



# School Health Advisory Council (SHAC)

# Agenda

1. Greetings/Welcome
2. Meeting Norms/Overview
3. Membership Drive
4. COVID Safety in Our Schools
5. Students & Food Allergies
6. November Spotlight – Suicide Awareness & Prevention
7. Campus Spotlights
8. Questions
9. Announcements/Reminders
10. Adjournment

# Meeting Norms

- Be Punctual
- Respect and support each other by actively listening and staying engaged.
- Follow the agenda as printed except when changes are noted.
- Raise your hand or use the chat to ask questions.
- Bring positive attitudes and be ready to share.

# Become a Member of the School Health Advisory Council (SHAC)

The Port Arthur Independent School District has established an advisory council to advise the school board and assist the district in ensuring that local community values are reflected in the district's health education plan. The advisory council will advise and support the school's efforts to assess their needs to become healthy, productive citizens.

Responsibility for the physical, emotional, social, mental and intellectual health of our youth belongs to their families and the entire community. Effective coordinated school health programs can contribute to helping young people avoid health risks by increasing their skills to make responsible choices about behaviors that can affect their health.

# Our Mission

The mission of Port Arthur ISD School Health Advisory Council (SHAC) shall be to promote school health that ensures all children will graduate with the knowledge and skills to maintain a healthy lifestyle.

# Join Now



# Meeting Dates & Times

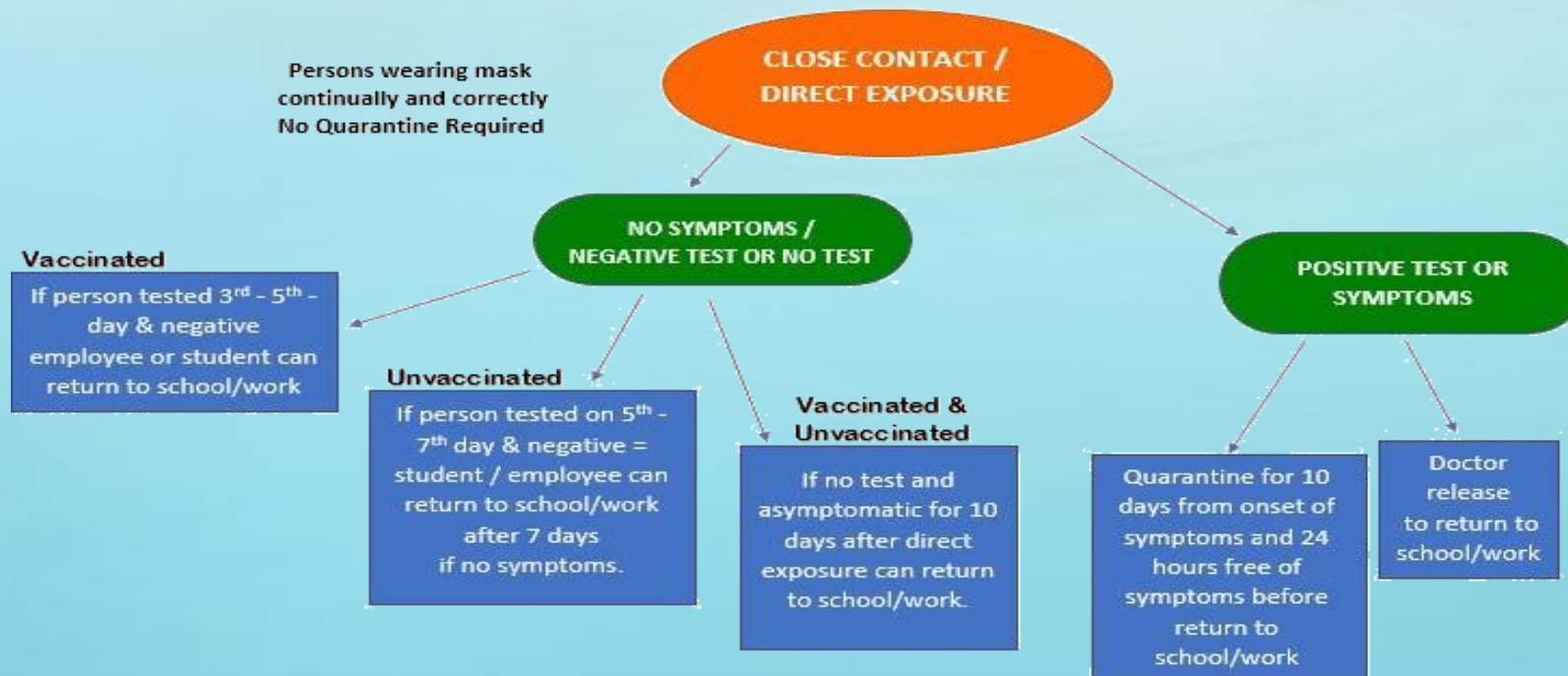
- September 20, 2021: 3:00 pm – 4:00 pm via Goggle Meets
- November 15, 2021: 3:00 pm – 4:00 pm via Goggle Meets
- February 7, 2021: 3:00 pm – 4:00 pm via Goggle Meets
- April 4, 2021: 3:00 pm – 4:00 pm via Goggle Meets

# COVID Safety in Our Schools

## CLOSE CONTACT/ DIRECT EXPOSURE:

Direct contact with person Covid-19 confirmed;  
within 6 feet of a person; while not wearing a mask;  
cumulative 15 minutes; or direct exposure to bodily secretions.

## EMPLOYEE / STUDENT QUARANTINE PROTOCOL



# Testing



- The ABBOTT-BinaxNOW Antigen Immunoassay Test detects the presence of a specific viral antigen, which implies current viral infection. This test is a screening tool that identifies the presence of viral antigens (SARS-CoV-2) in the body.
- Testing is voluntary and requires parent permission for students under 18.

# Preventive Measures at School

- Students benefit from in-person learning, and safely returning to in-person instruction in the fall 2021 is a priority.
- Vaccination is the leading public health prevention strategy to end the COVID-19 pandemic. Promoting vaccination can help schools safely return to in-person learning as well as extracurricular activities and sports.
- Due to the circulating and highly contagious Delta variant, CDC recommends universal indoor masking by all students (age 2 and older), staff, teachers, and visitors to K-12 schools, regardless of vaccination status.
- In addition to universal indoor masking, CDC recommends schools maintain at least 3 feet of physical distance between students within classrooms to reduce transmission risk. When it is not possible to maintain a physical distance of at least 3 feet, such as when schools cannot fully re-open while maintaining these distances, it is especially important to layer multiple other prevention strategies, such as screening testing.
- Screening testing, ventilation, handwashing and respiratory etiquette, staying home when sick and getting tested, contact tracing in combination with quarantine and isolation, and cleaning and disinfection are also important layers of prevention to keep schools safe.
- Students, teachers, and staff should stay home when they have signs of any infectious illness and be referred to their healthcare provider for testing and care.
- Ventilation is one component of [maintaining healthy environments](#), and is an important COVID-19 prevention strategy for schools and childcare programs. Wearing a [well-fitting, multi-layer mask](#) helps prevent virus particles from entering the air or being breathed in by the person wearing a mask. Good ventilation is another step that can reduce the number of virus particles in the air.
- Teach and reinforce [handwashing](#) with soap and water for at least 20 seconds.
- Remind everyone in the facility [to wash hands frequently](#) and assist young children with handwashing.
- If handwashing is not possible, use hand sanitizer containing at least 60% alcohol (for teachers, staff, and older students who can safely use hand sanitizer). Hand sanitizers should be stored up, away, and out of sight of young children and should be used only with adult supervision for children under 6 years of age.

# Handwashing & Sanitizing



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based [hand sanitizer](#) that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

1. Apply the gel product to the palm of one hand (read the label to learn the correct amount).
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds



# Students and Food Allergies

- In response to the increasing rate of students with diagnosed food allergies at risk for anaphylaxis, laws were passed. This occurred during the 2011, 82nd Legislative Session, and the 2015, 84th Legislative Session. The bills were codified in the Texas Education Code, Chapters 25 and 38.
- [Texas Education Code, Chapter 25, Section 25.0022](#), requires a parent or legal guardian disclose, at the request of the school district, whether the child has a food allergy.
- [Texas Education Code, Chapter 38, Section 38.0151](#), requires the board of trustees of each school district and the governing body or appropriate officer of each open-enrollment charter school adopt and administer a policy for the care of students with diagnosed food allergies at risk for anaphylaxis based on the guidelines developed by the legislated Ad-Hoc committee.

A **food allergy** is an abnormal response to a food, triggered by the body's immune system (National Institute of Allergy and Infectious Disease [NIAID], 2020). Symptoms of a food induced allergic reaction may range from mild to severe and may become life-threatening. Reactions vary with each person. Each exposure to a food allergen and the severity of an allergic reaction is not predictable.

These 8 foods account for about 90 percent of all reactions (CDC, 2020), many of which are ingredients in prepared foods:

- Eggs,
- Milk,
- Peanuts,
- Tree nuts,
- Fish,
- Shellfish,
- Wheat, and
- Soy.

Signs and Symptoms of an Allergic Reaction Signs and symptoms of a life-threatening food allergy can involve multiple parts of the body. Areas affected can include the mouth, throat, nose, eyes, ears, lungs, stomach, skin, heart, and brain. The most dangerous symptoms include breathing difficulties and a drop in blood pressure or shock, which is potentially fatal.

## ALERT

BODY PART	SIGN OR SYMPTOM
Mouth	Tingling, itching, swelling of the tongue, lips, or mouth; blue/grey color of lips
Throat	Tightness of throat; tickling feeling in back of throat; hoarseness or change in voice
Nose/Eyes/Ears	Runny, itchy nose; redness and/or swelling of eyes; throbbing in ears
Lung	Shortness of breath; repetitive shallow cough; wheezing
Stomach	Nausea; vomiting; diarrhea; abdominal cramps
Skin	Itchy rash; hives; swelling of face or extremities; facial flushing
Heart	Thin weak pulse; rapid pulse; palpitations; fainting; blueness of face or nail beds; paleness

# Food Allergy Management in the School Setting

School districts and open-enrollment charter schools are required to develop and implement policies to address children with diagnosed food allergies at-risk for anaphylaxis.

- FFAF (Legal)
- FFAF (Local)
- FFAC (Local)



Food Allergy Program  
at Texas Children's Hospital®

## 8<sup>th</sup> Annual Food Allergy Symposium

**The symposium will be a hybrid event (in-person & virtual)**

**Date:** Saturday, September 25, 2021

**Time:** 9:30am - 12:30pm *(in person check in at 9:00am)*

**Where:** Region 5 Education Service Center  
350 Pine Street  
Beaumont, TX 77701  
or **Virtual (via Zoom)**

**Register:**

**Online:** [www.texaschildrens.org/foodallergysymposium](http://www.texaschildrens.org/foodallergysymposium)

**E-mail:** [pediiaar@texaschildrens.org](mailto:pediiaar@texaschildrens.org) for any questions

We regret there will be  
no children's activities  
nor are we able to  
provide childcare

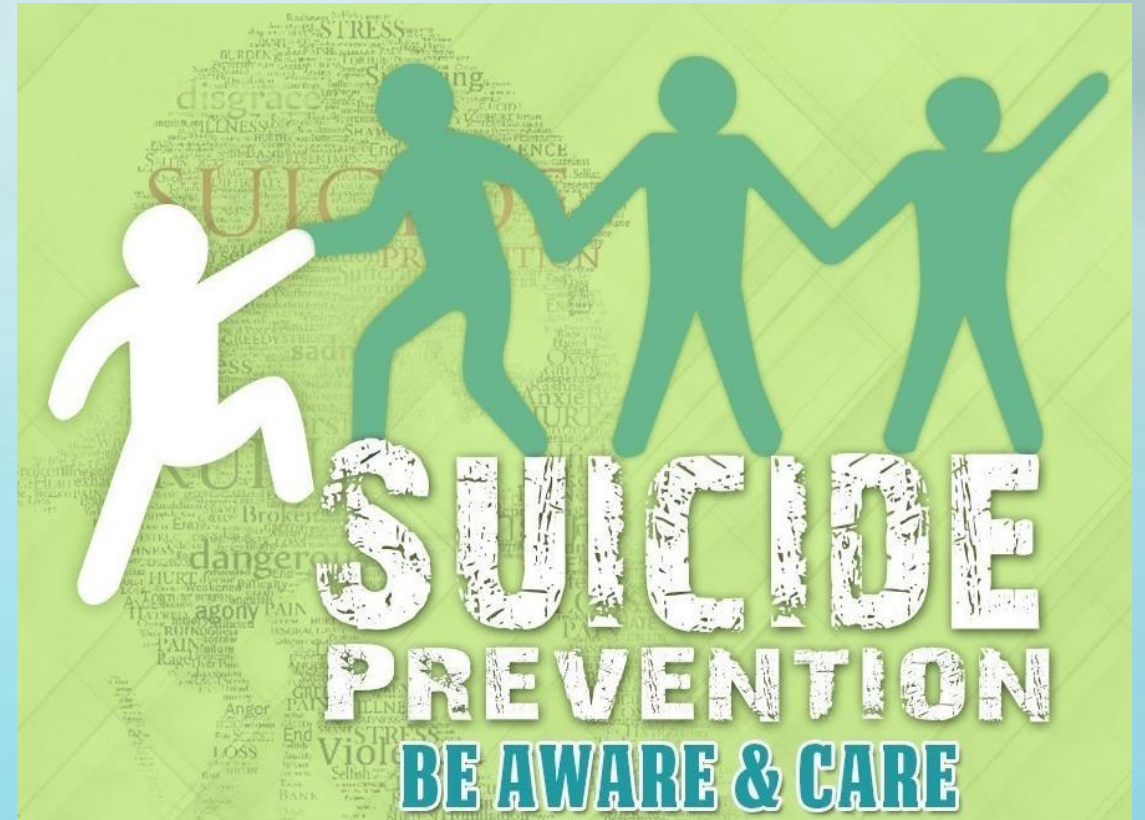
**NOTE: EVENT WILL BE VIRTUAL ONLY!**

# SUICIDE AWARENESS & PREVENTION



# We Can All Prevent Suicide

- Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

# RISK FACTORS

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

# WARNING SIGNS

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

## **Strengthen economic supports**

- Strengthen household financial security
- Housing stabilization policies

## **Strengthen access to and delivery of suicide care**

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change

## **Create protective environments**

- Reduce access to lethal means among persons at risk for suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use

## **Promote connectedness**

- Peer norm programs
- Community engagement activities

## **Teach coping and problem-solving skills**

- Social-emotional learning programs
- Parenting skill and family relationship programs

## **Identify and support people at risk**

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts

## **Lessen harms and prevent future risk**

- Postvention
- Safe reporting and messaging about suicide

# 5 Action Steps for Helping Someone in Emotional Pain



**ASK**

"Are you thinking about killing yourself?"



**KEEP THEM SAFE**

Reduce access to lethal items or places.



**BE THERE**

Listen carefully and acknowledge their feelings.



**HELP THEM CONNECT**

Save the National Suicide Prevention Lifeline number 1-800-273-8255.



**STAY CONNECTED**

Follow up and stay in touch after a crisis.

For more information on suicide prevention:  
[www.nimh.nih.gov/suicideprevention](http://www.nimh.nih.gov/suicideprevention)



**NIH**

National Institute  
of Mental Health

# CAMPUS SPOTLIGHTS

**LOOK**

**WHAT'S**

**NEW!**

?????



# RESOURCES

- Texas Department of Health & Human Services- [www.dshs.texas.gov](http://www.dshs.texas.gov)
- Port Arthur ISD School Board Policy
- Center of Disease Control (CDC) – [www.cdc.gov](http://www.cdc.gov)
- National Suicide Prevention Life Line – [www.nationalsuicidepreventionlifeline.org](http://www.nationalsuicidepreventionlifeline.org)

THANK  
YOU

**Dr. Mark Porterie – Superintendent of Schools**

**Dr. Melvin Getwood – Asst. Superintendent of C&I**

**Mrs. Carmen Hudson – At Risk Supervisor**