

## Refugio ISD

### School Health Advisory Council (SHAC) Meeting

**April 10, 2017**

**Welcome:** Meeting started at 05:31 PM. Mary Martinez RN asked for approval of the January 19, 2017 minutes. Melissa Gonzales called motion to approve with Tonya Williams providing the second. Minutes approved.

**Introduction of Members, Guests, and Staff present:** Melissa Gonzales, JH and HS principal; Olivia Deleon, Elementary Assistant Principal; Paige Meissner, Elementary Reading Specialist; Amy Waer, Elementary 3<sup>rd</sup> Grade Teacher; Tonya Williams, Elementary 3<sup>rd</sup> Grade Teacher; Jessica Valencia, Parent; Jose Sustaita, NHS Student; Emilee Cox RN, Elementary School Nurse; Mary Martinez RN, JH and HS Nurse; Renee Waldron, AYUDA Speaker

**Guest Speaker:** Renee Waldron BA, ACPS-AYUDA Program gave a presentation on Eating Disorders in Schools: Prevention, Early Identification and Response. After distribution of a handout, she gave general information about eating disorders. She discussed how eating disorders are very serious mental illnesses that can have significant physical complications, which can affect major organs in the body if left undiagnosed and treated. She discussed how people with an eating disorder could experience long term impairment in their social or functional roles. That the impact of an eating disorder could include psychiatric behaviors, medical complications, social isolation, disability and even an increased risk of death. Renee discussed how 95% of young people and adolescents that have had an eating disorder were between the ages of 12-25 years of age. She noted that statistically 40-60% of elementary girls were already concerned about their weight. Renee went over possible health consequences associated with an eating disorder, such as hair loss, slow heart rate, low B/P, heart muscle weakness, heart failure, osteoporosis, dehydration, fainting, and weakness. Renee discussed common misconceptions about eating disorders: myth vs truth. She focused on ways to promote health and wellbeing within the school and how to recognize and respond to eating disorders. Some of the topics discussed were: providing a great school mission statement celebrating diversity, prohibiting teasing/bullying, to include cyber-bullying, providing opportunity for all students to engage in regular exercising programs, providing well balanced food options from all food groups in the cafeteria, and to display posters to include a wide diversity of body shapes, sizes and ethnicity. She stressed the importance of staff identifying and referral of a student with serious body image concerns and possible eating disorder. She encouraged the staff to seek help early if they believe that anyone could be experiencing an eating disorder and to express their care and concern to that person by listening to them.

Renee encouraged staff to be as informed as possible about how to recognize when a student is having an eating disorder. Staying informed will help identify warning signs. She stated that people would go to extremes to hide, disguise or even deny their behavior, which made symptoms harder to recognize. Renee reviewed warning signs that could signal the onset or the presence of an eating disorder: physical warning signs, psychological warning signs, and behavioral warning signs. She encouraged all staff to be familiar with Mental Health First Aid, which all RISD staff has been trained on 08/08/2016. Renee provided informational cards: For 24/7 crisis support text: NEDA to 741741, ways to find resources and treatment options at: [myneda.org/help](http://myneda.org/help), take a confidential screening at: [Myneda.org/screening](http://Myneda.org/screening). She also provided a National Eating Disorders Helpline: 800-931-2237, and a website: [Nationaleatingdisorders.org](http://Nationaleatingdisorders.org).

**Next SHAC Meeting and Topic:** May 10, 2017, Social Media and Youth: What You Should Know

**Meeting Adjourned:** @ 6:26 PM