Pharr-San Juan-Alamo Independent School District

SCHOOL HEALTH ADVISORY COUNCIL MEETING

April 13, 2017

**MINUTES**

1. **Call to Order**

Meeting was called to order at 11:51 am by Sulema Flores, SHAC Coordinator.

1. **Welcome**

Sulema Flores, Director of Health Services welcomed and thanked those that were in attendance. Ms. Flores said that if any parents knew of others that usually attend meetings and were not in attendance to please call them and let them know where the meeting was being held today, since number in attendance was low for the start of the meeting.

1. **Minutes**

The minutes from the last meeting were reviewed by the committee. Ms. Maricela Rosales motioned to accept the minutes; Ms. Mary Barrientes second the motion. The minutes were approved.

1. **BCFS-Follow up Angie De La Cerda & Heather Chavez**

Ms. Heather Chavez did a quick re-cap of the abstinence program being offered to all 7th graders in the district and shared that enrollment is 1,339 currently and informed parents that classes for this year have been completed or are about to be completed. Ms. Chavez shared that the class is 8 modules and informed committee that parents can enroll their students upon registering their child for next school year there will be an option for them to select yes or no to enroll their child in the course, and for them to participate the parent just need to select yes. Ms. Chavez brought DVD’s titled: “Sex Can Wait” in English and in Spanish an educational video on how parents can speak to their children about sex. Ms. Chavez concluded by informing committee that there will be a Youth Motivational Conference on Wednesday, June 7th from 9 a.m.-3 p.m. and the location is still to be determined and it is for youth 8th-12th grade and it is entirely free with breakfast and lunch being provided. Ms. Chavez said BCFS has partnered with PSJA ISD, but all youth in 8th-12th grade are welcomed to attend regardless if they are students in PSJA ISD. Ms. Chavez said that it is a conference for youth to overcome obstacles and learn how to succeed. Ms. Sulema Flores thanked Ms. Heather Chavez and Ms. Angie De La Cerda for coming and providing the information and informed the committee that location possibly will be at Pepe Salinas Civic Center in Pharr.

1. **Operation Lone Star July 24th-28th**

Ms. Sulema Flores shared with the committee the dates and times of Operation Lone Star and informed the committee it would take place at PSJA Bears High School on July 24th-28th Monday through Thursday from 8 a.m.-4 p.m. and Friday from 8 a.m.-12 p.m. Ms. Flores said there will be many more dentists and if anyone is interested to see a dentist to make sure to arrive before 8 a.m. to be sure to obtain a voucher.

1. **Physical Education Presentation-Jaime Chavana-PE Director & Coach De Hoyos-Palmer Elementary & Texas A&M Agrilife Extension-Melissa De Leon & Jessica Ugarte**

Mr. Jaime Chavana began presentation informing committee the percentages of obesity in 2015 were: 28.8% in the US and 32.4% in Texas and 38.8% in the Valley and for the county of Hidalgo 38.5%. Mr. Chavana informed the committee that diseases linked to obesity are diabetes being one of the main ones and the importance of modeling what we eat for our children so they do not inherit diabetes and other diseases associated with diabetes. Mr. Chavana shared that the goal for this year is Let’s Get Fit! Mr. Chavana and Mr. De Hoyos shared the many different activities that are available to all the students in the district for free from track meets, golf, swimming, race walking, tennis day, and many more. Mr. Chavana said that portions have been distorted and sodas, popcorn, candy have increased in size from 8 oz to 64 oz for beverages, from 2 oz fries to 7 oz size fries, from 164 calories of theatre popcorn to over 1,000 calories. Mr. Chavana said this is all to make people think that they are obtaining a deal, but in reality they are just hurting themselves and causing themselves to be at risk of diseases like diabetes. Mr. Chavana said aside from portions being distorted activity levels of children have drastically decreased. Mr. De Hoyos shared children 8-18 years of age spend 4 hours a day watching TV, over an hour on computers, and almost an hour playing video games. Mr. De Hoyos said that more than 60% of children have TVs in their room. A study found that 48% of girls and 26% of boys do not exercise. Another study found that walking and biking to school has declined to 50%. Mr. Chavana shared that PSJA through SHAC implemented CATCH PK-8th and SPARK 9th -12th. Mr. Chavana shared that CATCH consists of Cafeteria, PE, Classroom, & Family & Community. Mr. Chavana shared if not all areas are being enforced and the best way for students to follow is by example, if they do not see an example they will not care to exercise and stay healthy. Mr. Chavana said that students will be able to learn golf for 4-5 weeks in the summer starting in June for free and will be provided breakfast and lunch and parents can stop by the golf office and start signing up their children for the summer, Mr. Chavana said PSJA is the only district in the area that offers free golf classes. Mr. Chavana also shared that PSJA ISD and the Pharr-San Juan-Alamo Boys and Girls Club have a partnership to have sports that students can participate in at a minimal fee which include: Football, Volleyball, Basketball, Soccer, Baseball, and Softball. When this partnership began in 2010 only 1,769 students participated as of 2015 4,218 students have participated in Sports through the Boys & Girls Clubs. Practices are held at all Elementaries and games are at select schools in the district. Mr. Chavana shared that this year was the first time a softball tournament was held between all elementary schools and was a great success. Mr. Chavana answered a question of a parent who wanted to know if both female and male students had to do push-ups the same way for the State Mandated Fitness Gram. Mr. Chavana informed the parent the push-ups have to be done in the same way, but the amount is not the same, however as the boys and girls get older they do have to do the same amount of push-ups. Mr. De Hoyos said the cafeteria is doing their part and so is PE and student’s are being educated on fitness and healthy eating, but to make sure the message is getting in the family and Community Texas A&M has been going to all the elementary campuses and teaching the students and also educating the parents on healthy eating in the district through the parent centers.

Ms. Melissa De Leon shared that she has been going to the schools to teach the students K-5th about nutrition. The curriculum contains 6 lessons: Lesson 1: My Plate (consists of food safety and physical activities) Lesson 2: Make at least half of your grains whole Lesson 3: Make half of your plate fruits and vegetables Lesson 4: Switch to Skim or 1% Milk Lesson 5: Vary your protein food choices and Lesson 6 Review

Ms. Jessica Ugarte shared that her sessions are for parents so they can start modeling how to eat for their children. Ms. Ugarte shared that nutrition is important and 80% of nutrition is what you eat and 20% is your activity. Ms. Jessica Ugarte shared that parents have 8 sessions which consist of: Healthy Foods, Healthy Families; Foods that Pack a Punch, Making the most of My Plate, Power of Planning, Mealtime Miracles, Setting Your Limits, Plate it Safe, and The Choice is Yours. Ms. Ugarte shared that participants will receive a book for each class, measuring cups for their family to be able to measure portion sizes, and a certificate for completing the course, which is a certificate that is needed for having a kitchen in a daycare setting that is valid for two years. Ms. Ugrate shared that the course is offered one time per year at the Parent Centers in Pharr, San Juan, and Alamo; but Ms. Ugarte shared that if at least 10 people are wanting to take the course and are not able to make it to a parent center she can have a class and she can ask her boss to purchase items to make recipes at the class.

1. **Child Nutrition Presentation-Corina Gonzalez & Erika Rivas**

Ms. Corina Gonzalez, area supervisor presented herself along with Mrs. Erika Rivas, Dietician for the District. Ms. Gonzalez shared with the committee the topics she would be discussing today. The 16-17 Mini Food Show, Waste & Left overs, Healthier US School Challenge, fruit or vegetable on a plate, and some changes to take place for the 17-18 school year, the implementation of the sharing baskets along with offer vs. serve, food taste studies at cafeterias in the district, and agreement/contract with the Rio Grande Valley Food Bank. A parent asked if all the food is made the same or how does that work. Ms. Gonzalez explained that the district hired a chef for the district to be able to add flavor with the use of spices and still meet the criteria of the amount of salt, fat, and sugar that can be contained in the items of food. Ms. Gonzalez said that getting it exact for all 43 schools in the district is still in progress, but they are hoping that it is getting close by having the chef make food or partially make foods and then having them sent to the campuses. Another thing that is looking into being implemented is having the chef go to each cafeteria to make the foods or see how the food is being completed in the cooking process and showing the cafeteria staff so that there will be consistency at all the schools. Ms. Gonzalez shared in order for the Nutrition Department to get reimbursed by law they must have offer vs. serve and students must get either a fruit or a vegetable. Ms. Gonzalez shared if students were to be served a fruit or vegetable students would probably not eat what they are provided if they do not eat it at home and then more food would be wasted. Ms. Gonzalez said a balancing act is being done offering a variety of fruits and vegetables are in order to make food more appetizing and hoping that less will be wasted. Ms. Gonzalez said adults can help students with their food, but they cannot eat the food off the student’s plate that is the only state mandated law, but Ms. Gonzalez encouraged parents to speak to the principals at their child’s perspective campus if their campus is not allowing them to assist students in the cafeteria with their meals. Ms. Gonzalez shared currently the district has salad bars at all high schools, however at the middle schools and elementary schools it is more of a matter of space and so that is still trying to be figured out. Ms. Gonzalez informed the committee that in 2010 lean meats and 100% whole grains began to be served to meet with state standards; 10 oz of meat for the week at the high schools and 6-8 oz of meat at the middle schools and elementary schools. Ms. Gonzalez shared that students at the middle schools are still developing and if their friend does not want to eat something they want to be like their friend and they will not get certain foods because their friend did not get the food not necessarily because they didn’t like it but because their friend did not get it. Ms. Gonzalez said in trying to resolve that issue, all students are required to go through the lunch line. Ms. Gonzalez said that a sharing basket, which was implemented through SHAC, of foods a student may not want to eat is placed in a basket so that if other students do not want to eat a particular item another student can obtain a food item from the basket that possibly another student may want to have. It was originally meant for fruits and vegetables, but has been known to have waters and sandwiches placed in the basket as well, the only issue with this for entrées like sandwiches it cannot be eaten if in the sharing basket for more than an hour. Ms. Gonzalez shared that the sharing basket is also being offered at dinner as well. Water is being offered at all elementary schools as a state mandate since students are not allowed at some campuses to get up to drink water from the water fountain water is now being offered along with milk. Ms. Gonzalez shared that the Child Nutrition Department has started to do food waste studies and in an example of a study done at a middle school 98% of the food was wasted. The only thing from the entrée which was a salad that was eaten was the crackers and croutons. The other options on the menu for that particular day were baked potato and Chinese food. The students were asked why the rest of the salad was being thrown away and students would simply respond it is because they didn’t like the food, but knowing that others may talk about what their eating they would just not eat or only eat certain items and this is why Ms. Gonzalez informed the committee that students are being influenced especially at this age by their peers even in their food choices. Ms. Gonzalez also shared what the goal in relation to the component of School Health & Nutrition is for SHAC, which is to have a Healthier U. S. School Challenge (HUSSC) campus in the district which is surpassing the area of nutrition and physical activity. Ms. Gonzalez shared that by the end of May 2017 the campus in the district to be a HUSSC campus is Carman Elementary. Ms. Gonzalez shared that more than half of the application process is completed and the goal of having one campus in the district will hopefully encourage other schools to want to obtain this same recognition. Ms. Gonzalez shared that another thing that Child Nutrition has done is a taste testing show. Ms. Gonzalez shared the taste tasting show was held this past December 2016 at Southwest High School with possible food products to be served for breakfast, lunch and vegetables for 2017-2018 school year. There were students from Southwest H.S., North H. S., Carman, Arnold, Clover, Palmer, and Longoria Elementary and parents from Dr. Long and Marcia Garza Elementary. Students were given a survey card where they were asked to rate the food after tasting the food; and for today’s meeting the Child Nutrition Department prepared some of the food which included a BBQ drumstick, sweet potato fries and gingerbread. Mrs. Erika Rivas shared that for the past three years the gingerbread has been offered and is one of the breakfast items students like, but next year they will be offered as bites and see how students take to that change and if they will still eat it since it will not be in the form of a gingerbread. Mrs. Rivas also elaborated on the salad bar and shared that just like the hot food line is available students always have the option of the salad bar on a daily basis with a variety of vegetables that are not usually served on the main food line along with parfaits to choose from at the salad bar. Ms. Gonzalez and Mrs. Rivas addressed a question if there are so many options why is food from the outside allowed for students at the school. Ms. Gonzalez said that currently it is the principals decision as to whether or not they are going to allow food from the outside and is currently not an option to ban outside food from being brought in to the schools during meal time; Ms. Gonzalez said that as SHAC the committee could choose to make that an option to ban outside food, but SHAC has presented this option before and has not been successful in becoming a standard expectation within the district. Ms. Gonzalez addressed another concern of a parent that the 2nd option is not always available; Ms. Gonzalez informed the parent that all the cafeteria managers have been informed and told that the 2nd item should always be available, but will address the issue with that particular campus cafeteria manager.

1. **Question & Committee Comments**

Ms. Flores informed the committee that they would be contacted when the next meeting would be and hopefully at the next meeting Mrs. Erika Rivas, Dietician could be invited back to share with the committee about food allergies and anaphylaxis as some schools have restrictions as to why certain foods are not allowed on certain campuses.

1. **Adjournment**

Ms. Flores thanked everyone for coming and the meeting was adjourned at 1:29 p.m.