

**Flour Bluff Independent School District
School Health Advisory Council
February 13, 2020**

The meeting was called to order at 4:15 p.m.

In attendance were: Joseph Reyes, Linda Barganski, Brittany Buchanan, Gina Valdez, Bryant Gray, Sandra Martinez, Angela Scott, Nikol Youngberg, Bill Robinson, Kristen LaBaume, & Kendra Woodall, Dr. Melonie Shandy, Patty Tijerina

The welcome was given by Linda Barganski and introductions were made. Minutes from the December 17, 2019 School Health Advisory Council meeting were reviewed, and a motion was made by Mr. Bill Robinson and seconded by Ms. Angela Scott to approve the minutes. Motion passed.

New Business:

- Health Beat – Kristen LaBaume, RN, Campus Nurse – As a district we are keeping tally of confirmed cases of the flu. 48 cases district wide as of last week. We are strongly encouraging frequent handwashing, covering coughs and urging parents to keep their child at home if sick. Our custodial staff is being proactive by wiping down heavily populated areas such as cafeterias and classrooms with reported high counts of confirmed flu cases. As of today, February 13th the cases have doubled. On another subject – all Stop the Bleed training has been completed by staff members and kits have been mounted in the designated areas.
- Wellness Committee – Gina Valdez & Brittany Buchanan – Need tri-annual assessment from PE (Coach Scott)
- Social Work update – Bryant Gray – The Abstinence Program will be starting at the Intermediate Campus. We have a program called Choosing the Best Way. We use Pathways and Life and Journey – which is a High School curriculum at the Jr. High. Every six weeks we teach a group of students. We begin in September and all of students who participate in our class get a consent letter to take home about two weeks before we start. We discuss topics such as what is abstinence and making good choices and then we build on that making good choices about drugs, alcohol, sex, tobacco, sexting. Parents are invited to join if they would like to observe. Students take books home and a book is available for parents.
- Fitnessgram – Coach Scott – Stated Fitnessgram is not a competition. Kids compete naturally and we need to let them know this is just an assessment, it is on their own and they are not compared to anyone else. We want it to be fun and

enjoyable for the students. Coach Scott will email the coaches and convey this to them.

Other Discussion: Dr. Barganski attended a Parent Conference earlier this month and one of the breakout sessions had to do with SHAC. She stated, “I feel there is much more we can be doing with SHAC.” Members were given examples of districts who were doing really good things. Cuero ISD has school gardens and cooking classes for parents. They also have a suicide awareness team. Fun fitness for families and health challenges through their nutrition department. Dr. Barganski would like to try to do one or more of these activities. San Antonio ISD has “Handle with Care” where they work with law enforcement with students who have been through traumatic events. They also have Coffee Talk with principals and teen pregnancy outreach. The committee would like to pick two activities and focus on those, such as eating healthy and/or physical activity to get parents involved. The committee was challenged to invite a community member to join our committee.

There will be one more fun run on April 24, 2020

March 20 – assessment due for nutrition department

Meeting dates: Next meeting – April 2, 2020 – last meeting for the year

Adjourn

Mr. Joseph Reyes motioned to adjourn meeting and Mrs. Martinez seconded the meeting concluded at 4:48 p.m.