Pharr-San Juan-Alamo Independent School District

SCHOOL HEALTH ADVISORY COUNCIL MEETING

February 20, 2019

**MINUTES**

1. **Call to Order/Welcome**

Meeting was called to order at 11:47 am by Sulema Solis, SHAC Coordinator.

Sulema Solis, Director of Health Services, welcomed and thanked those that were in attendance. Ms. Solis reminded parents that committee was to be made of parents whose child is presently at the campus that they are representing.

1. **Minutes**

The minutes from the last meeting were reviewed by the committee. Rubinia Cavazos-Leal motioned to accept the minutes; Astrid Garza second the motion. The minutes were approved.

1. **SHAC Overview**

Ms. Sulema Solis gave committee an overview of the 8 components of SHAC and hoped each of the 8 components would be covered in a manner of topics that pertain to each of the 8 components. The committee is to take the topics for each component and prioritize each topic by: Size (the amount of people that are affected); Seriousness (deaths, hospitalizations, disability); Trends (Is it getting worse or better?); Equity (Are some groups more affected than others?); Intervention (Is there a proven strategy?); Values (Does our community care about it?); Resources (Build on current work-available money?); Others (Social Determinant, root cause). Ms. Solis shared the components that will be sharing in the upcoming meetings. Ms. Solis asked that the parents of the committee take the checklist and prioritize which topics they felt were of priority, so for the next upcoming meeting the checklist could be shared and presented as well as to come up with three themes or topics that they would like discussed in future meetings.

1. **Physical Education-Jaime Chavana**

Coach De Hoyos introduced Jessica from Texas A&M Agriculture to present to the parents about healthy eating and a course that is provided for the parents that is 8 weeks long. Ms. Jessica said that the program is only for the parents, but now she is working with students from the PTI program that are 18-22 years of age and teaching them how to cook for themselves and how to make healthy choices. Ms. Jessica said that Josie and Rachel are doing presentations for students at campuses throughout the district. Ms. Jessica stressed the importance of parents modeling for their children healthy habits, because everything starts at home. Coach Jaime Chavana then shared and said that the district is required by law to have students active 50% of the time and PSJA is currently doing more than that and has students active 70% of the time. Coach Chavana then introduced Coach De Hoyos who then re-iterated the importance of healthy eating and gave an example of how many steps it would take to burn off 1 M&M that is only 3 calories which is 120-150 steps or the equivalent of 1 football field. Coach Hoyos then shared the different programs that are available for students to be active and moving. Coach De Hoyos said many times students do not want to exercise, but the key is to change the idea of exercise into moving. Coach De Hoyos shared with the committee a study that was taking place in Houston that showed that if students moved 15 minutes a day they would have an improvement not only health wise, but academically and stressed the importance on the need to move and be active and not immobile. Coach De Hoyos had Coach Gow interject and speak to the committee about Fuel Up Play 60 which is sponsored by the NFL and the National Dairy Council. Coach Gow shared that Fuel Up stands for eating healthy and Play 60 stands for exercise for at least 60 minutes of every day. Coach Gow re-iterated that movement is exercise, so if students are going home and helping with cleaning the house or going and walking the dog that is exercise and counts as part of the 60 minutes that they are exercising daily. Coach De Hoyos then continued and shared with the committee if students are more active then that means that they are learning more and their behavior is better as well in the classroom and at home. Ms. Solis reminded the committee that parents were to go back to their home campus and find out if their campus was not offering recess and to bring that information back to SHAC to be able to implement a requirement through SHAC. Coach De Hoyos shared that the most expensive after school program in the city of Pharr to participate is $30.00. Ms. Solis encouraged parents to ask about the results of their child’s Fitness Gram. Coach Chavana reminded parents that this is available for students 3rd-5th only. Ms. Solis also informed parents that Physicals were available for students for $10.00 to be bused to UTRGV Medical School, but the physical had to be provided for the concurrent school year. Ms. Solis said the form to be completed by the physician is provided to the student by their coaches, and Ms. Solis reminded the parents that beginning this coming school year if their child were to be in band it was now going to be a state requirement that their child have a physical done. Ms. Solis asked for Coach Chavana to bring to the next meeting a list of schools from each city and the date when he anticipates having the coaches, nurse, and parents from the designated campus make a video to be available for parents to be able to work out to.

1. **Question & Committee Comments**
2. **Adjournment**

Ms. Solis thanked everyone for coming and reminded everyone that the next meeting is March 27, 2019. The meeting was adjourned at 12:54 p.m.