



# SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

Monday, November 15, 2021

3:00 pm – 4:00 pm



# AGENDA

1. Greetings/Welcome  
*Saludos / Bienvenidos*
2. Meeting Norms/ Overview  
*Cumplimiento de normas / descripción general*
3. Special Guest—Larneka Lavalais, LPC
3. COVID -19 Vaccines for Kids  
*Vacunas COVID-19 para niños*
4. November Spotlight—Diabetes Awareness  
*Destacado de noviembre - Conciencia de Daibetes*
5. Questions/*Preguntas*
6. Announcements/Reminders  
*Anuncios / Recordatorios*
7. Adjournment/*Aplazamiento*



# 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.



# MEETING NORMS

- Be punctual and respectful of everyone's time.
- 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.



**WELCOME**

Larneka Lavalais, LPC



# COVID-19 VACCINES FOR KIDS 5-11

Scientists have conducted clinical trials with about 3,000 children, and the Food and Drug Administration (FDA) has determined that the [Pfizer-BioNTech COVID-19 Vaccine](#) has met the safety and efficacy standards for authorization in children ages 5 through 11 years old. The safety of COVID-19 vaccines continues to be monitored.

CDC now recommends that children between the ages of 5 and 11 years receive the Pfizer-BioNTech pediatric COVID-19 Vaccine.

Children 5 through 11 years old will receive a separate vaccine formulation denoted with an orange cap of the Pfizer-BioNTech COVID-19 Vaccine that has one-third the dose given to adolescents and adults, and will receive the vaccine with a smaller needle.



# WHY CHILDREN AND TEENS SHOULD GET VACCINATED FOR COVID-19

Widespread vaccination for COVID-19 is a critical tool to best protect everyone, especially those at highest risk, from severe illness and death.

Although children are at a lower risk of becoming severely ill with COVID-19 compared with adults, children can

- Be infected with the virus that causes COVID-19
- Get very sick from COVID-19
- Have both short and long-term health complications from COVID-19
- Spread COVID-19 to others

Children with [underlying medical conditions](#) are more at risk for severe illness from COVID-19 compared with children without underlying medical conditions. Children who get infected with the virus that causes COVID-19 can also develop serious complications like [multisystem inflammatory syndrome \(MIS-C\)](#)—a condition where different body parts become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs.



# PREPARING CHILDREN FOR VACCINATION

The experience of getting a COVID-19 vaccine will be very similar to the experience of getting routine vaccines.

- Talk to your child before vaccination about [what to expect](#).
- It is **not recommended** you give pain relievers before vaccination to try to prevent side effects.
- Tell the doctor or nurse about any allergies your child may have.
- To prevent fainting and injuries related to fainting, your child should be seated or lying down during vaccination and for 15 minutes after the vaccine is given.
- After your child's COVID-19 vaccination, you will be asked to stay for 15–30 minutes so your child can be observed in case they have a severe allergic reaction and need immediate treatment.





On the arm where you child got the shot:


- Pain
- Redness
- Swelling



Throughout the rest of their body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea





# WHERE TO FIND A COVID-19 VACCINE FOR CHILDREN 5 YEARS AND OLDER

- The federal government is providing the COVID-19 vaccine **free of charge** to all people living in the United States, regardless of their immigration or health insurance status.
- THE PORT ARTHUR HEALTH DEPARTMENT ADMINISTERS FREE COVID VACCINES FOR THOSE AGES 5 YEARS AND OLDER.

Texas Artist's Museum (TAM)  
3501 Cultural Center Drive  
(Next to Bob Bowers Civic Center)  
Monday through Friday  
8:30 am – 4:30 pm  
NO APPOINTMENT NEEDED



- Check with your child’s healthcare provider about whether they offer COVID-19 vaccination.
- Check your local pharmacy’s website to see if vaccination walk-ins or appointments are available for children.



# NOVEMBER SPOTLIGHT

Featuring  
Diana Berdoza



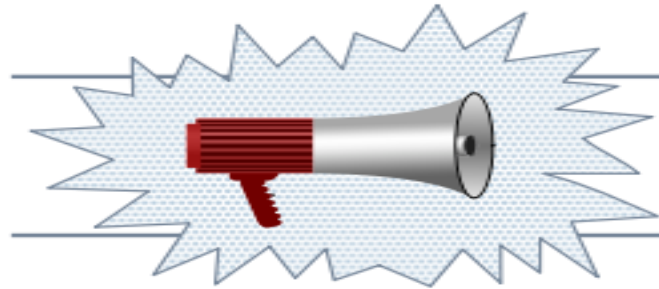
# RESOURCES

[cdc.gov](https://www.cdc.gov)

Larneka Lavalais, LPC

Diana Berdoza





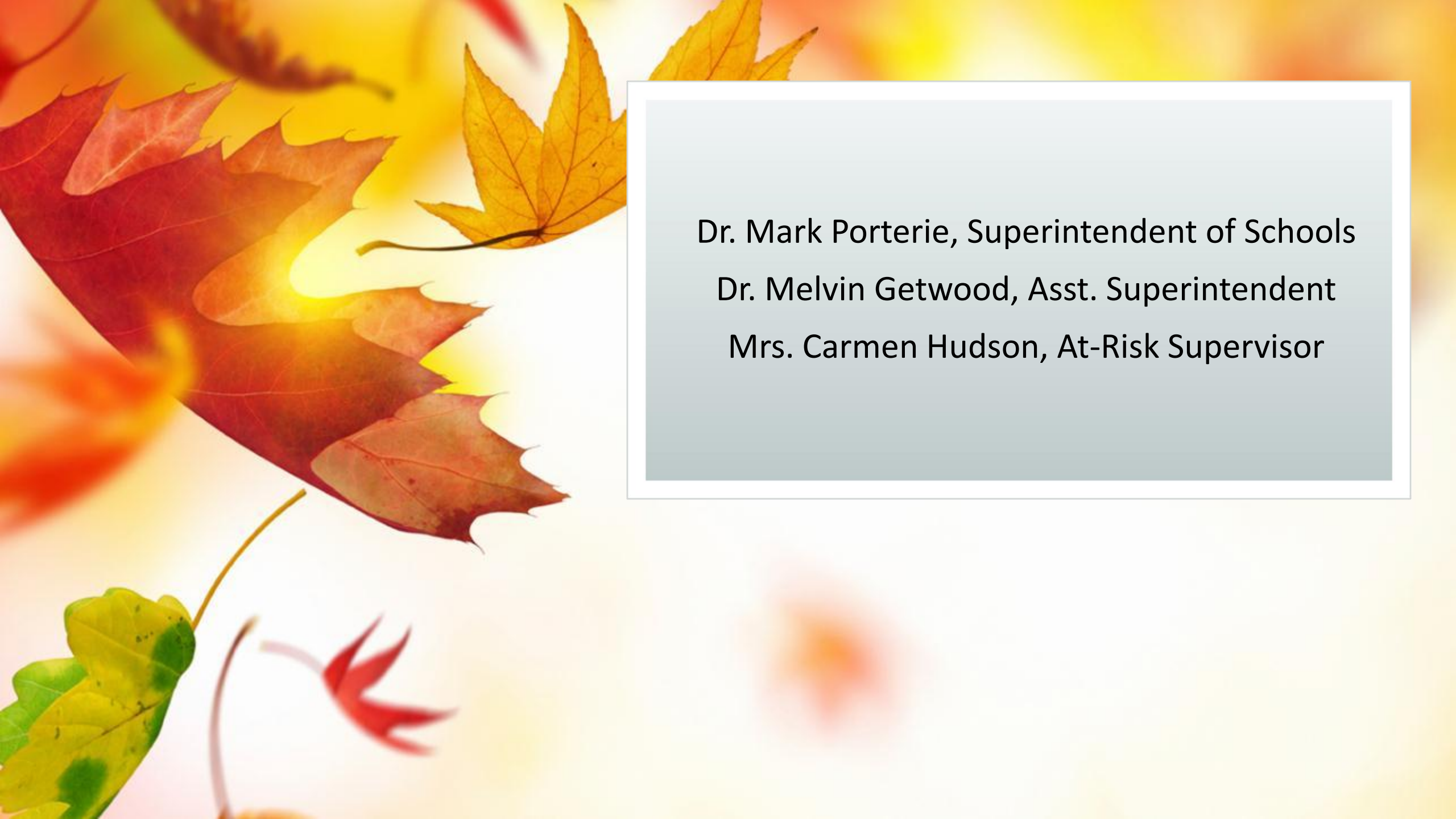
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**IMPORTANT  
ANNOUNCEMENT**

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Dr. Mark Porterie, Superintendent of Schools  
Dr. Melvin Getwood, Asst. Superintendent  
Mrs. Carmen Hudson, At-Risk Supervisor