



UNITED INDEPENDENT SCHOOL DISTRICT

SCHOOL HEALTH ADVISORY COUNCIL (SHAC)

Virtual Meeting @ 11:30a.m.

Thursday, January 14, 2021

Minutes

Welcome - Mrs. Celia Taboada greeted everyone with a Good morning and welcomed back. It is 11:34 a.m. We do honor your time. You are a very important committee to our district especially during these times. We want to make sure that we are transparent with information. We want to continue to share and provide a very nurturing environment to our students. We are all looking forward to a better 2021. She asked everyone to review the minutes of our previous meeting.

Approval of Minutes - Ms. Roxane Robledo made a motion to approve the minutes. Mrs. Ramirez seconded the motion.

Fitnessgram Updates for Physical Education - Mr. J. Briones wanted to give some updates he shared with all coaches during a recent district staff development on January 5, 2021. He shared he had met with all the coaches and they all have been updated on the information. He informed SHAC 2020-2021, Physical Fitness Assessment initiative required by the State of Texas and collected by TEA. Last year in March when everyone was sent home, the results were not submitted because of the situation we are in. As of today January 14, 2021, we are the same, we haven't been asked to submit results. But, we are ready, if we are asked to do so. TEA requires us to annually assess the Physical Fitness of students. TEA gives UISD and all other school districts in the state the directive that we are required to administer these tests and that we are required to submit these results. FitnessGram is purchased from US Games paid by TEA for UISD. With the results submitted, TEA is able to look at physical fitness and what it relates to academic achievement levels, attendance levels, obesity, student discipline problems, and school meal programs. At UISD, our goal is to give each student a starting point as to where they are at. We do a pretest and a posttest, and within a couple of weeks we do the test again to see if there is any improvement. FitnessGram is a personal one on one test even though it is done in front of their classmates. FitnessGram is not a pass or fail. You are not penalized for where you are at. Fitness gram is not used to evaluate teachers. Coach J. Briones highlighted the Law (Sec. 38.101). He also informed that under Sec.38.102. Adoption of Assessment Instrument is required and UISD adopted a program called the 20 Meter Pacer. In which aerobic capacity, body composition which includes height, weight, age and gender; muscular strength, endurance, and flexibility. He informed P.E. equivalents are: Band, P.E., Dance, Cheer and R.O.T.C. Fitnessgram Instruments are Push-ups, Curls-ups, Shoulder Flexibility, Height-Weight-Gender and 20 meter pacer test. Annual Assessment Dates are for Pretest the week of January 18, 2021 and Posttest the week of March 1, 2021. It will be challenging because the kids will not be brought in to do the test and it will be done via the

computer. Coaches will create a google document to record results. Coaches have been asked to collaborate with the parent or guardian to administer the 20 meter pacer test, height and weight. Testing the students will be challenging because it is virtual. UISD will share a video with parents. On February 5, 2021 we will have SPARKeacademy.org. They did two Webinars. Feb 15, 2021 will be our next one staff development. The main thing is for the committee to know that there will be a FitnessGram. There are exemptions for example a broken leg, etc. But if your child is able to do it, that is one of the state requirements. How can they view their child's score? The parent may request it with the coach. What kind of results do we have right now? At the elementary, you have P.E. all year long. At the high school level, we have different quarters. Quarter III will be the ideal time to do it. The Third Quarter is what was selected to share with the state.

Telemedicine “In-School” Clinic Program - Ms. Irene Rosales (Director of Nursing) presented on what Telemedicine entails at the district level. First of all, the District would like for all students who need medical care to receive it. By collaborating with Gateway Community Center, we hope that many parents fill out the consent form to take advantage of this opportunity. Secondly, this Telemedicine in schools will assist the parents to obtain medical care for their children in a more convenient manner. This will assist the parent to have their children seen by a provider without having to miss work. Thirdly by taking part in Telemedicine platform, students will assist to get medical care and receive medications if necessary at a much quicker time though this children will be able to recover faster. Next, this Telemedicine platform will assist the district to achieve their daily attendance by reducing the amount of days the student will be absent. Last, this Telemedicine platform will ensure the student returns to school faster to continue their learning. Telemedicine Platform as previously mentioned the district will be working collaborative with Gateway Community Center. The center will be providing all equipment and supplies. In addition, the center will be registering participants, and collecting all fees for the providing services. The center will also be providing the nursing staff with standing orders to conduct testing at the schools.

Piloting Schools - Through May 2021 - In the past, we were going to continue adding more schools but because of COVID we decided just to do a pilot program all the way through May. The following campuses will be doing a pilot study to ensure everything is working well before including all campuses. The following campuses will be piloting the program: UHS, UHS 9th, Elias Herrera Middle School, Newman Elementary, Bonnie Garcia Elementary and LBJ. These campuses will be piloting the program because they were part of the bidding process. This is the reason these schools were selected to pilot the program. We didn't want to leave anybody out but because they were part of this process. These would be the best people to conduct the pilot program for us. On January 4, 2021 all campuses participating on these Telemedicine were trained. The equipment has been checked to ensure everything is working properly.

Telemedicine Registration - The school district will be sending the registration consent form to the parents through Tyler. Those parents interested in participating in Telemedicine platform must sign the consent form. Gateway Community Center will be the registration hub. Any fees being charged will be the sole responsibility of Gateway Community Service. The district is only assisting with connecting the center through Telemedicine, doing the clinical assessment, and doing the diagnostic service providing standard protocol to expedite the services to the students. The items included is an ipad.that will be used as a communication tool, the strep and flu test

will be distributed to the campuses. In addition the center has created a phone number specifically and only for the district so that nothing else interrupts that call. That the process goes as smoothly as possible for these parents and children.

Telemedicine Platform - Students will present at the nurse's office complaining of not feeling well. The nurse will assess the student taking vital signs like temperature, pulse, respirations, blood pressure, pulse and conduct an oximetry.. As you all know, Covid-19 is affecting the respiratory system and reducing the oxygenation of the individual. This is why it is vital to measure pulse oximetry. The nurse will also listen to the lungs and heart sounds to give the information to the provider. Once the assessment is finished the nurse will determine if the student needs the strep, flu and covid test. The nurse will then notify the parent of the need to make a Telemedicine call. The parent will be informed first. Then, the nurse will make the call to connect with Gateway Community Center Telemedicine platform.

Telemedicine 1st Step - Connection - The nurse will then wait for further instructions from Gateway Community Center. The center must confirm if the student is eligible for the service by ensuring the student is registered and that all the paperwork is in place. This individual will then collect all the student information gathered by the nurse. The Gateway Community Center staff member will share all the information with either physician, nurse practitioner or physician assistant who will return the call. Presently, the center has 23 providers and 5 sites that will be providing the service depending on the area of town on which the person lives. Afterwards the nurse will receive an email to connect with the physician or other provider and give permission to the parent to join or visit. The call should not take more than 15 - 30 minutes. The provider will provide a diagnosis. If the person requires treatment, the medication will be called to the pharmacy specified by the parent. The whole process should take 30 to 45 minutes including the nurse's assessment and diagnostic test. And, not all children will be sent to Gateway Community Center; it will depend on the symptoms. The school nurse will receive a return to school form with date and diagnosis. If it is a reportable disease we will need to report it to the state. The return date will be included in the nurse's return to school form so the school nurse can be aware when to expect the child back to school. As per Gateway Community Center, parents will be allowed to view the whole child's health information folder. Due to HIPAA Law only parents are allowed to see all of the information written by the provider about his/her child. All visits will be shared with the student provider. However, if it is something that can not be treated through telemedicine, the student will have to go with their provider. And, if they don't have a provider, they can become patients at Gateway Community Center. Finally, she shared some pictures of the Strep Testing Kit and the Flu Testing Kit. In summary, the whole concept of Telemedicine is to ensure the students receive medical care and return to school faster. In addition, to help the parents not have to miss too many days of work.

Ms. Gutierrez asked: When a student /staff tests for Covid, strep or flu at UISD, what is the procedure to return to school/work? Where do they test to go back? If they tested for Covid, they would have to go find a place to conduct a test for PCR and they have to test negative before returning to work. They have to stay home 14 days home before they go back to work. If they tested for the flu, as soon as they finish their medication, they can go back to school/work. It depends when they were treated. Ms. Lopez informed everyone that PCR can be done at Gateway Community Center if you are a registered patient.

Counseling Department - Ms. Melisa Ramirez- Director of Guidance and Counseling As you know Covid is affecting everyone, especially our children. Our counselors at all of our campuses are open and ready to meet all our students social and emotional needs whatever it might be. But today, I am going to present on the Suicide Outcries Report for September, October, and November at the elementary, middle, and high school levels. Every campus has a Counselor's corner for parents and students to access with various topics of resources. I also want to mention UISD has a program called Signs of Suicide at the middle and high school level. This is one program; we have at UISD had state recognition. Signs of Suicide is a program that only 12 districts in the state have and there is over one thousand two hundred districts here in Texas. With this program our counselors get trained and then they go to the campuses and train the students about signs of suicide and prevention and intervention. Let them know that if they are experiencing any thoughts or someone they know is experiencing thoughts of suicide to reach out to the counselors for help. Our counselors after they present to our students they give out some cards to reach out and call them if they need someone. Our counselors have a 24 hours turn over time to reach out to those students and talk to them and help them by answering any questions that they might have. Then, the counselor has to do an assessment. Once they do an assessment, they rate the assessment as Low, Medium, or High. For the month of September at the elementary level, we had 8 low outcries. Sometimes because of the pandemic, our children want to cut themselves and they just need someone to talk to. At the middle school level in our campuses, we had 6 low, 3 medium, and 5 high and 7 were hospitalized. Unfortunately, some need further treatment and get hospitalized at Border Region or in San Antonio, Corpus Christi and in the valley area. They have hospitals where these students can seek treatment. We also have a Safety Plan at UISD because we want to make sure we provide wrap around services for our students. If they do get hospitalized for a short period of time and they do come back to school, the counselor shares briefly with the teachers once the student gets back to the school so they can be aware of this student who is being monitored in case they see again signs of suicide. At the high school level, we had 5 low, 3 medium, and 5 high. So, for September, we had a total of 35 suicide outcries in the district. I do want to clarify that our counselors are not clinicians; they don't have the skill set to provide that clinical service even though they are professionals. A lot of people have that misconception. They don't do therapy that is why we need to refer students to other outside agencies and licensed professional counselors, psychologists and psychiatrists. UISD has a suicide manual, everyone in the district does get trained on this manual. We have modules and then they get tested. With this program our counselors get trained and then they go and train our students about signs of suicide. Our counselors need to do an assessment. We have a suicide manual. Here at UISD every counselor, every teacher and staff gets trained on this manual. For the month of October at the elementary level, we had 3 low and 1 medium, and 1 hospitalized. At the middle school level, we had 8 low, 5 medium, and 5 high. Four were hospitalized, nine are on a safety plan, and six had referrals to specialized agencies/hospitals. At the high school level our campuses had 9 low, 7 medium, and 8 high. Eight were hospitalized, thirteen are on a safety plan, and four were referred to other agencies/hospitals. So for the month of October, we had 48 outcries in total in all our campuses. For November at the elementary level, we had 2 low, and 3 medium. At the middle school level for November, we had 19 low, 3 medium and 2 high. Fourteen on a safety plan and three referred to other entities. For November at the high school level, we had 7 low, 1

medium, and 3 high. So for the month of November, we had 40 suicide outcries. Today, we are still compiling our month of December but so far, we have had 123 suicide outcries in our district. So, our counselors train our students to reach out if they are experiencing any alienation or suicidal thoughts. Our counselors work really well with our faculty and staff, nurses, teachers, assistant principals, and administrators. It is very important they work very well with everyone so we can create a wrap around service for a particular child. The counselors do have a vertical dialogue, so that when a child transfers from elementary to middle school or middle school to high school. The new counselor is aware of that particular student's situation and can continue to monitor properly and provide adequate support. Ms. Ramirez asked if anyone had any questions.

Open Agenda - Mrs. Taboada thanked Ms. Ramirez for presenting to the committee. That brings us to our open agenda. At this time, we are going to do our door prize which is going to be a blender to emphasize our stay healthy theme and maybe you can prepare smoothies. Ms. Norma Quinonez spun the wheel and the winner of our blender is Ms. Mara Lopez. Coach Briones just wanted to add that on Fridays during P.E. all coaches through health class are addressing the social and emotional needs of students.

Closure - Door Prize & Lunch Pick up - Mrs. Celia Taboada adjourned the meeting at 12:23 p.m. Mrs. Celia Taboada expressed her token of appreciation to all SHAC members by providing a pick-up hamburger meal from Glass Kitchen supporting small local businesses. She told SHAC members that they have until 7:00 p.m. to pick it up and thank them once again for their valuable time dedicated to this important committee.