

**La Porte ISD**  
**School Health Advisory Council**  
**Annual Report to the Board of Trustees**

**2015/2016 School Year**

**Vision Statement:**

LaPorte ISD (LPISD) students, staff, and community members live healthy and productive lives as the result of increased awareness for components of healthy living and access to health care resources.

**Mission Statement:**

The LPISD School Health Advisory Council (SHAC) strives to improve student and staff performance by promoting age-appropriate wellness programs and healthy, balanced, and active life styles.

**2015-2016 Meeting Dates**

September 2015

November 2015

February 23, 2016

April 27, 2016

**Subcommittee Meetings:**

Pregnancy and STD Prevention

Nutrition

Employee Wellness

Physical Activity and Fitness Planning

Health Curriculum K-8

Drug Awareness & Prevention

Health Services

**LPISD SHAC Members  
2015-2016**

Ms. Ralph Wilkins Co-Chair (Nutrition)  
Mrs. Linley Marlar Co-Chair (Parent)  
Mrs. Cynthia Anderson, Administrative Liaison  
Laura Lynch Health Services Chairperson/DWA  
Jo Johnson, Pregnancy Prevention Chairperson  
Mrs. Jill Gonzales, Physical Education Chairperson/BSE  
David Knowles, Administration/Drug Awareness and Prevention Chairperson

Ms. Cynthia Gonzales, Parent  
Mr. Shannon Gibbs, Parent/Community  
Mr. Matt Novosad, Parent  
Mr. Brian Larkey, Parent  
Mr. Shane Klinkerman, Parent/Community  
Ms. Missy Dodson, Parent  
Ms. Maria Solis, Parent  
Ms. Denise Allen, Parent  
Ms. Jackie Briggs, Parent  
Ms. Jessica Cortez, Parent  
Ms. Linda O'Daniel, Parent  
Ms. Susie Buck, Parent  
Ms. Wendy McCarthy, Parent  
Ms. Lisa Gann, Parent  
Ms. Brandi Womack, Parent  
Ms. LaShawn Wilburn Parent  
Ms. Amberlin Bogg Parent  
Cheva Smith, Parent  
Maria Solis Parent  
Melissa Gray Parent  
Kelsey Ramirez Parent

Ms. Kelly Crittenden, Community  
Dr. Moosa, Community  
Mr. Jim Puryear, Community  
Mr. Daniel Ramirez, Community  
Amber Buras, Community  
Jessica Bellant Community  
Mrs. Debbie Moye, Health Services/LPHS  
Carole Henehan, Health Services/LPHS  
Ms. Valerie Fleming, Health Services/CPE  
Becky Smith, Health Services/LPE  
Sheila Knittle, Health Services/ LXJH  
Robin Guimbellot Academics/LPHS  
Mrs. Debra Shope, Physical Education and Health/LPHS  
Ms. Esther Norton, Counseling/LPJH

Grisel Wallace, Elementary Principal/HRE  
Dr. Linda Wadleigh, Administration  
Mr. David Knowles, Administration  
Terri Cook, Communications  
Michael Clyde, Transportation  
Carisa Schiermeister, Academics/BSE

## What is Coordinated School Health?

Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.

### 8 Components

Nutrition Services	Health Services
Physical Education	Health Education
Staff Wellness Promotion	Parent and Community Involvement
Counseling and Mental Health Services	Healthy and Safe School Environment

### SHAC Activity Report

#### 1. Staff Wellness Activities

The Staff Wellness Fair was not held this year due to changes in the school calendar prompted by legislative changes. It was postponed until the start of the 2016 school year.

- In conjunction with Walgreens, district staff were offered discounted flu shots at eight campuses as well as the Support Services Center for staff convenience. 90 flu shots were administered to staff members.

#### 2. Nutrition and Wellness Policy Audit

The local wellness policy was brought to both Cabinet and the SHAC for review this year. District Wellness Policy Regulations were reviewed and updated as part of the Healthy Hunger Free Kids Act (2010). The Federal audit showed no findings and that the district was in compliance.

This year's district staff completed trainings on CPR, AEDs, food allergies, Bloodborne Pathogens, Sexual Harassment, child abuse, Unlicensed Diabetic Care Assistant (UDCA) and Mandt. CPR, UDCA and Mandt trainings have continued through the year to meet student needs. In addition letters went home with all students stating that homemade items would not be allowed on campuses. Only items that have been purchased and that include a complete list of ingredients from the company preparing the food would be allowed in classrooms. The letter further directed our parents to our Food Allergy Management Plan on our parent portal.

#### 3. Health Services

As recommended by the SHAC last year, the district implemented online UDCA training from Salus Education so that each campus will have the resource to train as many staff members for unlicensed diabetic care givers as needed. Employees are now able to take the UDCA training when it is convenient for their campus and we are able to train many more

UDCAs. After passing the online course, the UDCA staff then undergo a skills check off with their campus nurse.

The district adopted and implemented the SHAC recommended revision to the previous district Medical Emergency Response Team (MERT)/AED protocol

#### **4. Community Support**

The Lions Club continues to donate to the medical vouchers for students as needed. This year 10 vouchers were used. There were 12 vouchers issued last year.

The Optimist Club underwrites National Association of School Nurses (NASN) memberships for the school nurses. With the membership comes free Vision Service Plan (VSP) vision vouchers for nurses to distribute to students in need.

#### **5. Student Electrocardiogram (EKG or ECG) Screenings**

LPISD school nurses administered over 500 EKGs for student UIL participants. The fee for EKGs remains at \$10. Free EKGs were offered to those who could not afford to pay the fee. One student athlete was found to have a life threatening cardiac defect which was surgically repaired.

#### **6. Human Sexuality Education**

“Choosing the Best Way”, a six lesson course, continued for the sixth year at Baker.

“It’s Your Game...Keep It Real” (IYG) The University of Texas Health Science Center (UTHSC) grant has expired. As recommended by the SHAC, the district elected to fund the part time Pregnancy Prevention Coordinator position (currently filled by Jo Johnson). Our IYG curriculum consist of a 12 series combination of classroom interactive and computer lessons usually taught once a week by trained certified teachers. This year there were 6 teachers trained.

In January 2015, the Level 1 version was presented to all 569 seventh graders. LPJH had eight opt; LXJH had five opt out.

Level 2 of “It’s Your Game...Keep It Real” - Teen Pregnancy, HIV, and STD Prevention was presented to approximately 625 eighth graders at LPJH and LXJH during the fall of 2014. A total of seven opted out of the program.

The grant that UTHSC applied for to extend pregnancy prevention curriculum into the high school was not awarded so the district has continued with just the 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade curriculum.

#### **7. Physical Activity and Fitness Planning Subcommittee**

## **8. Drug Awareness & Prevention Subcommittee**

## **9. New Coordinated Health Program**

Since the Health and Wise curriculum was no longer an option to support the required coordinated health program, the SHAC and a sub-committee of district PE teachers reviewed the other TEA approved programs and recommended the SPARK Health Education Curriculum. LPISD currently uses the physical education component of the program. The SPARK Healthy Lifestyle Program for grades PK through middle school has been purchased and will be administered next fall.

## **10. CPR Instruction – House Bill 897 Update**

The American Red Cross Lay Person CPR/AED training (compressions only) was provided to all 7<sup>th</sup> grade students as provided by House Bill 897. The 7<sup>th</sup> grade science teachers in coordination with the junior high nurses taught these classes.

## **11. Food Allergy Management Plan**

The SHAC conducted its annual review of the Food Allergy Management Plan as required by Board Policy FFAF. No changes were recommended. The SHAC agreed to wait on the legislative committee guidelines regarding stocking EpiPens in schools before deciding whether to recommend that LPISD stock EpiPens in their clinics.

## **12. Grants and Awards**

With SHAC support, the school nurses applied for and received a \$7,000 grant from the La Porte Education Foundation to purchase a SPOT vision screener. This device allows the nurses to conduct screenings on student who are unable to be screened by traditional vision assessment tools (Life Skills and Pre-K).

New AEDs were purchased for and distributed to all LPISD campuses and buildings with SOAR grant fund received by the LPISD school nurses. Additional training supplies such as CPR manikins were also purchased with the grant money. Sixteen staff members were trained and certified in American Red Cross CPR/AED/First Aid. Four staff members were as American Red Cross instructors.

The LPISD SHAC was recognized, by *It's Time Texas* for its excellent work in the last school year. The \$300 award was used to further employee wellness by purchasing a traveling trophy for campus attendance at wellness fairs and door prizes to further incentivize attendance.

## **Recommendations for Next Year**

- 1) Continued support for all coordinated school health programs in place at this time.
- 2) Revise district wellness plan to meet new state and national regulations

- 3) Establish a plan for measuring implementation of the local wellness policy.
- 4) Explore options to expand district mental health resources for staff and students.
- 5) Continue to explore opportunities to partner with community and government organizations to provide additional student and staff resources.
- 6) Expand employee wellness efforts.

Respectfully submitted,

Cyndi Anderson, Executive Director of Special Programs

Ralph Wilkins, Co-Chair SHAC

Lynley Marlar, Co-Chair SHAC