

**Flour Bluff Independent School District**  
**School Health Advisory Council**  
**November 16, 2021**

Dr. Linda Barganski called the meeting to order at 4:15 p.m.

In attendance were Joseph Reyes, Linda Barganski, Brittany Buchanan, Sandra Martinez, Dawn Evans, Amanda Rodriguez, Brandi Venable, Shana Fuller, Emma Herrenkohl, Savanna Cassidy-Bledsoe, Deanne Purcell, Veronica Villarreal, Allison Brady, and Alaena Tate.

Dr. Linda Barganski gave a welcome, and everyone introduced themselves. Dr. Linda Barganski turned the meeting over to Chairman Joseph Reyes.

**New Business:**

- Sonia Marines, with American Heart Association (AHA), gave a presentation on Kids Heart Challenge (Elementary) and American Heart Challenge (Secondary). Sonia works with schools with programs that are for students. Kids Heart Challenge (formally known as Jump Rope for Heart) is for Elementary level students. Specifically, Kids Heart Challenge focuses on physical activities, mental wellness, and health. The students do have the opportunity to fundraise. It is entirely optional. Students and parents are encouraged to download AHA's free app or go on the website and take a challenge to be healthier. Students can choose between being kind or exercising more. Students can reach out through the app or website for support from friends, grandparents, or extended family. American Heart Challenge is a program for secondary students. The app is still available, as well as lesson plans and educational resources. However, this is a service-learning project. At the middle school/high school level, students have a lot more buy-in from their peers. AHA identifies different organizations such as the National Honor Society, Student Council, Athletes, and Cheerleaders, etc., and they craft what they would like to do with the program or topic. The students can earn community service hours from AHA.
  
- Dr. Linda Barganski spoke about Choosing the Best. Choosing the Best is the curriculum that was adopted by the district for our sexual education program. The district has been using Choosing the Best for the past ten years, and teachers have been happy with the curriculum. Choosing the Best is an abstinence-based program. The curriculum talks about making choices and the consequences that go along with the choices made or making choices and being proud of yourself for reaching the goals that were set.

With the TEKS changing, the district may not be covering what is needed with our current curriculum. SHAC will not be approving any curriculum right now and will need to recommend, in the future, a curriculum to our school board that covers all the TEKS and is a good fit for our community for school board approval. The new curriculum will be implemented in the 2022-2023 school year. The floor was given to our District Social Worker, Savanna Bledsoe. Savanna stated she had been in touch with Mr. Gray about the curriculum. Mr. Gray suggested since it was almost the semester, to focus on teaching the 8<sup>th</sup> graders the Choosing the Best curriculum. An informative permission slip will go

out to parents before the curriculum is taught. Parents do have the opportunity to review the curriculum materials.

- Jackie Millington, with Coastal Bend Wellness Foundation, gave a presentation on teen pregnancy prevention program called Making Proud Choices. This program is for 15–19-year-olds, only for high school students. The curriculum Making Proud Choices teaches about abstinence, STIs, preventing STIs, and healthy relationships. This program is completely aligned with the Texas TEKS program.
- Isabella Peralta, with Big Brother Big Sister, spoke about their one-on-one mentoring program. Big Brother Big Sister focuses on creating mentorship, companionship, and positive role models for students that may be lacking that at home. Big Brother Big Sister is prevention versus intervention, and the program likes to identify problems before they start. Services provided are 100% free and are volunteer and donor-supported.

American Heart Challenge and Kids Heart Challenge, and Big Brother Big Sister were voted to be approved programs in our district. American Heart Challenge/Kids Heart Challenge had seven - yes and two – more information needed. Big Brother Big Sister had seven - yes and two - more information needed. These programs were approved and added to our list.

- Health Beat – Dawn Evans, District Nurse, spoke about November being Diabetes Awareness Month. Dawn shared statistics on our diabetic students throughout the district. Dawn talked about possibly forming a group in the future for our students to bring recognition to all the staff trained to help with diabetic situations that may arise during school events so the students know who they can go to throughout the district.
- Nutrition – Brittany Buchanan, Student Nutrition Coordinator, spoke about having free meals available for students over the holiday break. Beginning Friday, November 19<sup>th</sup> after early dismissal, they will have lunches ready for students to take.

### **Old Business:**

### **Other Discussion:**

- Email - Dr. Linda Barganski spoke about sending emails to the SHAC members and needing permission to email the members without blind copying. All members agreed that it was acceptable to send out email addresses to the committee.

### **Meeting dates:**

Next meeting – February 15, 2022

### **Adjourn**

Shana Fuller motioned to adjourn the meeting, and Dawn Evans seconded.  
Meeting adjourned at 5:35 p.m.