Pharr-San Juan-Alamo Independent School District

SCHOOL HEALTH ADVISORY COUNCIL MEETING

April 10, 2019

**MINUTES**

1. **Call to Order/Welcome**

Meeting was called to order at 11:40 am by Sulema Solis, Health Services Director.

Ms. Sulema Solis welcomed and thanked those that were in attendance.

1. **Minutes**

The minutes from the last meeting were reviewed by the committee. Paola Chavez motioned to accept the minutes; San Juana Resendez second the motion. The minutes were approved.

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

Ms. Corina Gonzalez and Erika Rivas introduced chefs in our district and we have the most chefs in our district in comparison to other districts. Mrs. Rivas shared with the committee samples of the foods that will be on the menu for the 2019-2020 school year. The foods that were shared with the committee include the following: jicama with tajin, cilantro buttered cauliflower, guajillo chicken wrap, and cavatini. Ms. Solis asked if the recipes can be shared with the parents, so parents can be able to make these meals at home if their children enjoy eating them, Mrs. Rivas shared the recipes can be made available to parents. Ms. Gonzalez and Mrs. Rivas shared that the guajillo chicken wrap will only be served at the middle school and high school due to it being a bit spicy for the younger children. Ms. Gonzalez asked for the committee to come up with a list of food, drinks, and non-foods that could be sold at the school that are healthy and that students would like to purchase instead of junk food being sold at the schools when it is not supposed to. Ms. Gonzalez asked the committee to please share of any areas that parents of the committee may be aware where there are children in the community that are not getting food during the summer. One parent shared that the housing center in Las Milpas did not have a summer feeding site and the parent said that she hopes that it will be available this year because there are many children in that area. Ms. Gonzalez said if there are any locations that parents can think of where children will be from ages 1-18 years of age to please call (956) 784-8545 and provide the dates and time when children will be present either for breakfast, lunch, or dinner and the number of children that the location plans to have. Ms. Gonzalez also asked that if parents could let their children especially in high school know if there are any incidents that occur with food or complaints about food to please let the cafeteria manager know because that is the only way the problem can be resolved. Ms. Gonzalez told the committee that the name and the number of the cafeteria manager was going to be posted in the cafeteria for students and or parents to make contact to have a correction made. Ms. Gonzalez said that if the problem is not able to be resolved with the cafeteria manager, then parents can always call Central Kitchen and ask to speak to the Director of Child Nutrition-Imelda Palacios, Corina Gonzalez, or to Erika Rivas.

1. **Health Services-Sulema Solis**

Ms. Sulema Solis began by letting parents know that Operation Lone Star will be taking place from July 22nd-July 26th. Ms. Solis said that she will announce the dates at the next meeting again, but wanted to let parents know that babies, children, and adults can all be seen for all health services vision, dental, and medical. The only thing that needs to be taken is the Rxn for the medications the individual is currently taking. Ms. Solis shared that if a person does not have a medical doctor, a person can be seen and given a Rxn for a year if needed. A parent shared that at the Hidalgo County Precinct 2 Community Resource Center at 1429 S. Tower Rd in Alamo, they offer TB and flu clinics and no or low cost about twice a month. Ms. Solis said that breakfast and lunch is also provided to all children at Operation Lone Star. Ms. Solis then gathered some feedback from the committee on the following:

**What would you like for your school nurse to teach your children? & Do you think the nurse does a good job teaching your children?**

One parent asked if school nurses could teach about the effects too much technology has on one’s health. Ms. Solis then told parent that there is not too much research available, but there are studies that are taking place that show the effects on the eyes, posture, and arthritis to fingers; Ms. Norma Garza suggested starting with the children that are currently in a grant at 14 different elementary schools for the nurses to help with the teaching of the effects of obesity along side the staff who will address this as well through the grant. Ms. Garza also mentioned that there will be a talk taking place tomorrow from 6-8 p.m. at the McAllen Convention Center with Dr. Guadarrama and a panel of young people sharing the experiences they have had with the use of technology.

**Role of the School Nurse & How do you think we can have parents follow-up with screenings?**

Ms. Sulema Solis shared the responsibilities of the school nurse and shared that Vision, Hearing, Spinal, and Acanthosis Nigricans are state mandated screenings and parents are sent referrals and no follow-up is communicated to the school nurse. A parent gave a suggestion of posting posters throughout the campus as a reminder for parents to follow-up and return referrals to school nurse. Other suggestions that were given the district has already been implementing such as: Operation Lone Star where students would be able to get glasses or have their hearing examined. Also, a vision bus is taken to campuses where students can get their vision evaluated and prescribed glasses if needs. Ms. Solis also said there are monies that are given as well to students to have their vision checked by an ophthalmologist and get glasses at a low or no cost to them. Ms. Solis said that parents have even been offered rides to the appointments.

**Do you have any concerns about the immunizations being given specifically Measles and Mumps?**

Ms. Sulema Solis informed parents that with the Measles an obvious sign is the Koplik sign, which are white spots on the inside of the cheeks. If a person is vaccinated they are 98% protected, however if a person’s defenses are low another vaccine will be given or if a person is found to be positive with Measles they are prescribed medication. Ms. Solis shared with the committee that recently in Mission two gyms were closed as precaution because of the Mumps, however there was only one confirmed case and 9 other people that had symptoms. The danger with Mumps is that if contracted males can be sterile. Ms. Solis said while there are risks with vaccines the risks are far less than contracting the illness. Ms. Solis encouraged the parents to have their children vaccinated and to always ask what the vaccine is for and why the vaccine is being given, what is my child being protected from by obtaining this vaccine and what risks are involved with the vaccines being given. Ms. Solis shared with committee that parents can get the HPV at 11 or when student is in 6th grade so that they are ready with the vaccines that are required once they begin 7th grade which are the Tdap, MCV4, Varicella, and HPV. Ms. Solis informed parents that the HPV vaccine prevents cancer in males and females and said that it is not required, but it is strongly encouraged, because both males and females can transmit the disease through chlamydia which can then lead to HPV.

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

Ms. Sulema Solis thanked everyone for coming and reminded everyone that the next meeting is May 2, 2019 and it would take place in the library at PSJA Bowie Community/Parent Center. The meeting was adjourned at 1:12 p.m.