

School Health Advisory Meeting

Date: Wednesday, April 27th, 2022

Time: 2:05- 2:50pm

Presenters: Joseph Carranza

Attendance: Erica Garcia, Joseph Carranza, Michael De La Rosa, Rhonda Lewis, Graciela Camarena, Corina Gonzalez, Sonia Flores, Judith Perez, Yvonne Bautista, Patty Jimenez, Erika Castillo

Meeting Minutes:

Call meeting to order: Meeting called to order @ 2.05 pm by Erica Garcia, welcomed all members present and thanked them for their commitment to the SHAC, she also reminded all present that the meeting will be recorded as required. Erica proceeded to roll call/introductions.

Roll call: Everyone present introduced themselves by stating their name and their role.

Approval of minutes: Minutes were read by secretary Graciela Camarena, and approved by Rhonda Lewes and second by Yvonne Bautista.

Report of officers:

Physical Education & Physical Activity: Coach Joseph Carranza presented on the following:

- Texas Standard for Physical Education (PE)
 - PE requirements per grade level:
 - Pre K- Grade 5 = 30 minutes per day/135 minutes per week
 - Grades 6 -8 = 30 minutes per day for a minimum of 4 semesters/ 225 minutes per 2 week increments
 - Grades 9 -12 = 1.0 credit to satisfy graduation requirement
 - Four main elements of PE:
 - Aerobic Fitness
 - Muscular Fitness
 - Flexibility
 - Balance
 - State law requires to annually assess the physical fitness of students enrolled in grades three or higher and to provide the results of individual student performance to the Texas Education Agency (TEA)
 - Curriculum/Resources used:
 - CATCH- Coordinated Approach To Child Health
 - SPARK- Physical Education Curriculum
 - OPEN- Online Physical Education Network

- **District-wide Events:** Pictures were shared on the different events held on school grounds or other locations. Everyone enjoyed seeing the students involved in these events.
 - Kids' Heart Challenge - American Heart Association
 - Stomp Out Diabetes- STJ Diabetes Association
 - Fitnessgram*- Cooper Institute*
 - Lil' Weslaco Relays- District-wide Track Meet

Physical Environment & Employee Wellness: Michael De la Rosa highlighted the following:

- COVID numbers are down
- Downward trend only 1 or 2 cases reported for employees since March 2022
- All desk shields have been removed at all campuses
- Most students and staff are still using masks, but there is no mandate

Community Involvement: Erica Garcia presented on the following:

- Mental Health and Self Care Parent Conference
 - Over 70 parents attended the conference at Knapp Conference Center
 - The purpose was to discuss and inform parents on issues like depression, anxiety and suicide, but also to share techniques on how to discuss these concerns with children
 - Parents also learned helpful techniques and activities to use for anxiety. For example: using hand scrub to provide comfort, drawing, coloring & journaling.
 - Parents provided feedback that they enjoyed the entire day and activities at the conference, and wished the sessions were longer.
 - Rhonda asked if the focus was mental health or symptoms? Erica replied saying it was both and they were geared for parents and children going through these issues.
 - Everyone agreed it was a very important topic to discuss and learn about.
 - Erica asked Rhonda of Valley Baptist Micro Hospital as a department or resources for Weslaco residents and district to use - Rhonda said she was going to look into it.
 - Parent Judith Perez commented that the conference addressed helpful resources and made parents not feel alone. All parents' presents agreed. Many said they made a connection and the activities helped them open up and talk to others going through similar experiences.
 - Erica was pleased with the positive feedback received at the end of the conference, but also during this SHAC meeting by parents who attended the conference.

- Erica also briefly addressed the posters that were up at Weslaco High and Weslaco East High schools where students participated through a mini-grant for activities for Stomp Out Diabetes with nutrition. Students were photographed eating fresh fruits and vegetables. Some parents present felt that other campuses were left out like CTE Early College. Erica said she will make sure all campuses are included in future projects.
- Erica also mentioned that P-EBT benefits were being made available by the state and that if a child was not in school due to contracting COVID, being quarantined for five days minimum, they may be eligible for the benefit at the rate of \$7.35 per day (approximately). For more information contact your child's school attendance department for more information.

New Business:

- Erica reported on New Requirements for SHAC meetings- HB 1525:
 - Posting of meetings with date, hour, location, and subject of meeting on bulletin boards at the central administrative office, each campus and the district website.
 - Minutes of each meeting must be prepared and maintained including any vote, order, decision or action taken by the council during the meeting.
 - Record and submit a recording audio or video of the meeting no later than 10 days after the meeting and submit to the district. As soon as practicable the district will post the minutes and recording on the district website.
- Senate Bill 9: ??? (need help on this)
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Announcement:

- Erica announced that the next SHAC meeting is scheduled for May 11, 2022, but due to parents' concerns most likely will be changed due to STAAR testing. The new date will be announced asap.

Adjournment:

- Erica thanked everyone for their time and adjourned the meeting at 2:50pm.