Pharr-San Juan-Alamo Independent School District

SCHOOL HEALTH ADVISORY COUNCIL MEETING

March 9, 2017

**MINUTES**

1. **Call to Order**

Meeting was called to order at 11:43 am by Sulema Flores, SHAC Coordinator.

1. **Welcome**

Sulema Flores, Director of Health Services, introduced herself and Mr. Orlando Noyola-Administrator for Student Services, as well as Mr. Jaime Chavana Physical Education Coordinator, Norma Garza-Parental Engagement Coordinator, and Corina Gonzalez-Child Nutrition Area Supervisor for being in attendance, representatives of some of the 8 components of SHAC and said Counseling and other components were still missing, but hopefully would be in attendance at the next meeting. Ms. Flores thanked all that were in attendance and for some new parents that were in attendance.

1. **Minutes**

The minutes from the last meeting were reviewed by the committee. A correction to the date of last month’s meeting was noted as taking place on February 20, 2017 and not April 18, 2016. Mr. Orlando Noyola motioned to accept the minutes, Mr. Ruben Garcia second the motion. The minutes were approved with the correction.

1. **Recess Update**

Ms. Flores asked how many parents were in attendance at the first meeting and followed up on the questions if their child’s campus had recess and if they did not if their child’s campus can have recess or what can be done to implement recess. Ms. Flores reminded parents that this is a goal that we can accomplish through SHAC as Mr. Garcia had shared at the previous meeting how academic studies have shown the benefits and the organizations that support recess for the betterment of the child overall. Parents from seven different elementary schools shared: Escobar, Ramirez, Clover parents said that if one student is being disciplined then all students pay the consequence and are not allowed to have recess. The parent from Dodeyns said that the only reason there is no recess is because there is no time; and a parent from Santos Livas said maybe one time out of the week students are allowed to have recess usually on Friday. The last parent that spoke from Palmer said all but one class in 5th grade would have recess but the group that did not have recess was frustrated that they did not get to have recess. A parent from Clover shared that if students did not have at least 75% on their tests on Friday they were not allowed to go out for recess and the parent said that for the past 3 months students who have not scored 75% or better have not been allowed to have recess. Ms. Flores asked Mr. Garcia what he thought about using no recess as a consequence. Mr. Garcia shared that when he has heard of campuses using no recess as a consequence he usually suggests that another consequence be used. For example, Mr. Garcia said reflective writing can be used for the student to reflect on his behavior and what he will do next time from making a bad choice etc. Mr. Garcia also shared that on the flip side when a student is disciplined by having no recess it can also cause more problems. Ms. Flores stressed the skills that students acquire through recess that prepare them to be able to function in society when they are adults. Ms. Flores reiterated for parents to go back to their campus and find out if their child’s elementary has recess and if not if they can have recess and what can be done to implement recess.

1. **BCFS-PSJA ISD: Promoting Health Among Teens! Abstinence Only-Heather Chavez, Maggie & Jessica**

Ms. Heather Chavez shared with the parents that the goal for this year was met currently having 1,300 students enrolled in the class. Ms. Chavez shared that 7th grade, is the grade level that was chosen to not interfere with curriculum as well as to be able to target students that are between the ages of 11-14, there are some 8th graders as well that they have been able to reach. Ms. Chavez shared that there is a curriculum that students that are in 9th grade or older can access at their center in McAllen which is not abstinence only but safe sex is taught as well. Ms. Chavez said at the school the only way it could be taught is having an abstinence only focus that teaches the students about sexually transmitted disease, HIV, how to prevent pregnancy and avoid drugs as well and to have students focus on their dreams and goals and how to value and respect themselves and how to negotiate and be able to say no if they feel pressured to have sex. The course has already been taught for 4 weeks and students are very interested and are asking a lot of questions and are really enjoying the course. Maggie & Jessica also shared that the course is taught during PE and it is 45 minutes once a week. Ms. Jessica shared how they are glad that the students are enjoying the course and shared that the students can easily go onto the internet and obtain information and possibly inaccurate information, but they are choosing to learn the facts and gain knowledge about ineffective ways of dealing with peer pressure and then effective ways to deal with peer pressure so that in turn students can then choose to make sound and carefully thought out decisions. Ms. Flores thanked BCFS for sharing and informed the committee if needed could be invited to share more at another meeting and was thankful to come on board and create this partnership with PSJA ISD.

1. **Parental Engagement-Jorge Badillo Site Manager Ramirez Elementary & Norma Garza-Parental Engagement Coordinator**

Ms. Garza began by sharing that Parental Engagement just opened their 8th site at Ramirez Elementary three weeks ago and will be opening a 9th site in 2-3 weeks at Marcia Garza Elementary. Ms. Garza also shared that it is important that the parent representative be the President or Vice President or secretary of PAC so they can in turn go back to their campuses and share this information with the parents and their community. Ms. Garza shared all the classes that are provided at the different Parent/Community Education Centers and how they will soon be offering citizenship courses as well. Ms. Garza shared the main office for the Parent/Community Education Centers is at Carnahan Elementary. Ms. Garza said that citizenship classes will be Monday & Wednesday 12-2 p.m. and 6-8 p.m. Buckner Elementary will also have citizenship classes from 10a.m.-2 p.m. and Bowie Elementary will also have citizenship classes from 11:30a.m.-1:30 p.m. and 6-8 p.m. All centers have computer classes, except Ramirez Elementary since they just opened. Ms. Garza said that the only payment for all the opportunities for the classes the parents take is that they provide 10 hours of community service at their child’s campus or at the parental centers or at a community agency as recommended by the Parental Dept. For parents seeking to obtain their GED there is a fee of $300.00 and they ask for the parents to stay committed and completing the program because there is funding provided for the classes and it is not just the amount of parents that sign up for the courses, but the amount of parents that complete the classes determines funding for the classes. Ms. Flores asked for Ms. Garza to come up with a survey to ask the parents what are the health needs that have not been met for their children, for example, counseling and to bring back that information so that we can set a goal to focus on component number eight.

1. **Next SHAC meeting 11:30 a.m., April 13, 2017 Host: Physical Education-Jaime Chavana/Child Nutrition Corina Gonzalez at PSJA ISD Administration Building Rm. 292**
2. **Question & Committee Comments**

Mrs. Flores reminded everyone about bringing their questions for the next meeting regarding health and nutrition for the next meetings presenters.

1. **Adjournment**

Mrs. Flores thanked everyone for coming and the meeting was adjourned at 12:53 p.m.