Pharr-San Juan-Alamo Independent School District

SCHOOL HEALTH ADVISORY COUNCIL MEETING

April 18, 2016

**MINUTES**

1. **Call to Order**

Meeting was called to order at 11:37 am by Sulema Flores, SHAC Coordinator.

1. **Welcome**

Sulema Flores, Director of Health Services, welcomed all in attendance and thanked those who were in attendance for today’s meeting.

1. **Minutes**

The minutes from the last meeting were reviewed by the committee. Rubina Cavazos motioned to accept the minutes, Ana Luisa Zavala second the motion. The minutes were approved.

1. **Access to health care providers**
* **PSJAISD School Based Health Center DHR**

**700 West Ridge Road, San Juan, TX 78589, 956-787-5454**

* **PSJA School Based Clinic NCDV**

**400 E. El Dora Rd., San Juan, TX 78589, 956-781-6077**

1. **Screenings: Referrals for Vision, Hearing, Scoliosis, Dental, Acanthosis Nigricans, Height & Weight**
2. **Suicide Prevention: Say Yes to Life-Saturday, April 30, 2016, Time: 8:00 a.m.-12p.m.**
3. **Operation Lone Star July 25-29, 2016 PSJA High School**
4. **Safety & Security Presentation**

Mrs. Sulema Flores presented Mr. Gaona, Mr. Martinez, & Mr. Flores that were going to present under the direction of Mr. Joe Palacios, Director of Safety & Security. Mr. Eddie Gaona PSJA Southwest High School began the presentation and said that the goal was to inform the parents and also make them aware of what drugs they are coming across in the middle schools and high schools and make the parents knowledgeable as well on what to be looking for. Mr. Gaona said that more recently they have been finding more females carrying drugs, because female students are more difficult to screen so the males realize they are easier to screen and are now having females carry drugs and drugs are being found more on the females. Also, Mr. Eddie Gaona shared that the students are using other students to be lookouts as the name implies to be looking out for any security they may be coming in their direction and if they know that there are security around they are not going to be selling or doing any drugs with security around. Some of the top illicit drugs that are presently being used include: marijuana, cocaine, methamphetamine, and various club drugs. Mr.

Gaona shared some items that they had confiscated that students are using such as a notebook that a student had cut out to hold a cell phone in to record anything and just like a cell phone could have been hidden is just exactly how students use different things to hide drugs. Another example that Mr. Gaona shared were stickers and other pills are used to put acid so it can get lost in the contents. Mr. Gaona shared that sweaters, hoodies, the bottom hem of hoodies are torn to hide drugs in as well as the lid of caps, the battery of a cell phone, and the sole of tennis shoes. Mr. Gaona shared that smoke shops sell whippets, pipes, synthetic marijuana, outlets, soda cans, sandwich containers, projectors, incense, salvia a type of herb. Mr. Gaona shared smoke shops are not shut down because they are not selling the drugs what is illegal and the items that are sold in their stores are being used for drugs, but can’t be proven that they are not being used for the sole purpose they are made for such as whippets. The officers shared that the least place you think to look for drugs is where you will probably find drugs. The officers warned that cocaine is more to be used in the community and warned about not touching it because it will get into your bloodstream. The officers provided the on call phone number for the guards at night and on weekends which is: 956-329-4364 if there is an issue at a campus, but in an emergency 911 is best; the officers also provided phone numbers to area police departments for Pharr 784-7700, San Juan 787-9904, and Alamo 787-1454. The phone numbers were provided so that the committee could have and share with others in case they see suspicious activity after school hours around the city or on school property. The officers also shared that students are mixing monster and red bull drinks with liquor and the liquor cannot be smelled. The officers also shared that purple cough syrup and sprite students are also mixing to be under the influence. Students are also using quick 30 second highs by the time they arrive in the nurse’s office vital signs are normal, this may be due to students having used other stronger drugs and now their body is immune and their vital signs are no longer affected. Students are also mixing Xanax with orange juice to make the effect quicker; Xanax is sometimes crossed from Mexico. Roach pills are also being used and mixed with bags of chips as well as Xanax is being put into chips. The officers warned that to make sure to let their children know to never carry any other person’s belongings because they will be the ones having to pay the consequences, because if drugs or something illegal is found to be in their possession they will be the ones having to pay the consequences. Mrs. Sulema Flores, thanked the officers for presenting and suggested maybe another meeting could be held in May to discuss possible changes such as stricter rules on sales of items for extracurricular clubs so parents can be assured if they are giving money to their child to purchase something that they are getting what they are buying and not something else.

1. **Physical Education Presentation**

Coach Chavana, PE Coordinator and Coach De Hoyos from Palmer Elementary presented and gave an update on the happenings in the district with physical education. Coach Chavana and Coach De Hoyos began the presentation having everyone take their pulse and obtain 1-4 M&M’s and said at the end he would come back to the purpose of the activity. Coach De Hoyos shared that obesity rates in the United States in 2013 were 29.4%, Texas 29.2% and in the Valley the obesity rate was 38.5% which was more than the Nation and the State. The district and the cities of Pharr-San Juan- and Alamo have come together to provide after school programs for students to promote wellness beyond PE. One aspect aside from providing different sports for students is by showing the students in PE about Go, Slow, & Whoa Foods. Coaches Chavana and De Hoyos gave examples of what foods would be considered Go (almost any time) foods such as fresh fruits, vegetables, whole grains, fat free or 1% dairy, chicken and turkey without skin, fat free dressings, water, diet drinks and unsweetened drinks. Slow (sometime) foods would be foods that are vegetables with added fat, such as avocado, oven baked fries, 100% fruit juice, fruit in canned light syrup, dried fruits, white refined breads and cereals, 2% dairy products, turkey with skin, ice milk bars, frozen fruit bars, low fat or fat free frozen yogurt and ice cream, fig bars, ginger snaps, baked chips, low fat microwave popcorn, pretzels, vegetable oil, olive oil, oil-based salad dressing, soft margarine, and low fat dressings. Whoa (once in a while) foods include: vegetables that are fried such as French fries, fruits canned in heavy syrup, croissants, muffins, doughnuts, sweet rolls, crackers with trans fat, sweetened breakfast cereals, whole dairy products and cheeses, fried meats, cookies and cakes, buttered microwave popcorn, butter, lard, salt, pork, gravy, creamy salad dressings, cheese sauce, cream cheese dips, whole milk, regular soda, calorically sweetened teas and lemonade, and fruit drinks with less than 100 percent fruit juice. Coach Chavana announced that this coming year tackle and flag football will be an option unlike before when flag football was the only option. Coach Chavana also shared aside from the after school programs that are being offered Golf is being provided for two weeks to 5th & 6th grade and hopefully next year to 2nd and 4th grade as well. Coach Chavana also shared that track and cross country for 3rd-6th grade and Tennis Day is open for 1st-6th graders as well. Swimming is also offered to 2nd grade students for 2 weeks and Jump Rope for Heart is available to all students in all grade levels. Punt, Pass, & Kick is available to elementary and middle school students and the South Texas Community Association is offering classes to students as well. Coach Chavana said that he hopes to get one flier out with all the activities and programs that are offered through the Physical Education Department and to work on publicizing the activities more effectively. Coach Chavana & Coach De Hoyos shared another activity and asked for the committee to guess how many sugar packets were in a 20oz Coke and a 20 oz Mountain Dew, and a Minute Maid Juice; 17 bags of small sugar packets that are 15 calories per packet, 20 packets, and 15 packets in each beverage respectively. Coaches Chavana & De Hoyos shared to burn the calories per packet would be 20-30 steps per packet. Coach Chavana and Coach De Hoyos returned to the pulse rate and time was running short, but said if you ate 1 M&M you would have to take 120 steps to burn the calories from it, 340 steps for 2 M&M’s, 450 steps for 3 M&M’s, & 530 steps for 4 M&M’s. Coach Chavana ended with sharing the phone number of the Physical Education Department which is 354-2221.

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

Mrs. Flores thanked everyone for coming and the meeting was adjourned at 1:14 p.m.