

Whitney ISD School Health Advisory Council Minutes

April 24th, 2024

Attendees: Amy Leech, Kristin Emery, Holly Lewis, Jan Holt, Melanie Button, Kendra Hensley, Amber Seely, Heather Walker, Amanda Kettler, Jaime Velasco, Raygenna Heath

Meeting began at 4:00pm

Positive feedback- “Tell me something good”

Updates:

- Mock Interviews for the HS students will be held on May 8th, 2024
- Our last blood drive held on April 3rd resulted in 32 units of blood collected, a total of 36 donors
 - 42 Seniors will receive a red cord at graduation signifying their participation in the blood drives this year. In addition, these students will be in the pool of students in which the scholarship winners are chosen from.
- Last blood drive for the year will be held on May 14th, 2024 in the HS gym for adults only
- Field days- April 26th for Elementary and May 28th for Intermediate
- ACE Summer camp will be May 28th- July 2nd from 7:30-2:00pm
- FitnessGram testing- (3rd – 12th grade) Deadline to submit fitness testing results is before 5:00pm on June 14th, 2024. Website is www.myhealthyzone.fitnessgram.net
- ❖ **April is Child Abuse Prevention Month-** *Reminder* If you suspect abuse of any kind, REPORT IT! If situation is urgent and needs to be investigated promptly within 24 hours, call the Texas Abuse Hotline 1-800-252-5400. Otherwise, a report can be made online at www.txabusehotline.org .
- ❖ **AED instruction** will be a new requirement for HS graduation beginning of the 2024/2025 school year. New AED trainers have been purchased and are currently at all of our campuses to assist in student and staff AED instruction.
 - All AED batteries running low have been replaced with new batteries. All expiring pads have also been replaced with new pads.
 - All AED cabinets campus-wide are furnished with Stop the Bleed kits.
- ❖ **Energy Drinks-** The rise of students consuming energy drinks is increasing at an alarming rate. Open discussion over the concerns for student consumption of energy drinks during school hours and the harmful side effects of excessive caffeine. The American Academy of Pediatrics recommends that children 12 years and under do not consume caffeine. Their recommendation for ages 12-18 should not exceed more than 100mg of caffeine per day, which is how much caffeine is in an average cup of coffee. Some of the harmful effects that can result from consuming energy drinks include heart palpitations,

increased heart rate and blood pressure, cardiac arrhythmias, chest pain, heart failure, anxiety, insomnia, dehydration, delayed gastric emptying, abdominal cramping, headaches, nausea, irritability, restlessness, seizures, and even sudden cardiac death. For safety reasons, discussed the possible need to prohibit the consumption of energy drinks by WISD at school or school events. We discussed the need to provide proper education to our students about the potential harmful side effects of consuming too much caffeine included in energy drinks. The high amounts of added sugar is also a nutritional concern. Coaches can also help educate their athletes of the potential dangers of consuming energy drinks while participating in athletics, especially with the increased risk for adverse cardiac events.

- ❖ **Nutritional Services at Whitney ISD-** Free breakfast and lunches will be served during the summer for any students 18 years old and under at the Intermediate campus.
- ❖ **Summer Safety/ Water Safety-** May is National water safety month. Drowning is a leading cause of accidental death for kids under the age of 5. Statistically, 14 children have drowned in Texas in 2024 already. Among adolescents and adults, alcohol use is involved in 70% of deaths with water recreation like swimming, boating, cliff jumping/diving, etc. Discussion over ways to provide proper education to our students about water safety, as the summer approaches quickly. Jan Holt and Holly Lewis, mentioned incorporating water safety topics into their PE classes at the Intermediate and Elementary. Currently in the process of scheduling a water safety presentation for our students from one of our Texas Game Wardens in Whitney, along with the Lake Whitney Corps of Engineers.
- ❖ **Campus-Wide Concerns-** Campus discipline concerns were discussed. Continued teacher support is very important. The positive outreach program was mentioned by Mrs. Seely.
- ❖ **End of year Review and Recommendations for Next Year-** Discussion over ways to get more parent involvement and volunteers active at WISD.
 - It was mentioned that we could extend our attempts in finding volunteers to our community. One idea mentioned, was to hold a community campus-wide event, possibly downtown, with food trucks and have several informational booths with proper resources for families on various topics. There could also be several opportunities for volunteers to sign up at different booths to help at different campuses. Any upcoming campus events could be displayed. All of the different campus PTO's could have a booth to recruit volunteers as needed. Another idea mentioned, was to have our Mental Health/Wellness Fair out in the community next year. This would help draw in more parent and community involvement and also help spread awareness on many mental health/wellness topics. In the fall, at the beginning of the school year, would be an ideal time to host an event such as mentioned above, to help keep parents informed on various topics and help address any concerns. The WATCH DOG volunteer program was also mentioned.

- The Health curriculums were discussed briefly. Quaver Health will continue to be used at the Elementary and Intermediate campuses next year. Living Well Aware will be used at the Middle School campus, and Goodheart-Wilcox will continue to be used at the High School campus next year. Mrs. Hensley mentioned that Education Pathway classes are an option in the future at the High School depending on the need, and observation hours for the students could be earned.
- **Immunizations-** Discussion about possibly having the nurses with a table during school registration, in order to check immunization records, give out parent medication consent forms as needed, and answer any questions the parents might have. This could help alleviate some of the rush on the first day of school and assist in a smoother transition. Another option would be for the nurses to have a designated area set up at meet the teacher night.

This completes the end of year review and the final SHAC meeting minutes for the 2023/2024 school year.

Meeting adjourned at 4:50pm