

Tidehaven Independent School District

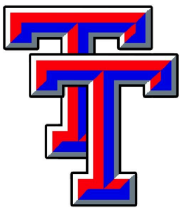
47 CR 427 Doman Road P.O. Box 129 El Maton, TX 77440-0129 www.tidehavenisd.com

2020-2021 SHAC Annual Report

The Tidehaven School Health Advisory Committee met on Wednesday, September 30, 2020 at 4:00 PM in the Tidehaven high school library. Zoom was also provided for those who wanted to attend virtually. The following committee members were in attendance: Heather Piwonka, Cindy Hickl, Maria Enoch, Yolanda Longoria, Lori Palomares, Merideth Dodd, Kayli Kubezcka, Colleen Labar, Dena Gomez, and Amy Kubecka. The committee elected Lori Palomares and Heather Piwonka as co-chairs. Lori Palomares, district RN reported that there were currently 3 active cases of COVID-19 for TISD. Members stated that the Blackboard notification system is working well for relaying the information out to parents/staff/students. Lori Palomares informed the committee that Walgreens came to each campus on September 4, 2020 and gave out 114 vaccines to TISD staff and staff children. This was the highest number of vaccines they've given out at TISD. Puberty kits were donated by Blessing Girl Scouts. They made puberty kits for girls and donated them to both elementary campuses. These will be handed out when the puberty talk is done in the spring. Lori Palomares suggested doing 4th & 5th graders this year so that teaching can be done for the 4th graders each year after. This suggestion was made since quite a few girls in 4th grade have started their periods, and also due to multiple parent requests. Kim Garcia & Cindy Hickl brought up the topic of sex education for students. Texas currently does not require schools to do sex ed teaching, but the Board of Education is currently discussing this topic. A final vote is supposed to be done in November this year. Once there is more guidance we will look into getting a sex ed class for JH/HS. Colleen Labar stated that DSHS offers a free sex ed teaching which covers sex and the law. Lori Palomares suggested a Health Fair Week to be conducted where each day of the week would have a certain theme/topic. Examples of topics were sex ed, human trafficking, cyber bullying, vaping, child abuse, and suicide prevention. Dena Gomez stated she would email Lori information in regards to suicide prevention in youth. Maria Enoch would look into the cyber bullying topic. Colleen and Kayli would send information concerning several of the topics. Children's Advocacy Center in Bay City was mentioned as a great resource for educational materials also. DSHS will be having FREE flu clinics for uninsured adults & children, along with children who use Medicaid. These flyers will be passed on to Lori Palomares to share with the public. Meeting was adjourned at 5:00 PM. Next SHAC meeting was set for November 18, 2020 at 4 PM; Zoom will also be an option.

The SHAC committee met on November 18, 2020 at 4:00 PM at the high school library. Zoom was also an option. The following committee members were in attendance: Yolanda Longoria, Joey Rosalez, Heather Piwonka,





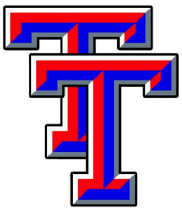
Tidehaven Independent School District

47 CR 427 Doman Road P.O. Box 129 El Maton, TX 77440-0129 www.tidehavenisd.com

Lori Palomares, Renee Bohuslar, and Cindy Hickl. Lori Palomares provided updates from the last meeting: There are currently 5 active cases for TISD. AgriLife does have a vaping presentation, but they are currently only doing virtual presentations. Administrators decided to wait til spring for an in person presentation. Tx Board of Education is currently meeting, will update with sex ed changes if there are any. Lori Palomares then reported that all vision and hearing screenings are completed at all campuses. Spinal screenings at elementary schools are complete, and JH screens will be done after Thanksgiving break. The elementary campuses are currently participating in Fall Wellness Week. Lori Palomares & Renee Bohuslar stated that the students are enjoying it! Monday was the Screen Free challenge, Tuesday was trying a new food (jicama), Wednesday was stay hydrated, Thursday's challenge is get caught eating a veggie, and Friday is staying active with a glow in the dark dance party. Lori Palomares is planning on doing a spring wellness week also and asked for suggestions and topics. Topics mentioned were When Sean Speaks, Vaping Presentation, trying new foods, and grim reaper. Lori Palomares reported that the elementary nurses are planning on doing hand hygiene teaching to students using Glo Germ demonstration in December. It was suggested to maybe make another TikTok video to interest the students. Parents brought up the concerns about lunch times (snack buyers are getting in line when others have not received a tray yet at JH/HS. Also, athletics is causing students to be late for lunch) and food in the cafeteria. Also, lunch boxes are having to be carried from class to class. It was suggested that the cafeteria supervisors be invited to the next meeting to discuss these topics. The meeting was adjourned at 4:30 PM. Next SHAC meeting was set for January 20, 2021 at 4:00 PM at the high school library. Zoom will also be an option.

The SHAC committee met on January 20, 2021 at 4:00 PM at the high school library. Zoom was also an option. The following committee members were in attendance: Yolanda Longoria, Heather Piwonka, Lori Palomares, Renee Smith, Karen Black, Debra Taska, Amanda Saha and Janet Boehm. Lori Palomares reported updates from the last meeting (handwashing, sex ed). On 11/20/20-The Texas State Board of Education approved a new sexual education policy for *middle school students* on Friday. The curriculum will include forms of birth control beyond abstinence. Students will learn about effectiveness, risks and failure rates for birth control as well about sexually transmitted diseases. However, other topics like consent, gender identity, sexual orientation and abortions were not included in the new policy. The revisions are set to go in effect in August 2022. Lori Palomares reported that a proper handwashing demonstration was done at Markham Elementary on 1/15/21. Students were very receptive and are practicing proper handwashing at school. The demonstration is scheduled to be done at Blessing Elementary on 1/29/21. Parents brought up concern of students not having enough time to eat due to being





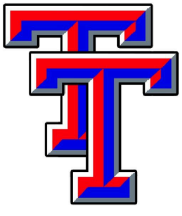
Tidehaven Independent School District

47 CR 427 Doman Road P.O. Box 129 El Maton, TX 77440-0129 www.tidehavenisd.com

late from athletics and from students buying snacks before others have received their lunch tray. Mrs. Black will look into the issue with snacks. Parents were also concerned with the quality of food and students not liking the lunch options. Mrs. Black offered input of how the food is regulated, and offered to look into new recipes and food choices for students. School nurses will start working on a plan for Spring Wellness Week. It was suggested that we include the “try a new food” (jicama w/ yogurt) for the Jr. High and High School students during the wellness week. The School Health Survey for 2018-2021 was looked over and discussed. Will need to reach out to PE coaches and counselors to answer some of the survey questions. Yolanda Longoria (MEHOP) stated that MEHOP has a COVID bus that is able to do testing, including rapid tests, and will also be receiving COVID vaccines to distribute some time next week. MEHOP is also offering free parenting and lamaze classes Monday, Wednesday, and Saturday. The meeting was adjourned at 4:40 PM. The next meeting was set for March 10, 2021 @ 4:00 in the high school library. Zoom will also be an option.

The SHAC committee met on March 10, 2021 at 4:00 PM at the high school library. Zoom was also an option. The following committee members were in attendance: Joey Rosalez, Lori Palomares, Heather Piwonka, Patrick Talbert, Renee Bohuslar, Ashley Danna, Alyssa Espinoza, Meredith Dodd, Yolanda Longoria, Janet Boehm and Cindy Hickl. Lori also let the council know that TISD has partnered with MEHOP and COVID-19 vaccines will be available for those staff members that want to sign up. Lori Palomares reported that puberty education would be for 4th & 5th grade boys and girls this year, and this will be done on Friday, March 12, 2021. Blessing and Markham elementary school nurses will be doing 4th/5th grade puberty education. A letter to parents was sent out this week which contained the videos that would be viewed during the presentation so that the parents would be able to preview them. Lori Palomares informed the committee that TEA requires districts to offer Stop the Bleed instruction to grades 7-12. This year districts have the option to do the instruction virtually. On Monday, March 8, the district nurse sent out this virtual instruction via email to all the students in grades 7-12. Lori Palomares reported that Mental Health Awareness Week went very well at the elementary campuses. Students were able to participate in dress up days to raise awareness; there was also a very short afternoon meditation session that was done to help relieve stress and gain mental focus. Heather Piwonka brought up a topic from previous SHAC meetings concerning the highway 35 traffic and having a possible school zone placed there to help decrease speeds. She also suggested putting up a sign/billboard on school grounds to help caution drivers to slow down in that area. TxDOT had been previously contacted about this concern but have not acted on it. Dr. Talbert informed the council





Tidehaven Independent School District

47 CR 427 Doman Road P.O. Box 129 El Maton, TX 77440-0129 www.tidehavenisd.com

that TxDOT would be installing a flashing light and crosswalk very soon for the students crossing the road from the school to the football field. Representatives from the Crisis Center, Ashley Danna & Alyssa Espinoza, introduced themselves as we welcomed them to our SHAC committee. They informed us that they are able to provide in person community education regarding many different topics including teen safety, mental health, sexting & vaping. They also stated that April is child abuse/sexual assault awareness month. They will be hosting a virtual event on April 23 from 6-8:30; more information will be available on their Facebook when the event is created. There will also be a memorial and t-shirts will be sold to raise awareness. The meeting was adjourned at 4:30 PM.

