

Brownsboro ISD Student Health Advisory Council

March 9, 2021

Place: Administration building/small board room

Present: See list below

Meeting minutes: Meeting called to order by Diana Williams at 4:00pm

Agenda: Approved CNE program for BHS athletic trainer
Cardiac Screening for students/Cody Stephens Foundation
Review of puberty/sex education materials recently completed
Discuss planning of Wellness Policy
Covid updates, any policy changes/plans, vaccinations

Guest Speakers: Jason Thomas - Head Athletic Trainer for BHS
Nathan Swartz - North Texas Cardiac Screening/Cody Stephens Foundation

Athletic Trainer CNE Program - Jason Thomas:

Allied Health/Health Science Careers-Approved to start CNE Program (similar to BISD CNA program) *Who? Any student looking to choose an education or career in Physical Therapy, nutrition, Occupational Therapy, or other medical field positions.

Semester 1: program/class

Semester 2: hands on experience.

Students can join the Trainer program (7th period) for extracurricular activities. *What?..... In the Athletic Trainer program students will obtain CPR/First Aid Certification, Anatomy course, Splinting, Emergency care, learn to use Spine boards, etc. *Why?..... High demands in medical fields and sports medicine.

Cody Stephens Foundation -North Texas Cardiac Screening - Nathan Swartz:

Cardiac Screening to Prevent Student Cardiac Arrest. - Prevent Hypertrophic Cardiac Arrest

*Sudden Cardiac Arrest (SCA)- Leading cause of Death in Student Athletes. 325,000/yr. -screen earlier, have emergency plans and equipment in place, Decrease down time of AED/CPR response -Hypertrophic Cardiomyopathy, Wolff Parkinson-white, Long QT- are all detectable on EKG. -signs/symptoms: Chest Pain, dizziness, passing out, light headed -children/teens do not realize these are warning signs. Often parents report child complaining of flu-like symptoms x 1 month prior to event. -

Why Screen Athletes? - rates are unknown, decrease in reporting, over stressing hearts -What can we do? -EKG/ECG-to detect early recognition -Increase Staff/Students with CPR/AED certification. Have a plan in place and have AED's available.

-Current Recommendations: *Every Other Year- increase screening to minimally every other year *Have Qualified Physician Reading EKG/ECG' and provide follow up care for abnormalities. *Continue Increase Research *HB76 Cody Law: Physical Form requirement-all parents have the option to get their Child's heart screened. There is a check box at the bottom of every form Parent Heart Watch: -Parent can Request EKG/Screening- additional cost of \$20 per student. -How Can we Educate Parents??- Consent forms, flyers, social media, make parents/people aware of screening options for \$20. -Physical with Screening Will be at the End of May during School Hours to make sure it is available to any one and reach more students/athletes.

Other Meeting Topics: -Always Growing Presentation for 5th grade students was a success.

-Help Center 6th and Junior High Students programs scheduled- abstinence -SHAC

Procedures: *Wellness Policy: discussing physical fitness, nutrition, staff health, goals?- SHAC to assist developing these goals. Have in place by the end of the school year. -COVID

Precaution Updates: No changes. Masks are still required until the end of the school year.

-Teacher vaccines: getting info out to staff as we receive that information

Jo Mettal also spoke of resources on vaccinations for staff

Conversation between Brad Robertson and Diana Williams

This will be further discussed as vaccines are available to provide resource to staff

Present at meeting via virtual Google Meet:

Leslie Beasley

Brad Robertson

Jason Thomas

Jo Mettetal

Rita Gray

Tonya Gray

Diana Herrington

Diana Williams

Erika Myer

Angela Volentine

Rebecca Garlington

Erin Wyatt

Amy Mazingo

Angi Baker

Meeting Adjourned by Diana Williams 3/9/21 at 4:49 pm.