

CFB ISD School Health Advisory Council Meeting – April 24, 2025

Student Health Advisory Council (SHAC) meeting notes – April 24, 2025

1. Introduction and welcome

Chairperson, April Hooper-Christenson called the SHAC meeting to order on April 24th, 2025 at the Nancy Watten Center at 6:37 pm with quorum met. The secretary is absent and the Chair appointed Linda Villemarette to take the minutes of this meeting. The following SHAC members were in attendance: April Hooper-Christenson, Caleb Rosier, Kim Graham, Chris Moore, Carolyn Benavides, Sandra Lieck, Laura Brookover-Ybarra, Zoher Bharmal, Linda Villemarette, Veronica Morales

Other guests in attendance: Rachel Freeman, Lyat Mizrahi, Haydee Salguero, Pamela Hendrix.

2. Review of SHAC Mission /Purpose

April reviewed why we need a SHAC, the goals, the components of the coordinated school health program and the importance of parent participation.

Other people in attendance are considered visitors and they can ask questions during the program and address the SHAC during audience for guests.

3. Audience for guests: There were no guest submissions.

4. Approval of Minutes from meeting on February 27, 2025

The minutes from the February 27, 2025 SHAC meeting are posted on the SHAC website and were approved as presented by general consent. April asked for a volunteer committee of 3 to approve the minutes from this meeting. The following members have volunteered to approve these minutes: Zoher Bharmal, Sandra Lieck, Pamela Hendrix.

5. District Safety and Security Update presented by Rachel Freeman, CFBISD Executive Director of Safety and Security. Ms. Freeman gave updates on the following: 2023 TEA School Safety Standards Formula Grant, (SAFE) Safety and Facilities Enhancement Grant Cycle 2, (SPAT) Silent Panic Alert Technology grant, 2023 Bond update-School PA system upgrades, Hidden in Plain Site program, HB3 update focusing on school safety/armed security specialists.

6. Update on the issue of student backpack weight presented by Chris Moore, Assistant Superintendent of Operations. Mr. Moore gave a recap of the February meeting with regard to student backpack weight. He reviewed CFB supply requirements, including the overall weight that supplies add to the backpack. It was suggested that SHAC assist in implementing a family awareness program that centers on “The Good, the Bad and the Ugly” of backpacks. It would include encouraging parents to monitor extra books that students carry as well as snacks, water bottles and other items that may not be necessary to carry out school assignments.
7. SHAC Recommendations for the Board of Trustees: CFBISD Elementary Recess Weather Guidelines was approved at the last meeting and will be presented at the June 5th meeting of the School Board of Trustees as part of this year’s SHAC report.

Officer Election for the 2025-2026 School Year: The officers of the SHAC are a Chair, a Co-Chair and a Secretary. According to the bylaws:

“The Chair or Co-Chair must be a parent member and at least one of the remaining two officer positions shall be held by a parent or community member not employed by the District. The third position may be held by a CFBISD employee.”

For the office of Chair: Zoher Bharmal nominated April Hooper-Christenson to a 2nd term. There were no other nominations and April Hooper-Christenson was declared Chair.

For the office of Co-Chair: Zoher Bharmal nominated himself for the position of Co-Chair. There were no other nominations and Zoher Bharmal was declared Co-Chair.

For the office of Secretary: Lyat Mizrahi nominated herself for the position of Secretary. There were no other nominations and Lyat Mizrahi was declared Secretary. Congratulations to the 2025-2026 SHAC Officers.

8. Discussion - Topics for future meetings: Carolyn Benavides recommends we look at the topic of school bullying. It was also suggested that we approach our Council and local PTAs to partner with them in regards to educating our families about the value SHAC brings to the district, hoping to increase participation. It was suggested we develop a flier to promote SHAC, using a QR code for parents/community to suggest topics and to encourage community subject matter experts to speak on important topics. It was suggested that a committee be formed in 2025-2026 to develop parent education flier regarding backpack weights and possible posting on the District website.
9. Adjourn
Next SHAC meeting date is TBD for the 2025-2026 school year. There being no further business, the meeting was adjourned at 8:05pm.

Linda Villemarette, Appointed Secretary

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HEAT INDEX

All weather data will be obtained from Perry Weather: <https://perryweather.com/>

- Select closest weather station
- Select hourly forecast, 8am – 11am and 11am – 3pm

Because morning temperatures are typically lower than afternoon temperatures, two heat index levels should be determined each day when deciding outdoor activity safety for students.

Use PERRY WEATHER for guidance on the safety of being outside during thunderstorms/lightning

HEAT INDEX BELOW 89°	HEAT INDEX 90° – 98°	HEAT INDEX 99° – 103 °	HEAT INDEX 104° OR ABOVE
OUTSIDE RECESS ➤ Students can comfortably play outside for 30 minutes ➤ Provide waters, breaks, and shade	CAUTION AT RECESS ➤ Monitor conditions during 30-minute recess ➤ Students should be allowed water before, during, and after recess ➤ Play in shaded area if available	LIMITED RECESS* ➤ Limit activity to 20 minutes or less ➤ Students should be allowed water before, during, and after recess ➤ Consider actual temperature ➤ Allow for cool down period	DANGER ➤ No outdoor Play ➤ All students should remain inside
<u>Campus Administrators make the final decision for outside recess and are responsible for communicating to the teachers each day.</u> Data indicates ozone concentrations typically occur after recess/end of school day and should not be the main factor deciding outdoor play. Always consider individual medical plans of students. CFBISD policy states elementary students shall participate in daily unstructured recess.			

Hot Weather- During times of excessive heat, the following precautions will be taken for outdoor physical activity including, but not limited to: recess, physical education classes, and/or outdoor field trips.

1. Students should be hydrated prior to outdoor activities and drinking water shall be easily accessible.
2. During extended periods of outdoor activity (>30-35 minutes) periodic drinking should be enforced. Under no circumstances will access to drinking water be used as punishment or motivation.
3. In addition to these precautions, the campus administrator or nurse will assess the anticipated Heat Index and Air Quality (ozone level) for the day and email or announce an activity advisory to all applicable staff. Steps for assessing the Heat Index and Air Quality (ozone level) can be found on Perry Weather.

The Heat Index- The “feels like” or effective temperature. As relative humidity increases, the air seems warmer because the body is less able to cool itself via evaporation of perspiration. As the index rises, so do health risks.

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WIND CHILL FACTOR—

Wind Chill 33° or Below	Wind Chill 34° - 40°	Wind Chill 41° or Above
Danger ➤ No Outdoor Play ➤ All Students should remain inside	Caution at Recess* ➤ Monitor conditions during 20 – 30 minute recess ➤ Students should be dressed appropriately for weather ➤ Allow for water and breaks	Outside Recess ➤ Students can comfortably play outside for 30 minutes ➤ Allow for water and breaks
<u>Campus Administrators make the final decision for outside recess and are responsible for communicating to the teachers each day.</u> Data indicates ozone concentrations typically occur after recess/end of school day and should not be the main factor deciding outdoor play. Always consider individual medical plans of students. CFBISD policy states elementary students shall participate in daily unstructured recess.		

Cold Weather- During times of excessive cold weather, the following precautions will be taken for all outdoor physical activity including, but not limited to: recess, physical education classes, and/or outdoor field trips.

- Teachers and staff should be aware of the wind chill factor and take appropriate precautions during cold weather.
- If a student does not have adequate warm clothing to participate in the outdoor activity, such clothing should be provided or the student excused from activity.
- Students should not have recess or Physical Education classes outside when temperature or wind chill factor drops below 33 degrees.

References: American Academy of Pediatrics and National Weather Service,
Reviewed by: CFBISD SHAC, and Richard Rivera, MD, CFBISD Medical Advisor

<https://www.weather.gov/fwd/heat2>

<https://publications.aap.org/pediatrics/article/128/3/e741/30624/Climatic-Heat-Stress-and-Exercising-Children-and?autologincheck=redirected>