



Era ISD

Meeting Minutes ~ School Health Advisory Committee

Tuesday, March 28, 2023~ 3:45pm

EISD Board Room, 108 Hargrove Street Era, TX 76238

Meeting called to order at 3:45pm by Samantha Gerngross and reiterated the meeting will be recorded.

Consent agenda: Approval of minutes from past meeting (November 18, 2022)

Mrs. Hunter motioned to approve and Mrs Wheeler seconded the motion to approve.

Old Business

Agrilife grant- Nurse G shared information about programs funded by grant.

Walk Across Texas for grades Pre-K- 8th grade, 8 week program to get everyone moving. Will have incentives to participate.

New 4 week program with PK, "Learn, Grow, Eat, Grow". Starting from planting seeds through how food fuels our bodies.

6-8th graders: Angel Neu from Agrilife coming during activity period teaching students about portion controls, intake/outake of calories and examples. Show them how junk food impacts health and taught how to make a healthy chicken salad.

Update on fall fitbit program, A&M office will repeat assessments at end of year to compare to fall data. Grant program has extra incentives to all levels of participation. Era was the only school in Cooke County to participate. Will get a banner at end of school year.

Health Screenings-Hearing, vision, back screening are due June 30 to the state.

Cook Children's School- This is our 3rd year with 38 visits this year. Can treat pinkeye, ear infections, flu, strep, lice, minor skin infections. Very friendly for students and especially teachers. Still only district in Cooke County in this program. Nurge G did the research on the program several years ago and found the Cooke's program. Gville didn't have a program like this. It is free of cost to the district. They have supplied all the tests and equipment. Mrs K mentioned adding something to the marquee to remind parents to pre-register.

New Business

Fitness assessment- Used to be called Fitness Gram, Texas law through TEA every student 3-12th that is enrolled in PE or athletic course has to take this assessment. Name, gender, grade, height, weight, stuff they are doing in PE (timed mile, push ups, situps, sit & reach, etc). That is coming up before the end of the year. Report is due to state by June 30.



CPR/Stop the bleed

Has to be offered to all 7-12th graders annually. Starting next week will send out a form for them to select which courses they want to do. Done online. Once they complete that, they will go to Nurse G for the hands on mannequin training. Has a tight 8:1 teacher:student ratio. Students require 1 time instruction before they graduate. Nurse G does the entire senior class to make sure all of them get covered.

Narcan

Discussions have been had at the school leadership with Dept Cantrell about increase in fentanyl od's. Will start with training staff next week and then students by grade level before prom. Grades 7-12th. May 4 at 6pm in the gym, community night training will be open. Teen overdose death has doubled in three years. Main reason is fentanyl. Coming from Mexico, looks like prescription meds or being laced with other rec drugs. 1mg is equal to 50mg of heroin or 100mg of morphine. Content will be pulled from TEA resources. In the process of getting a standing order for narcan on campus in every building. Community night will also include education on apps, social media, websites, etc. Open to kids.

Skate Week

Started this week. Grades 2-5th skate for a straight hour for a week. Parents have to give consent. PTO picked up the balance of the cost.

Adjournment at 4:20pm

Next meeting: April 18, 2023