

Refugio ISD

School Health Advisory Council (SHAC) Meeting

January 19, 2017

Welcome: Meeting started at 05:34 PM. Mary Martinez RN asked for approval of the September 28, 2016 minutes. Melissa Gonzales called motion to approve with Twyla Thomas providing the second. Minutes approved.

Introduction of Members, Guests, and Staff present: Melissa Gonzales, JH and HS Principal; Twyla Thomas, Elementary Principal; Paige Meissner, Elementary Reading Specialist; Tonya Williams, Elementary 3rd Grade Teacher; Linda Madkins, Elementary Teacher's Aid; Clara Aguirre, HS National Honor Society Student; Marlyn Pullin, HS National Honor Society Student; Marcella Gutierrez, Superior Health Community Outreach Coordinator; Debra Velasco, Maximus Texas Health Steps Outreach Coordinator; Emilee Cox RN, Elementary School Nurse; Mary Martinez RN, JH and HS School Nurse.

Approval of Wellness Plan: Mary Martinez RN provided everyone present at the SHAC meeting a copy of the Wellness Plan for final review and approval. Partner organizations and volunteer Team members reviewed the final draft of the Wellness Plan to ensure the Plan met the District's unique goals for nutrition and physical activity and that the Plan was harmonized with the Wellness Policy. The development of a Wellness Plan allows the school district to improve student nutrition, physical activity, and promote a healthy school environment that can positively impact students' health and lifelong choices. After the review of the Wellness Plan, Mrs. Twyla Thomas suggested that under the goals for nutrition promotion and education, we remove the first entry, and state only that "withholding food as a punishment is strictly prohibited". Twyla also suggested that under the section titled **Exception-Fundraisers** we change the "number of days" to "number of Fund Raisers" for each campus. SHAC members want to ensure the Wellness Plan includes all the required components and meets all the specific goals for nutrition promotion and education, physical activity, and other school-based activities that promote student wellness. The two suggested changes to the Wellness Plan will be brought up before the Board for approval. All members of the SHAC were in approval of the suggested changes. Melissa Gonzales called for a motion to approve the Wellness Plan, pending the two changes, with Emilee Cox RN providing a second.

Childhood Anxiety Disorders: Coping Strategies for the Classroom: Speaker-Wally Martinez, with the AYUDA Program, gave an overview of various types of anxiety disorders and discussed the difference between a normal anxiety response and abnormal anxiety response. He reviewed anxiety response patterns, causal factors, symptom categories, and diagnosis.

Wally presented SHAC members with concrete strategies to help children cope with anxiety. He discussed how providing a “coping box” or a “pencil pouch” for the child having anxiety could help them cope at school. The box or pouch could have various slips of papers such as, a specific coping strategy, a phone number of a family member or friend for an emergency call, a distracting activity such as a color or specific exercise, possibly taking a walk or watching a funny movie, even suggested putting a photo of someone special for them to pull out and see if needed.. Wally offered a strategy list of classroom ideas for the teachers to help reduce anxiety such as, ways for the anxious student to be active in class participation, techniques for various testing conditions, giving the student’s cool down passes, and even giving alternative methods for homework expectations. A paper list was given to each SHAC member. Mrs. Twyla Thomas suggested making copies of the suggested strategy list to give to all the teachers to help understand the child with anxiety. Wally, also, offered a page adopted from WorryWiseKids.org-http://worrywisekids.org/schools/sample_accomodations.html

Next SHAC Meeting: March 9, 2017

Meeting Adjourned: @ 6:39 PM