

**Flour Bluff Independent School District
School Health Advisory Council
November 16, 2023**

James Crenshaw called the meeting to order at 4:15pm, gave a welcome, and everyone introduced themselves.

In attendance were James Crenshaw, Erick Martinez, Gina Valdez, Brenda Carlisle, Erin Steward, Amanda Cutbirth, Mance Cutbirth, Savanna Bledsoe, Phyllis Cox, Courtney Parker, Andrea Johnson, Andrea Holley, Alan Rickertsen, Mary Flores, and David Gerlach

Agenda items:

- Child Nutrition Update – Gina Valdez spoke about the upcoming presentation to the board regarding the regulations from the Texas Department of Agriculture.
- 211 Texas/United Way Helpline Information – Janice Shoe spoke about 211 Texas which is a statewide helpline. 211 Texas provides free and confidential information and referral services to those in need, 365 days a year, 24 hours a day.
- The National Alliance on Mental Illness (NAMI) Self-Care Activity Book – Sandra DeLeon spoke about the activity book and how it will help the students when counseling.
- Save the Children, Journey of Hope - Coping with and Normalizing Emotions – Adolescent Edition Group Curriculum – Sandra DeLeon presented Journey of Hope which is a free curriculum for counselors to use in small groups.
- Nursing Update – no update for this meeting

Meeting dates:

TBA

Adjourn

Meeting adjourned at 5:17 p.m.