

**Flour Bluff Independent School District**  
**School Health Advisory Council**  
**March 30, 2022**

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

In attendance were Linda Barganski, Gina Valdez, Sandra Martinez, Shana Fuller, Emma Herrenkohl, Savanna Cassidy-Bledsoe, Deanne Purcell, Shannon Murphy, Veronica Villarreal, and Velma Soliz-Garcia

Dr. Linda Barganski gave a welcome, and everyone introduced themselves. Dr. Barganski turned the meeting over to Mrs. Shana Fuller, Co-Chairman of the SHAC.

**New Business:**

- Tyler Harrison, with Second Step, joined via Zoom and was present for any questions or additional information. Ms. Cindy Drake, the Primary Counselor, spoke about Second Step. The counselors are looking for a mental health curriculum that starts in Kindergarten and continues through sixth grade and has continuity through the lessons. Ms. Drake helped with the presentation and stated she liked that the curriculum teaches students coping skills to handle anger and sadness. The goal is that by the time the student reaches Junior High, they can verbalize and ask for help. This curriculum is easy to use, and the teachers can also use it. There is a component for teachers, counselors, and parents. Ms. Drake stated, “three other curriculums were looked at, and Second Step stood out because it has a digital piece, so teachers can easily access it without making copies.” There is staff support for the initial onboarding plus support throughout the year for staff.
- Steven Wincelowicz, with Project Turnaround - Project Turnaround was approved by the SHAC about ten years ago, and the district has utilized some of its resources. Project Turnaround is a substance use/misuse prevention education program. Mr. Wincelowicz stated one curriculum source available to the district is “Too Good for Drugs,” and it is aligned with TEKS. The curriculum mitigates risk factors and builds protective factors. It builds social and emotional learning skills, including goal setting, responsible decision-making, identifying and managing emotions, and effective communication. Project Turnaround is funded by the State Department of Health and Human Services.
  - Voting on the two programs did not occur as there was not a quorum, so committee members requested more information.
- Fitness Gram – Dr. Barganski told the committee that Fitness Gram is on target. It is due in June to be uploaded. The PE teachers are completing the Fitness Gram during PE classes.
- COVID Update – Dr. Barganski gave an update - very few cases, maybe one or two in the district.
- Health Beat –no updates at this time

- Nutrition – Gina Valdez, Student Nutrition Director, spoke about introducing a new program that offers all students free breakfast and lunch this school year. She also said another program we offer is the Child and Adult Care Food Program (CACFP). During breaks and holidays, we sent food home with students who wanted them. Mrs. Valdez said they are now providing snacks on weekdays and Saturdays for the tutoring program. The Nutrition Department offers breakfast and lunch for those students taking tutoring classes on Saturdays. Mrs. Valdez said the Nutrition Department was audited because of the new programs, and our Nutrition team did very well, and they had an excellent audit.

**Old Business:**

- Dr. Barganski shared an update from the February School Board Meeting on Human Sexuality Instruction. The Board voted that we did not need an extra curriculum. All the TEKS can be met through the Health and PE adoption book.

**Other Discussion:**

**Meeting dates:**

Next meeting –May 10, 2022 – High School Teaching Theater

**Adjourn**

Deanne Purcell motioned to adjourn the meeting, and Sandra Martinez seconded.  
Meeting adjourned at 5:47 p.m.