

School Health Advisory Council Minutes

Mar. 23, 2023

Odem Edroy ISD- OJH Library

4:15PM to 4:51PM

**Participants in attendance:** Lisa Perez, Marissa Mendez, Laura Ruiz, Amy Salinas, Felicia Espinoza, Lidamar Yruegas, Janie Luna, Dora Sturgeon, Abigail Gonzales, Roxanna Arredondo, Esmeralda Martinez, Virginia Lopez, Cindy Garcia

Parent: Miranda Rendon

Students: Luna Rendon, Ayvehn Rodriguez, Avery Mendez, and Alessandra Martinez

**Members Absent:** Armando Huerta, Lisa Flores, Janie Luna, Christine Guzman, Shannon Seale, Debra Velasco, Jason Pfluger, Yolanda Carr, Erica Tapia, Lori Schultze 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 11/10/22 meeting were read and approved by members. Lisa Perez answered questions about the previous meeting's minutes a Parent had.

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

**Nutrition:** Felicia Espinoza from Texas A&M AgriLife Extension Services discussed, "Step up to scale down" a 12-week weight loss program for OEISD employees which are held at the Junior High Library. April 20, San Patricio Co. Fair Grounds-Breast and Cervical Cancer Awareness (Pink Event) starts @ 11:30AM for registration and exhibits, 12:00 programs starts and there will be a light provided.

Virginia Lopez from the San Patricio Department of Public Health discussed, "The pink Event" which is for women to join their friends to support and encourage each other to get screened for Breast and Cervical Cancer. There will be exhibitors at the event as well. There will be a Breast-Feeding peer support group meeting in Ingleside from 5:30 –6:30, the first Tuesday of every month. On April 13, 2023, there will be a Parent Conference in Sinton, TX. Virginia spoke about the Health Fair here at the Intermediate school. She presented a MyPlate exhibit; and spoke to the students about the importance of exercise and eating healthy. On March 28, 2023, there will be a Diabetes Alert Day walk in conjunction with the Lions Club at Odem City Park at 6 PM, there will be door prizes, health information and walking.

**Physical Education:** Renee Orta- Getting ready for Field Day and Fitness Gram

**Health Services:** Lisa Perez, District Nurse, inquired about the state audit that was completed by Janie Luna, the Food Service Director, and the Food Service Department. Janie said the school district did well. Janie Luna also reported that students are still getting a healthy snack

through The Fruit and Vegetable Program on Wednesday and Thursdays for Elementary and Intermediate campuses.

Miranda Rendon (Parent)- Asked what the wellness program is? Lisa explained part of what it is about and will cover more at the end of the meeting.

Lisa Perez discussed that the Health Services Department is finished with health screenings (vision and hearing) and mailed out referrals for follow up visits with physician. Scoliosis rescreens are almost done, and referrals are getting ready to be mailed out. Acanthosis Nigricans screenings are done, and referrals were mailed out before spring break. The Health Fair has just been completed. CPR with the seniors is a requirement for graduation and will be complete on March 29<sup>th</sup> and 30<sup>th</sup>. On February 20<sup>th</sup> District Employees, Bus Drivers, and anyone on the Emergency Response Team, along with UIL Sponsors completed their CPR training as well.

**Healthy School Environment:** Jason Pfluger- Continuing to do drills throughout the campuses and Administration are checking locked doors. The Police force in Odem, 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.

**Health Education:** Lisa Perez- Great Body Shop- We are continuing with the GBS curriculum at Elementary, Intermediate and Junior High School.

**Counselors:** Abby Gonzales discussed that there are several district parents attending the conference in Sinton on April 13<sup>th</sup>. She has been going into classrooms speaking to the kids about friendship and being kind. She has put up a kindness tree and is meeting with students individually and counseling in a group with the elementary discussing self-regulation/control. She is also talking to students about testing tips and tricks. Abby reported that the open house on March 6 was a success. She also completed affirmations with parents at math and science night. Dr. Gomez is still coming to council with the students on Monday afternoons and Wednesdays at the Junior High, He sees Intermediate students on Wednesdays as well and Monday mornings he is at the High School.

Roxanna Arredondo: High school has been doing owl shout outs, snow cones have been provided to the students for good attendance, Roxanne explained that the syrup is sugar free. Popcorn has been given to students who have displayed kindness (promoting a good environment). High School seniors have completed their CPR graduation requirement. Students are working on TSI, AP, and Benchmark testing. Advisor for dual credit has been speaking to students, and students are completing their registration for next year. High School has been discussing having a Health class(elective) for Seniors or starting in 9<sup>th</sup> grade that way the student is not waiting till they are seniors to meet all graduation requirements.

**Family and Community Involvement:** Lisa Perez discussed possibly holding an evening Family Health Fair next school year instead of the student Health Fair. Also possibly hold a Bike Rodeo

with Driscoll's injury prevention program for next year. Miranda Rendon asked if we had any programs for the students who walk or ride bikes to school? Lisa Perez answered that we could put it out in the community and see if someone would be interested in monitoring the crosswalks for next school year.

Virginia Lopez- Stated that TXDOT could possibly help with the need for crosswalks and sidewalks if needed in the area. Superior Health Plan has funding available for special projects that can provide a link to the resources they have available. She also wants us to be aware of the Diabetes Support group on April 4, 2023, from 10AM-11AM, virtual speaker is Teresa Licon from Prevent Blindness.

**Health Promotion for Staff:** Step up to Scale down (12-week program) on Tuesdays @ 4:15PM in Junior High Library.

**Open Discussion:**

Lisa Perez discussed the formation of a Recess Assessment Subcommittee. As a district SHAC is supposed to decide how many minutes of recess the students are going to be getting. The state mandates that the student have 30 min per day or a combination of 135 min of PE (structured activity) for All day PK-5th grade. Upper grade levels through High School must have 135min per day or band can cover that. Schools need to have a subcommittee to investigate the recess program. Lisa is requesting volunteers for the committee. Volunteers for the committee are Abigail Gonzales, Lisa Perez, Miranda Rendon, Lidamar Yruegas, and Dora Sturgeon. The first meeting will be held tomorrow, March 24, 2023, at 9 AM at the Elementary Conference Room.

The District Wellness policy is updated every 3 years and the wellness plan needs to be updated every year. Lisa Perez gave the group the option to take home all the worksheets and copies of policies and update them at the next meeting or we can break up into groups now and update the policies. The group decided to take home and update at the next SHAC meeting.

The meeting adjourned at 4:51 PM.