Pharr-San Juan-Alamo Independent School District

SCHOOL HEALTH ADVISORY COUNCIL MEETING

February 7, 2018

**MINUTES**

1. **Call to Order/Welcome**

Meeting was called to order at 11:33 am by Sulema Solis, SHAC Coordinator.

Sulema Solis, Director of Health Services, welcomed and thanked those that were in attendance. Ms. Solis reminded committee to review minutes and reminded committee minutes can be found on-line and to make sure to sign in and to indicate on sign-in if they are not getting the e-mail for the meetings. Ms. Solis said that she was glad to see representation from every school and the majority of the components represented.

1. **Minutes**

The minutes from the last meeting were reviewed by the committee. Rubina Cavazos motioned to accept the minutes; Edgar Garcia second the motion. The minutes were approved.

1. **Flu-vaccine highly recommended and the immediate use of antiviral drug treatment when tested positive for influenza**

Ms. Sulema Solis encouraged the committee to continue get the flu vaccine. Ms. Solis shared that PSJA has had 40 clinics in the last month. Ms. Solis shared that if a person gets the flu it is critical to begin on the medication in the first 24-48 hours, so they may continue to begin to feel better in the following 24 hours of taking Tamiflu.Ms. Solis said that children have been experiencing nausea as a side effect of the medication and it has been recommended that the medication be given in 4 doses instead of 2 doses to help with the side effect. Ms. Solis shared 52 children have died from the flu. Ms. Solis reminded the committee that it takes 2 weeks for the flu vaccine to work. Ms. Solis shared that vaccines are mostly $5.00 for children to 18 years old.

1. **Physical Education-Jaime Chavana & Coach De Hoyos**

Coach Chavana began by sharing with the committee that the most important muscle in the body is the heart and how important it is to take care of it. Coach Chavana said if it is not working then the rest of the body doesn’t function. Hidalgo has the most children over weight and has the most people with diabetes in the nation. Coach Chavana showed images of portion distortion over the past 100 plus years and the reason why our nation is in this predicament. Coach Chavana shared the physical education department goals as the following: 1. Provide a variety of games and daily structured activities for students. 2. Keep students physically active for 50% of class time and ensure all students meet health fitness zone (HFZ). 3. Ensure all students are successful in activities. 4. Provide a safe learning environment for students. 5. Encourage students to participate in after school sports programs. 6. 100% of students must dress in PE uniforms (middle/high schools). 7. 100% participation in Jump Rope for Heart, Coach Chavana shared that there is not a set amount that students have to donate, as long as students donate, if parents have been told students have to donate a set amount it is because the coaches want their school to win the friendly competition but it is not required that students donate a set amount, just what they can. 8. Teach the sports skills! Coach Chavana shared coaches give permission slips seven different times throughout the school year for each sport. Coach Chavana shared the fee for the sports vary, but tend to be about $20.00 however parents can call their city’s Parks & Rec. to find out fees. Coach Chavana said that the enrollment for after school team sports has increased each year since 2011 with the exception of 2014 there was a slight decrease in enrollment, but overall enrollment has increased with a total for football, volleyball, basketball, and soccer being 1,769 in 2010-2011 to 4,102 in 2016-2017. Coach Chavana shared the campuses that participate in after school programs and the campuses that host the games. Coach Chavana shared not only is activity important but diet as well. The C.A.T.C.H. Program is taught in every elementary. Coach Chavana and Coach DeHoyos explained the components of SHAC and teaches students how to eat not only at school, but at home and in the community. The students are taught different food groups in categories of Go (almost anytime foods), Slow (sometimes foods), and Whoa (once in a while foods). Go foods are foods that are high in nutrients and foods that are not high in nutrients are foods like whoa foods that are high in calories. Coach Chavana shared with the committee the after school sports that will be coming up soccer in April and golf in the summer. Coach Chavana said that if there is not enough participation at a school a student will not be denied to play, but they may have to play the sport with another school in the district. Coach Chavana said that registration for golf will be able to be completed on line and the only requirement is that students wear a hat. Coach Chavana said the students have golf from 8-12 for three weeks for ages 5-10. Coach Chavana shared South West High School will be going to state in swimming. Coach Chavana also shared that PSJA won 2nd in the entire state of Texas for the HEB Challenge. Coach Chavana shared that the track meet and cross country is mandated for all elementary and middle schools (6th). Race walking is also mandated for all elementary schools. Grade levels eligible for these events are 3rd, 4th, 5th, and 6th the meets will be held at different designated sites. Coach DeHoyos shared with the committee about the Fitness gram. Coach De Hoyos shared students in 3rd-5th are evaluated on seven standards which are the following: push-ups, curl ups, pacer/1 mile run/walk, shoulder stretch, trunk lift, sit and reach, and height and weight. Coach DeHoyos showed videos on the different exercises so the committee would see the exercises that the students are being asked to perform. Coach DeHoyos shared district wide analysis and fitness gram scores valley wide.

1. **Texas Hunger Initiative Jessica & Tiana**

Jessica shared that National School Breakfast Week will be March 5-9 2018. The celebration is to emphasize the importance of breakfast which has shown students who eat school breakfast are more likely to: reach higher levels of achievement in reading and math, score higher on standardized tests, have better concentration and memory, be more alert, and maintain a healthy weight. Tiana shared that Carman Anaya elementary incorporated Dr. Suess with National School Breakfast week by serving green eggs and ham for their students. Jessica and Tiana encouraged parents to ask how they can be of help and make this celebration a success at their children’s campuses.

1. **Next SHAC meeting 11:30 a.m., March 21, 2018 CCTA, Star Room**

**Host: Safety & Security-Joe Palacios; BCFS-Heather Chavez**

1. **Question & Committee Comments**

Ms. Garza shared with the committee about the board meeting that will take place on February 23rd, 2018. Ms. Garza also shared the number of new parent volunteers, volunteer hours and the number of parents at PAC meetings at different schools in the district. Ms. Garza shared that the conference that she just returned from this week focused on parent educators needing staff development and how to make the parental involvement program be successful as possible. Ms. Garza shared that goal is to have 500 parents attend PAC meetings total in a year and have 5,000 volunteer hours in a year. Ms. Garza said she would be in contact with the parent educators and let them know their numbers and focus on how to improve in the different areas for their perspective campuses.

1. **Adjournment**

Ms. Solis thanked everyone for coming and the meeting was adjourned at 1:03 p.m.