

**Flour Bluff Independent School District
School Health Advisory Council
September 14, 2021**

Dr. Linda Barganski called to order at 4:20 p.m.

In attendance were: Joseph Reyes, Linda Barganski, Brittany Buchanan, Gina Valdez, Sandra Martinez, Dawn Evans, Amanda Rodriguez, Shana Fuller, Emma Herrenkohl, Deanne Purcell, Molly Nichols, Shannon Murphy, Nicole Tirado, and Kristen LaBaume

Dr. Linda Barganski gave a welcome, and everyone introduced themselves. Linda Barganski gave everyone a print-out of the Texas Education Code Chapter 28. The print-out has the updated changes for the local School Health Advisory Council and Health Education Instruction. One of the changes includes all SHAC meetings must be recorded, and the meeting recording must be made available on our school website. Another change is all meetings need to be posted on each campus. The floor was opened to nominations for Chairman and Co-Chairman. Gina Valdez nominated Joseph Reyes for Chairman and Shana Fuller for Co-Chairman. Joseph Reyes and Shana Fuller were selected. Dr. Linda Barganski handed over the meeting to Chairman Reyes to continue with the meeting.

New Business:

- Yvette Chavez, with Circles of Care, gave a presentation on the Family Youth Success Program, which covers Nueces County. The program's primary goal is to teach families and youth how to get along better, deal with family conflict, and how better to communicate. They also work with school attendance issues, grades, self-esteem, anger management, and grief. The program is available to students and parents. Circles of Care is available for face-to-face and virtual sessions. The office is located on Everhart Road. A 24-hour crisis helpline is available. This program is a place to start for those who may need services, and they are also able to refer out if additional services are required.

- Sonia Marines, with American Heart Association (AHA), gave a presentation on how to align wellness efforts across the district. Specifically, they focus on the mental and physical health of the employees in the district. The American Heart Association has an easy, impactful program, which includes, Go Red, an employee wellness program at no cost to the district. They also have monthly messaging endorsed and provided by AHA. This includes links to AHA resources, health assessments, and tools to manage stress and cope better. This program boosts employee morale by bringing staff together for their health and creating awareness.

Circles of Care and the American Heart Association were voted to be an approved program in our district and will be approved and added to our list.

- Health Beat – Dawn Evans, District Nurse, spoke about the requirement to give our 7th-grade students Stop the Bleed training. Dawn is currently working on a plan to roll that out. She would like to partner with Firefighters that are instructors and all the nursing staff in the district. The program consists of a

PowerPoint presentation and a hands-on skills training demonstration. Students must show they are knowledgeable in the procedure.

- Wellness Sub-Committee – The Wellness Policy is good for 3 years. The Wellness Sub-Committee will not need to meet on the Wellness Policy until 2023.
- Fitness Sub-Committee – Members for the 2021-2022 school year are Shannon Murphy, Joseph Reyes, Dawn Evans, Amanda Corpuz, and Nicole Tirado

Old Business:

Other Discussion:

Meeting dates:

Next meeting – November 16, 2021

Adjourn

Molly Nichols motioned to adjourn the meeting, and Brittany Buchanan seconded. Meeting adjourned at 5:15 p.m.