

School Health Advisory Council Minutes

January 12, 2022

Odem Edroy ISD- OJH Library

4:20 to 5:20

Participants in attendance: Lisa Perez, Amy Salinas, Renee Orta, Laura Ruiz, Abigail Martinez, Dora Sturgeon, Lidamar Yruegas, Laura Ortiz, Lisa Flores, Virginia Lopez

Members Absent: Elisa Garza, Armando Huerta, Miguel Lopez, Christine Alcocer, Belinda Ruiz, Erica Tapia, Cynthia Garcia, Christine Guzman, Debra Velasco, Yolanda Carr, Janie Luna, Kathleen Flowers-Madrigal, Kathy Farrow, Lori Schultze, Marcella Gutierrez, Felicia Espinoza, and Jason Pfluger.

Visitors: Laura Lopez, Jackie Millington, Alex Moody, Abigail Accipiter, Elizabeth Alviar, and Colleen S. Carroll CPNP.

The meeting was called to order at 4:20. Lisa Perez, RN read the mission statement, welcomed members and guests to the meeting and asked everyone to introduce themselves. The minutes from the 12/2/21 meeting were read and approved by all members.

The SHAC team then shared reports from each committee.

Nutrition: Virginia Lopez, from San Patricio Co. Dept. Of Public Health spoke about the Diabetes Support Group meeting on 2/1/22 @10AM. There is limited seating in person but can be accessed via zoom. Shelby Cooke- Registered Dietician with Coastal Bend Food Bank will speak about better nutrition for heart health because February is heart health month. Mrs. Lopez and the public health department are going to do a picture on the steps of the courthouse for American Heart Health month 2/4/22 if COVID has cleared up by then. She is available to do staff programs and school programs for the school. She spoke about the Texercise select with Kathleen Flowers-Madrigal. It is geared for people 45 and older (or any age adults), gets them to exercise 30-40min for each class (10wks, bi-weekly) virtual evening classes that require a physician's referral and funded through CDC funds through DSHS (Department of State Health Services). Mrs. Lopez reminded us about the sweetheart breakfast on 2/10/22(tentative day) in Sinton at the Methodist Church across from the courthouse and retirees, elderly and people in the diabetes group are invited. She can send out the email address to the nurse in charge of it, if anyone else would like to join.

Physical Education: Renee Orta has begun running, basketball skills and incorporating small groups for fitness gram. While the students are working on their skills, she will be pulling the small groups for height, weight, and testing.

Health Services: Lisa Perez stated that we are currently testing students and staff for covid. Vision, Hearing and, AN (Acanthosis Nigricans) Screenings are complete; the Nurses are working on following up with parents. We would like to get the referrals out before spring break.

Healthy School Environment: Police force in Odem, Texas State Troopers and San Patricio County Sherrif Dept. continues to patrol the schools for safety. All schools are participating in fire drills periodically.

Health Education: Mrs. Ortiz and Mrs. Perez will get together to reschedule the CPR for Seniors

Counselors: Project Turn Around is starting today at the Elementary campus and will be going through March. Good touch bad touch presentation with the PK, K, 1st, and 2nd. Mrs. Martinez will be going back into the classrooms talking about respect, good touch, bad touch, good choices, and bad choices for Elementary and Intermediate. Project Turn Around is going to have a parent meeting on Tuesday 1/25/22 to review with the parents the curriculum that they go over with the students. Mrs. Ortiz, the High School counselor stated Project Turn Around will be here 3 days next week. Each day will be a different subject: alcohol abuse, prescription drug use, and TMZ. February, Project turn around will start healthy relationships on 2/10/22 and at the end of February, a 10wk curriculum during lunch with a small group of kids that suffer from panic attacks and anxiety (group therapy session).

Family and Community Involvement: Pfizer vaccine Clinics will be held on 2/7/21 for all ages 5 and up from 3PM-6PM here in the cafetorium. Free PCR drive through testing clinic was held on 1/7-1/8-22 at the Community Center here in Odem.

Health Promotion for Staff: Lisa Perez, stated she will contact Kathy Farrow for the Step Up To Scale Down Program after she finds out how many people are interested in participating. It is a weight loss program that talks about recipes, health, diet, and you will receive prizes. We are continuing to offer Covid testing and vaccines for staff and students.

Open Discussion: Lisa Perez, talked about Human Sexuality, Human Trafficking, Health TEKS every school will have to be incorporating by 2022-2023 school year. She also sent a link from The Great Body Shop for everyone to look over. Jackie Millington from Coastal Bend Wellness Foundation had a curriculum that she presented last week on Human Sexuality. The goal is to get several people to present from different establishments and then have SHAC decide on which program. After a decision has been made, we must present it to the school board to be implemented into next year's curriculum. We are currently using the CATCH program on our campuses.

Duncan Van Dusen- from CATCH is presenting via zoom with a slide show explaining their curriculum that is already implementing the new TEKS. The school district is already using some portions of the CATCH program, but the new TEKS are not required until next school year 2022-2023. He explains that CATCH is scientifically proven to work, 1 of 3 schools in Texas use this program. He went over PE Programs, Health Strands, Substance misuse for grades k-8, oral health, general health/nutrition, vaping for grades 9-12th just to name a few. Mr. Van Dusen did go over pricing for the school district and the free trial offer. He also went over how the information can be found in English/Spanish and why violence prevention and reproductive health is not offered at this time but may change in the near future.

The meeting adjourned at 5:20.