.

Lisa Perez- Suggest and recommendation for possible health initiatives for students and staff. Anybody has any recommendation or suggestions. Patty came last time and talked about a tarp and drunk goggles presentation about vaping and drinking. They do it during the students' lunch period.

Roxanna Arredondo- That would be something we would like to do right before spring break

Amy Salinas-That wouldn't hurt to have our Junior high students to do right before spring break.

How was the mental health day for the high school staff and students?

Roxanna Arredondo- we have a survey out there right now, for students and staff for feedback.

Lisa Flores- the kids like the food (pancakes), karaoke, I think doing it on an early release date would be better, but we were already on Halloween and it's a laid-back day already and we decided to do it then. We are planning on doing one in the spring, depending on the feedback.

Roxanna Arredondo- we initially planned on being outside, but due to the weather we had it indoors. We have already had 70 surveys back

Lisa Perez- So what did yall do, just talk about mental health?

Roxanna Arredondo- the day before we talked about mental health and stress, we just had midterm grades come out, finals are the first of December, EOC re-testers are stressed right now, interim assessments, GPA rank is a stressful time also. Just trying to find different things for the students to do to release stress. So, we had different stations and different activities with 30 min increments, didn't want to interfere with band and athletics, and we already had someone donate pancake mix and it would be a lot to push out 70-140 pancakes in 30 min, and some seniors wished they had come sooner to get the pancakes.

Amy Salinas-Overall some of the feedback that you got back was positive?

Roxanna Arredondo- yes, all the students gave up technology and they were fully to reconnect from tech and really enjoy.

Lisa Perez- Mrs. Cristiana, is there anything you would like to add?

Ruth Cristiana-I just came from a safety meeting, they are seeing a lot of Salmonella cases and didn't expect them to pick up until the holidays and are finding it more in Portland and in Sinton. They are asking people to wash their hands and clean the kitchens. A lot of Senior citizens are not aware that there is a specific flu vaccine for them and to try and start to make them aware.

Lisa Perez- thank you for sharing, does anyone else have anything to add. No, then meeting adjourned at 4:50 PM.