

KENEDY COUNTY-WIDE CSD SCHOOL HEALTH ADVISORY COUNCIL

2018 -2019 ANNUAL REPORT

MEMBERS through COORDINATED SCHOOL HEALTH COMMITTEE:

Module 1: School Health and Safety Policies and Environment – Kristen Tinsley (parent)

Module 2: Health Education – Lupita De Luna, RN, BSN

Module 3: Physical Education and Physical Activity Programs – Jerry Rosa (parent)

Module 4: Nutrition Environment and Services – Dana Rosa (parent)

Module 5: School Health Services – Lupita De Luna, RN, BSN

Module 6: School Counseling, Psychological, and Social Services – B. Hickey/K. Tinsley (parent)

Module 7: Social and Emotional Climate – Brooke Hickey/Lupita De Luna, RN, BSN

Module 8: Physical Environment – Manuel Garcia

Module 9: Employee Wellness & Health Promotion – Rosana Ryan

Module 10: Family Engagement – Kristen Tinsley (parent)

Module 11: Community Involvement – Lupita De Luna

PARENT MEMBERS:

Alejandra Salinas

Julie Salinas

Allison Strauss

Leslie Estes

Wendy Johnson

Eliza Castillo

Kevinah Miller

STUDENT MEMBERS:

Tenly Lopez (6th grade)

Adonai (Adi) Shelton (5th grade)

Cadence De La Rosa (4th grade)

SHAC met on the following dates:

September 27, 2018

December 12, 2018

March 20, 2019

April 23, 2019

Highlights for school year:

- Walgreen's hosted a Flu Clinic on school campus for staff, community, and eligible students on September 27, 2018.
- School Health Advisory Council elected Allison Strauss as Chair and Kevinah Miller as Secretary.

- Sarita Elementary School was involved in several health related activities (Learn-Grow-Eat-Go, Path-to- the Plate Exposition, Walk Across Texas, Dinner Tonight) which lead to being proclaimed a HEALTHY SOUTH TEXAS RECOGNIZED CAMPUS. A very distinguished award that few schools in this region have attained. Our school received a large banner and a plaque which will be displayed soon. This award was posted on the Texas A & M Agrilife Extension Service website.
- Several parents attended the 2019 Regional Parent Engagement Conference on February 31, 2019 which covered such topics as cyberbullying, social and emotional wellness, and building academic capacity.
- Sarita Elementary School partnered with Aim for Success to provide sexuality instruction to our 6th grade students according to Texas Education Code. The cost for this presentation was covered by grant funds. Parents were given the opportunity to preview the content being presented. A form was sent home in advance should the parent want their child to **Opt Out.**
- Kenedy County-Wide CSD Health Fair took place at Sarita Elementary Gym on April 29, 2019 from 4 p.m. – 6 p.m. with about 25 exhibitors and a disc jockey. The school food service department provided healthy snacks. We had a very good turnout. Most of the students participated in their grade-specific dance. The Dinner Tonight event also took place that evening from 5 p.m. to 6 p.m. with great success as well.
- Students continue receiving health instruction by the nurse using THE GREAT BODY SHOP curriculum, an approved School Health Program. The booklets are sent home as soon as complete they are completed. The last section is specifically for parents to read and be informed on all areas of health and safety that are covered during classes that particular month.
- Gym was open to students on Friday mornings for increased physical activity.
- P. E. teacher, Mr. Rosa instructed the boys in 5th and 6th grade and school nurse, Mrs. De Luna instructed the 4th, 5th, and 6th grade girls, on puberty and hygiene.
- School Health Advisory Council Members were given a copy of the School Health Index Self-Assessment Results for Sarita School Elementary for the 2018 - 2019 school year. A total of 20 recommendations were listed. The eleven components and their scores were as follows:
 - Module 1: School Health and Safety Policies and Environment – 99%
 - Module 2: Health Education – 94%
 - Module 3: Physical Education and Physical Activity Programs – 81%
 - Module 4: Nutrition Environment and Services – 77%
 - Module 5: School Health Services – 82%
 - Module 6: School Counseling, Psychological, and Social Services – 76%
 - Module 7: Social and Emotional Climate – 93%
 - Module 8: Physical Environment – 100%
 - Module 9: Employee Wellness and Health Promotion – 40%
 - Module 10: Family Engagement – 83%
 - Module 11: Community Involvement – 78%

The overall score was 82%

The recommendations were as follows:

1. Continue to encourage parent involvement with School Health Advisory Council. (CC.1)

2. Find new ways other than food to reward students. (N.1)
3. Have health teacher receive professional development in classroom management techniques. (CC.9)
4. Physical monitoring devices should be made available to teachers and students during a 5K walk or during P.E. to encourage continued activity. (PA.4)
5. Provide individualized physical activity fitness plan. (PA.6)
6. Recognize students who meet the Healthy Fitness Zones. (PA.9)
7. Have teacher certified or endorsed to instruct Physical Education. (PA.11)
8. Promote bicycling /walking through student lead committee (i.e. bike-a-thon) (PA.18)
9. Set daily physical breaks in classroom. (PA.20)
10. Implement a school wide policy that a child brought late to school who has not had breakfast will be allowed to get a breakfast bar, yogurt, or dry cereal. (N.2)
11. Contact parents of students without a primary health care provider and give information about child insurance programs and primary care providers. (CC.5)
12. Provide professional development about referral process and have referral forms easily accessible to staff members to use should a student need arise. (CC.5)
13. Gather, analyze and review information on unintentional injuries, incidents, and violence that occur on school property or school sponsored events. (S.1)
14. Develop a specific protocol for medical emergencies and distribute to staff annually. (S.2/CHC.1)
15. Refer any student in need of counseling to our principal, who will in turn contact a representative from Buckner, a contracted counseling service. (CC.1)
16. Provide professional development on meeting the diverse cognitive emotional, and social needs of children and adolescents. (CC.3)
17. Encourage staff member participation in health education/assessment by providing literature on different disease processes and also providing annual readings regarding blood pressure, blood sugars, and BMI's. (CC.1, CHC.1)
18. Provide referral information for mental health issues and alcohol/tobacco use cessation programs. (T.1, AOD.1)
19. Establish a program that will help parents learn parenting skills and help them connect with their children's teachers. (CC.2, CC.5, CC.8)
20. Consider having an afterschool program that would instruct and reinforce instruction on health, safety and physical activity. (CC.5)

During our September School Health Advisory Council meeting Ms. De Luna addressed the handout which listed 20 recommendations. The highlighted ones were already implemented. Others were discussed and found to be implemented but not documented. Some were discussed at length with specific ideas. These are as follows:

- The nurse will be sending out information on new ways to reward students other than food.
- The SHAC will schedule a 5K run (turkey trot) in late November.
- Parents and staff will plan a Field Day for the end of the year.
- Incentives for students to increase their activity level will be discussed between P.E. teacher and nurse.