

School Health Advisory Council Minutes

Nov. 10, 2022

Odem Edroy ISD- OJH Library

4:16 to 5:04

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

Parent: Miranda Rendon and Beverly Barrera

Students: Tristan Huerta, Avery Mendez, and Jeriah Cisneros

Members Absent: Amy Salinas, Armando Huerta, Miguel Lopez, Christine Alcocer, Belinda Ruiz, Lisa Flores, Janie Luna, Christine Guzman, Shannon Seale, Debra Velasco, Dora Sturgeon, Laura Ortiz, Esmeralda Martinez, Abigail Martinez, Kathleen Flowers-Madrigal, Felicia Espinoza, and Renee Orta.

The meeting was called to order at 4:16. Lisa Perez, RN read the mission statement, welcomed members and guests to the meeting. The minutes from the 5/25/22 meeting were read and approved by members. Lisa Perez answered questions about the previous meeting minutes a SHAC member had.

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

Nutrition: Virginia Lopez (Health Dept.) - Holidays coming up, Diabetes support group is on 12/13/22 from 10AM-11AM with Kathy Farrow and Felicia Ortiz with Texas Agri-Life Extension will be presenting Easy Healthy Holiday Recipes. Samples will be available for those that come in person, and if you have family members, staff, parents, or grandparents that want to go, they need to RSVP at her office. March is Nutrition Month; schedule is now open to begin scheduling nutrition presentations. In Virginia's Department, they have the community and clinical health groups working with adults on chronic disease management through exercise and nutrition. They have two programs, Prevent T2 Diabetes and Texercise Select. Prevent T2 Diabetes for those is for those individuals at risk for Diabetes. It is a 1 year program. They meet for 1 day a week for 6 months and then 1 day a month for the last 6 months. It helps individuals adopt healthier habits to prevent diabetes. The other program Texercise Select is a nutrition and physical fitness program for individuals already diagnosed with a chronic disease. There will be a new program called Walk with Ease. Offered for individuals 18 yrs and older. Will offer nutrition and physical activity by the Arthritis Foundation, but not limited to individuals with arthritis. The programs offered can meet on campus if we have a group in need.

Physical Education:

Health Services: Janie Luna-Snacks are offered on Wednesday and Thursdays for elementary and intermediate campuses.

Lisa Perez-Finished health screenings (vision and hearing) and mailed out referrals for follow up visits with physician. We are now planning our scoliosis screening around March.

Healthy School Environment: Police force in Odem, Texas State Troopers and San Patricio County Sheriff Dept. continues to patrol the schools for safety. Each campus is still conducting fire and safety drills periodically.

Jason Plugger-Explained the additional procedures put in place this year for safety and security. All classroom doors are to be locked, door sweeps for interior and exterior doors, all visitors need to sign in at the front office and should be wearing a bright yellow visitors' badge, state issued an intruder audit, safety drills periodically done on each campus, employee trainings for safety and security, staff members are required to always wear ID badges. When the state intruder auditor came through, we passed, and they were unable to enter any of the 2 campuses they tried to enter.

Quote for this year: If you see something, hear something, say something, if something looks suspicious, please say something.

Parent-questions about Substitute badges and not having access to come in and out of the building. In case of emergency, they cannot get into the building and must knock on a door or window to be allowed back in.

Health Education: Lisa Perez- Great Body Shop- We have already started the curriculum at Elementary, Intermediate and Junior High School. The state requires both opt-in forms for the kids to participate in certain sections of the curriculum. We will mail out either form, whichever we did not get back and if that does not work then we will start calling the parents.

Counselors: Tai Keyster: Project Turnaround is visiting each campus, Community in School on campus (Food Drive), focusing also on Bullying and Empathy. Dr. Gomez comes into council with the students on Monday afternoon and Wednesday @ Junior High, Wednesday @ Intermediate and Monday morning @ High School.

Parent- Explained they are coming from Mathis ISD, children are responding very well to the therapy dogs and mental health therapist. MISD was able to get a grant for these opportunities. Mrs. Carr explained that we are not getting a grant for Dr. Gomez to come; he is paid out of the ESER funds. Erica Tapia explained that we do have therapy dogs that come to all campuses and Dr. Gomez comes to visit with the students on each campus.

Virginia Lopez- CACOST offers psychological services through their department.

Family and Community Involvement: 11/16/22 Feast of Kindness (free to public) from 5:30PM-7:30PM at the Cafetorium at the High School, you can eat there or get a to-go plate.

Health Promotion for Staff: Flu shot clinic on 10/3/22, offered to all staff members and had 45 vaccines administered.

Open Discussion:

Lisa Perez- discussing Annual Health Fair, March 10, 2023, was approved. She will invite all campuses and it will be through music and PE classes. We are hoping that Community members/businesses, EMS and Fire Department can come and do a hands-on demonstration that the kids will really love. Discuss, Review, and take action on Child Abuse, Family Violence, Human Trafficking, and Dating Violence for the High School curriculum. Lisa has talked to R. Arredondo the High school councilor because we already have it set for the other campuses through health curriculum. In December, it is separate for Secondary schools, so she is not sure if it is needed for the High School. Mrs. Carr said we will review High School policy. R. Arredondo will speak to Dr. Bowers about this as well if it is required. Lisa has provided guidance in Texas school Administrators on addressing child abuse and trafficking, the Texas education codes that state what we should be doing for everyone to look at. We can revisit this at our next SHAC meeting.

Virginia Lopez – If you have questions about the programs she discussed earlier, please contact either of the ladies listed below. She stated that she would like to set up the programs at the First Baptist Church here in Odem because of the space they have available. Programs may be offered virtually, but having access may be an issue. Nicole Alonso(TxPan Liaison)- food services guidelines and community (concession stands) venues, Breast feeding peer group, early care education, healthy active living. They have done assessments of what communities need such as, increase of sidewalks, mother breastfeeding rooms, grocery stores, improving safety during activity without needing a gym membership.

April Newfur 361-587-3542 (Health Education)

Elisa Gomez 361-587-3539 (Health Education Aid)

The meeting adjourned at 5:04.