

School Health Advisory Meeting

Date: Wednesday, October 27, 2021

Time: 2:01p.m. - 3:20p.m.

Presenters: Erica Garcia- *Director of Parental Involvement*

Officer Rene Cuellar- *Weslaco Police Department*

Maria Gomez & Mike Villarreal- *South Texas Juvenile Diabetes Association*

In Attendance

Twenty-nine Committee members of SHAC present

Minutes of Meeting

2:01 P.M. – Erica Garcia, Welcomed parents for joining us on our first SHAC Meeting. Asked for Suggestion on what time was best for the meeting, many agreed that 1:00pm would be the best time, and went over the agenda.

2:04 P.M. – Reviewed what SHAC is (School Health advisory council/committee). Being part of SHAC you will have the opportunity to give feedback and suggestions for our District. Any recommendations given will be then shared with our school board, cabinet and superintendent.

2:07 P.M. - Introduced the members that form our district SHAC committee together with our SHAC parents. New athletic director (J. Rodriguez), Physical Education & Physical Activity(J. Carranza), Nutrition Environment & Services(D. Pena), Counseling, Psychological & Social Services (Dr. Cid), Social& Emotional climate (Dr. Cid), Health Services (S. Coffman), Physical Environment(M. De La Rosa), Employee Wellness (M. De La Rosa), Community Involvement(E. Garcia), Family Engagement(E. Garcia) and introduced the Districts Mission & Vision.

Erica than gave time for new business, giving any directors of the department an opportunity to share with parents information of their department.

Erica Garcia introduced parental department and an overview of student whom participated in the stomp out diabetes program and how the department is working on a grant through Baylor university that will provide the funds to display images of students around the cafeterias that reflect the participation of stomp out diabetes week that is schedule on November 8 – November 12, 2021.

2:10 P.M.-Mr. De La Rosa than spoke on the COVID-19 Pfizer vaccine for kids ages 5-11 and how the FDA authorized the vaccine but was pending approval by the CDC, once approved by the CDC than will be passed over to Texas Health Human Services for final approval. Once the vaccine has gone through all the approval process we are looking to provide a clinic for those parents who do want their child vaccinated at around mid-November. He did advise that parents keep a look out on social media and district page for any further updates.

2:13 P.M.-Mr. Carranza introduces himself as representative of all the coaches on the various campuses of the district and how they are looking forward to stomp out diabetes week and the great partnership they have with STJDA, and how it's been a great program over the years. Erica Garcia- Introduced in alignment with Red Ribbon Week (October 25-29, 2021) Officer Rene Cuellar from the Weslaco Police Department.

2:16 P.M. - Office Rene Cuellar, introduced himself of having 15-17years of experience and how he was going to be taking about Drug Substance abuse and the latest trends. Officer Cuellar spoke on how Narcotics, Edibles are the biggest trend out there. It comes in the form of a candy, cookies, etc. Warning us to be aware of what are kids are eating and being visual to the packaging, looking out for the THC labels. With Halloween around the corner we must remember to inspect the candy before the child intakes it, and foods as well because some homemade goods can possibly have narcotic oils. Tips given to us by Officer Cuellar where that we as parents are on the lookout for what is being consumed out there today, he introduced the Weslaco police departments book that was published and how it has so much research on may drugs that are out there.

Officer Cuellar took time and read some word from the chief of Weslaco for the community. Officer Cuellar than went over several penalty's that a person can be charged with if caught with possession or consuming of drugs.

Officer Cuellar, than spoke on another trend that is out there: Vaping. He did inform us how big this trend is not just in the state of Texas, but in all the United States. They have seen an increase of problems with youth and vaping. He explained how vaping can be one of the worse trends because when vaping many carry nicotine.

Officer Cuellar than went over the 4 Stages of Drug Use:

1. Miss-use of substance
2. Consuming the drug
3. Dependency of the drug
4. Addiction to the drug

Officer Cuellar closed off with this, it takes the contribution of the community to stop this. If you see it, Report it! 1-866-971-2658 (National Hotline), or 956-968-8591 (Weslaco Police Department).

2:57P.M. - Erica Garcia introduced South Texas Juvenile Diabetes, and their presenters Maria Gomez and Mike Villarreal.

Maria Gomez- began speaking on how the program has been around for ten years supporting families with diabetes. The program has classes and trainings. She than introduced the Month of November as diabetes month and how November 14 is the national day. Blue is the representation color to overcome diabetes.

Maria Gomez- Spoke on the project campaign and how the directors seek funds to run the organization. The program is incorporated at the schools getting kids to be motivated and decrease the obesity, type 2 level diabetes.

Maria Gomez- Gave her gratitude to Weslaco ISD superintendent and schools for incorporating this program at every school. There are eight total district that are involved with this program

and Weslaco is one of them. She sends her gratitude to our coaches as well because they are the ones aligned and running this program on campus. Parents are encouraged to get involved in the weekly activities that will be taking place at their child's campus and to continue at home encouraging healthy eating and walking.

Maria Gomez- Did explain how the coaches on campus do a pre and posttest to show the increase of knowledge the children take from this program.

Maria Gomez- Closed by informing us that they are seeking volunteers for the veggie garden where they meet every Friday at 10AM and Tuesday at 6PM.

Mr. Villarreal- did translate all the presentation in Spanish.

3:20P.M.-Erica Garcia adjourned the meeting by thanking everyone for joining us at the SHAC Meeting.

Consideration of Open Issues

1. Committee Director Comment: What do SHAC committee best recommend for time?

Response by SHAC parent; "If possible in the afternoon but perhaps a bit early."

Response by Mrs. E. Garcia; "Would 1:30, 1:00p.m. Be fine?"

Response by SHAC parents; "1:00p.m."

Response by Mrs. E. Garcia; "Okay, sounds good, we will fix time for our next meeting."

2. Public Comment: Will the district be offering the Booster shot?

Response by Mr. M. De La Rosa. "The Booster shot is available to anyone who qualifies at Knapp Medical Center or Personal Doctor, but as of now the district will not provide until universal approved."

3. Public Comment: Is Xanax prescribed?

Response by Officer Cuellar "Yes, allowed to be prescribed but only the person with name on the prescribed medication will be allowed to be in possession of it. If anyone else is carrying it they will face possession charges.

4. Public Comment: What is Xanax used for?

Response by Officer Cuellar: "It is an anti-depressant drug and the signs of it are droopy eyes, lazy, sleepy."

The meeting was adjourned at 3:20p.m. By: Erica Garcia.