

Refugio ISD

School Health Advisory Council (SHAC) Meeting

May 17, 2016

Welcome: Meeting started at 5:32 PM. Mary Martinez asked for approval of the SHAC February minutes. Twyla Thomas called for a motion to approve the minutes with Araceli C. Rivera providing a second. Minutes approved.

Introduction of Members, Guests, and Staff present: Twyla Thomas-Administrator/Elementary Principal, Cedrick Cunningham-Administrator/Assistant Principal for JH and HS, Araceli C. Rivera-JH Secretary/Registrar and Food Service, Tonya Williams- Elementary 3rd Grade Teacher, Carlos L. Rivera-Community Member, Belinda C. Morin CPS-Prevention Education Specialist with Connections Individual and Family Services, Emilee Cox RN-Elementary School Nurse, Mary H. Martinez RN- JH and HS Nurse.

Guest Speaker: Belinda C. Morin CPS-Prevention Education Specialist with Connections Individual and Family Services. Connections Individual and Family Services is a non-profit organization that purpose is to provide a safe and secure alternative for homeless, abused, or at-risk youth. Connections provides program services to a total of eighteen (18) rural counties and operates thirteen (13) counseling offices and has three (3) residential locations. As a Prevention Education Specialist she provides services to three (3) of those counties, Bee, Refugio, and San Patricio. Belinda discussed how the agency provides social services to families and individuals in need and offers counseling and prevention education services for children, teens, adults, and families, and has short-term residential services for runaway, abused or neglected, homeless, and at-risk youth. The agency offers a Chrysalis Transitional Living program for older youth ages 16-21 and has a 24-Hour Crisis Intervention/Hotline with referral services if needed. She stated that unlike other agencies, Connections does not use a sliding scale for individual counseling services, and that all counseling is free. The agency is grant funded through the Department of Health and Human Services, Texas Department of Family and Protective Services, and Texas Department of State Health Services. Belinda stated that she worked with the substance abuse prevention/resistance and referral skills program. She stated that the goal of Connections was, through comprehensive services, to offer a safety net for “at risk” youth and to collaborate extensively with schools, churches, along with any youth-serving resource, to empower youth, connect families, and prepare youth for successful futures. Mrs. Thomas discussed how Connections had already come into the elementary this spring and had done some presentations for our district. Mary Martinez stated that she would incorporate some Connections presentations for the 7th & 8th grade in the upcoming 2016-2017 school year.

Other Business: Emilee Cox RN presented to the SHAC Committee an updated permission for medication administration form and new guidelines for bringing medicine to school. The guidelines are more specific to labeling, sharing, and disposing of medication at end of school year. Asthma inhalers and Epi-Pen use are also addressed on the forms. The SHAC Committee reviewed both the updated guidelines and the permission form. Twyla Thomas-Administrator and Elementary Principal called for a motion to accept the updated guidelines and permission form as written with Cedrick Cunningham-Administrator and Assistant Principal providing a second. Guidelines and Permission Form will be given to Jack Gaskins-RISD Superintendent of Schools for final approval before putting them on the school website. Also discussed and reviewed was a list of Healthy Party Snacks and Ideas for Healthier Classroom Celebrations. The list included easy changes that parents, teachers and school administrators can use to help shift the focus of school parties from unhealthy food to healthy food and fun. Mrs. Twyla Thomas voiced her concerns about how parents might not be accepting to not being able to bring sweets, such as cupcakes and candy when their child has a birthday. Mary discussed how under the Wellness Policy it clearly stated under the Celebrations and Rewards section that the district would provide a list of healthy party ideas for parents and teachers, including non-food celebration ideas but was not specific whether it would be encouraged or mandatory. The section did state that the parents would be provided a list of foods and beverages that meet the Smart Snacks nutrition standards. Mrs. Thomas suggested we find or create something in writing that she could show her parents that would allow justification for them not being allowed to bring sweets for their child to consume/share for their birthday celebration at school. Mary Martinez stated she would try to find something on the TEA, USDA, or Alliance for a Healthier Generation website. Approval of List was tabled till such justifiable information is clarified. Once the information is clarified, both lists and clarification will be sent to Jack Gaskins-RISD Superintendent of Schools for final approval. Mary Martinez RN stated that once the list was approved and finalized it would be put under the Parent Center and/or Wellness and Health for parent's to view or download. During the start of 2016-2017 school year the nurse's will send a paper copy home with each elementary child so that all parent's receive the healthy food and fun party information.

Tentative SHAC Meeting Dates for 2017-2018: September 14, 2016, November 16, 2016, February 15, 2017, and May 17, 2017.

Meeting Adjourned: @ 6:44

