

School Health Advisory Council Minutes

December 2, 2021

Odem Edroy ISD- OJH Library

4:17 PM to 4:53 PM

Participants in attendance: Lisa Perez, Amy Salinas, Elisa Garza, Renee Orta, Lidamar Yruegas, Esmeralda Martinez, Cynthia Garcia, Yolanda Carr, Janie Luna, Kathleen Flowers-Madrigal, Kathy Farrow, Lori Schulze, Marcella Gutierrez, Felicia Espinoza, Laura Ortiz, Lisa Flores, Christina Guzman, and Debra Velasco.

Members Absent: Laura Ruiz, Armando Huerta, Miguel Lopez, Abigail Martinez, Cristina Alcocer, Belinda Ruiz, Erica Tapia, and Jason Pfluger.

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

The meeting was called to order at 4:17 PM. Lisa Perez, RN read the mission statement, welcomed members and guests to the meeting and asked everyone to introduce themselves. The minutes from the 5/26/21 meeting were read and approved by all members.

The SHAC team then shared reports from each committee.

Nutrition: Kathy Farrow, from Texas A&M AgriLife Extension Services, explained the fruit and Vegetable Grant (this fall) that we received again this year for our students. The Texas A&M AgriLife Extension's monthly newsletter started going back out to schools starting in November. The county will offer Type 2 diabetes support classes in Sinton, Tx that meet bi-monthly and first Tuesday of the month. There will be a Holiday Zoom in December on how to prepare foods for type 2 diabetes. Kathy inquired if OEISD would like to begin the Step Up to Scale Down program for adults and teachers in the district and stated that the program could be offered to the community as well.

Felicia Espinoza reported that the Healthy Carbohydrate Program is being offered in a series of 4 classes that are 45 min long. They are also having a Walk and Talk program (it is like the Walk Across Texas) for adults with tasting samples. Participants keep track of the miles they walk, and prizes are given at the end of each lesson they complete. To find out when classes are offered, please contact the office.

Physical Education: Renee Orta has begun doing Circuit Stations for upper body and lower body (up to 7 stations). On Monday and Wednesday, Junior high runs a mile and on Tuesday and Thursday they work on basketball skills and Volleyball skills. The skills will change depending on what sport season we are in. Friday is free exercise day, and she has plans to start the running club for 4th and 5th grade students.

Health Services: Lisa Perez stated that Vision, Hearing and, AN (Acanthosis Nigricans) Screenings are completed for PK, K, 1st, 3rd, 5th, and 7th grade students. The Nurses are working on following up with parents. Scoliosis screenings are coming up in the next 2 weeks and will be for 5th and 7th grade girls and 8th grade boys. Lions club came in to help complete the vision and hearing screenings in a timely manner (Big Thank you).

Healthy School Environment: The Odem Police Department and San Patricio County Sherrif Dept. continue to patrol the schools for safety.

Health Education: Virginia Lopez, from the San Patricio County Department of Public Health spoke to the Elementary and Intermediate students about Drug and Alcohol Abuse Awareness on 10/22/21 during PE and music classes. Mrs. Lopez will also be coming to speak about the importance of handwashing on 12/9/21 during the student's music and PE class. Currently, we are following the CATCH Coordinated School Health Program and we need to make sure the new health TEKS are being followed for the 2022-2023 school year.

Counselors: Laura Ortiz, High School Counselor, reported that Project Turnaround had to reschedule their Drug and Vaping program for 12/8/21; the program is scheduled monthly. Project Turnaround and the counselor are working on organizing a program for students with anxiety. Mrs. Keyster and Mrs. Ortiz are having mini classes that show students how to cope with their anxiety and feelings. CPR classes are set up in January for seniors on the 12th, 13th, and 14th.

Lidamar Yruegas, Intermediate Principal, stated that at the Intermediate school, Project Turnaround has been speaking to students, and Wed 12/8/21 will be their last day on campus. Ms. Martinez, the Elementary/Intermediate counselor has been speaking with the students about self-control and making good choices. The Happy Bear Presentations about good touches and bad touches will be on 12/7/21, for PK-2nd grade.

Family and Community Involvement: Pfizer vaccine Clinics will be held on 12/7/21 for all ages 5 and up from 3PM-6PM.

Health Promotion for Staff: Lisa Perez will send out an email to all campuses to see if there is an interest in the Step up to scale down program. If there is an interest, we will begin at the beginning of the year.

Open Discussion: New SHAC requirements for Elementary through Junior High. These requirements are for the schools to propose recommendations for a Dating Violence, human trafficking, and human sexuality curriculum. The curriculum/instruction recommendations cannot conflict with TEKS. In November of 2020 the State Board of Education adopted new minimum sex education standards. High School level are not mandated for the new recommendations. The next SHAC meeting will be on 1/12/21 at the Odem Junior High Library. Key topics to be discussed will be basic information on anatomy, puberty and reproduction, condoms, contraception, screening, and treatment of STI, abstinence, healthy relationships, healthy communication, sexual abuse, sex trafficking, respecting the boundaries of others and do not include consent. As a SHAC committee we must decide how these recommendations will be incorporated into the curriculums suitable for each grade level. We must hold 2 meetings on recommendations and then it must be presented at a public board of trustees meeting to adopt the curriculum. Copies of the TEKS were handed out to the principals and a copy of all grade levels health TEKS were given to Mrs. Carr.

Jackie Millington from the Coastal Bend Wellness Foundation distributed fliers to all members and explained that the QR Code on the flier links to the TEKS, she further explained the statistics she gathered about teen pregnancy rates, HIV rates and STI rates for 15–19-year-olds in San Patricio County. She presented Project RUSH (Realistic Understanding of Sexual Health) which is an evidence base sexual health curriculum. Making Proud Choices, which are broken into 8 modules; each 1 hour long and can be broke up depending on bell schedules. The modules teach students to strive for their dreams and life goals, HIV/STI signs and symptoms, unplanned pregnancy, how to have safe sex, how choices that you make can affect your life, abstinence based, condoms (proper use), geared towards 15–19-year old's. They are also a trauma informed program as well.

Kathleen Flowers-Madrigal discussed the Type 2 Diabetes support group meeting they will be conducting on Tues. 12/7/21 via zoom. They will also offer the meeting in person, but you must wear a mask and social distance. The Freedom from Smoking program will be starting in January with Virginia Lopez. The program is for anyone who is wanting to quit smoking, talks about lifestyle changes, steps for being successful and medications that help.

Kathleen also spoke about Texercise Select. The program will be offered in mid-December and in January, half of the class will cover nutrition and the other half of the class time is for exercise, free for all San Patricio County adults, referral is required by doctor. The class will meet 2 times a week for 10 weeks, class can last up to an 1hr to 1 hr. and half, (Monday, Wednesday or Tuesday, Thursday) times may vary. She would like to start classes in Odem and physical activities can be modified to fit participant's needs.

Laura Lopez, from Coastal Plains Community Center, distributed fliers and discussed the mental health services (counseling, youth programs, adult program, and treatment for substance abuse) they offer. She also spoke about an 8hr training they offer for adults and teachers to assist students with counseling that could potentially save lives called, "Mental Health First Aid."

Colleen Carroll, CPNP introduced herself. She has been a CPNP since 2000 and has worked at Driscoll Children's Hospital with specialty services, she also worked with Dr. Nisimblat in Alice, TX for 10 years and now works with CACOST. She is the new Pediatric Nurse Practitioner for Community Action in Sinton, TX. SHAC members asked if they have sliding scale pay services at CACOST. They stated they do have options for sliding scale and offer family and pediatric services.

Reminder of next meeting on 1/12/21 @ 4:15 PM-5:15 PM.

Meeting adjourned at 4:53 PM.