

Robstown ISD School Health Advisory Council



Annual Progress Report To the Board of Trustees

July 2023

Melissa R. Chavez, BSN, RN
Director of Health Services-RISD
Board Director- TSNO



Mission: Foster exceptional family resources, health care, education, and the well-being of our students, staff, and community.

Vision: Serving to encourage and educate our students, staff, and community in order to improve and maintain health, nutrition, and wellness.





School Health Advisory Council

Every independent school district is required by law to have a school health advisory council (SHAC). Members are made up of staff from various departments, parents who are not employed by the school district, and members of the community. The SHAC is annually appointed by the local education agency Board of Trustees.

Texas Education Code

Title 2, Chapter 28, Section 28.004



Robstown SHAC Members

2022-2023

Parents/Community Members

Ricardo Bosquez, President (child @ SJH)
Anisa Chavera, Principal, Seale Junior High
Gloria Hernandez (child @ SP)
Kristy Elizondo (child @ SP)
Melissa Ramon (child @ SP, SJH, RECH)
Roberta Aguilar (child @ Lotspeich & RECH)
Michelle Rios (child @ Lotspeich)
Lorraine Ordonez (child @ Lotspeich)
Erika Ramon, RN Seale JH (child @ RDE)
Lori Aguilar (children @ RDE)
Paula Rocha (child @ SP)
Graciela Trevino (child @ RDE)
Tammy Silva (child @ RDE)



What is a SHAC?

A SHAC is a group of individuals representing segments of the community and school district which provides advice to the district on coordinated school health (CSH) programming and its impact on student health and learning.



Coordinated School Health



All Texas schools are required by law to implement a CSH program in grades K-8.

Texas Education Code
Title 3, Chapter 38, Section 38.013





What is Coordinated School Health?

Coordinated School Health is a systematic approach of advancing student academic performance by promoting, practicing, and coordinating school health education and services for the benefit and well-being of students in establishing healthy behaviors designed to last a lifetime.

Coordinated School Health

Eight Components

- Health Education
- Healthy and Safe School Environment
- Counseling and Mental Health Services
- Parent and Community Involvement
- Staff Wellness Promotion
- Health Services
- Physical Education
- Nutrition Services





Whole School, Whole Community, Whole Child Model

The education, public health, and school health sectors have each called for greater alignment, integration, and collaboration between education and health to improve each child's cognitive, physical, social, and emotional development. Public health and education serve the same children, often in the same settings. The Whole School, Whole Community, Whole Child (WSCC) focuses on the child to align the common goals of both sectors. The WSCC model expands on the eight elements of the Centers for Disease Control and Prevention's (CDC) coordinated school health approach and is combined with the whole child framework. CDC and ASCD developed this expanded model—in collaboration with key leaders from the fields of health, public health, education, and school health—to strengthen a unified and collaborative approach designed to improve learning and health in our nation's schools.

Learn more about the Whole School, Whole Community, Whole Child model at
<http://www.ascd.org/programs/learning-and-health/wsc-model.aspx>

Important for Districts and Campuses

TEC, §28.004(d-1), addresses SHAC meeting requirements. For each meeting, the SHAC is required to:

- ✓ Post notice of the date, hour, place, and subject of the meeting on a bulletin board in the central administrative office of each campus in the school district at least 72 hours before the meeting
- ✓ Ensure that the notice of the date, hour, place, and subject of the meeting is posted on the district's website at least 72 hours before the meeting Prepare and maintain minutes of the meeting that state the subject and content of each deliberation and each vote, order, decision, or other action taken by the SHAC during the meeting
- ✓ Make an audio or video recording of the meeting
- ✓ Submit the minutes and audio or video recording of the meeting to the district not later than the 10th day after the meeting
- ✓ Incorporate CSH as a part of Campus Improvement Plans.
- ✓ Strengthen and utilize SHACs to support the implementation of all school health policies and practices.

Campus Improvement Plan Ideas

- ✓ Include all eight CHS components as part of the CIP
Texas Education Code, Chapter 28, Section 28.004
- ✓ Maintain a wellness team or CHS Leadership team that meets regularly to guide the campus implementation of the CSH components of the CIP.
- ✓ Review any health curriculum assessment results along with academic achievement, behavior/mental well being and attendance data while formulating the CIP.
- ✓ Evaluate achievement of the CSH goals and objectives in the CIP.
- ✓ Utilize a school climate survey to assess student perceptions of safety, substance use, bullying, harassment and dating violence.



2022-2023 SHAC Meeting Dates

1. 09-22-2022
2. 12-08-2022
3. 02-22-2023
4. 04-26-2023

(Minimum of four meetings required annually. Anyone is welcome to attend any meeting.)

Speakers & Events:



NATIONAL CHILD ABUSE PREVENTION MONTH

MCH Family Outreach Pinwheel Planting
Friday, 03/31/2023

PLC: Child Abuse Reporting Refresher

Blue Ribbon Week: District Dress Up Days
04/10/2023 - 04/14/2023

San Pedro Pinwheel Planting
Thursday, 04/06/2023

RECHS Lunch Campaign
Wednesday, 04/12/2023

Lotspcich Pinwheel Planting
Thursday, 04/13/2023

Seate Lunch Campaign
Wednesday, 04/19/2023

RDE Pinwheel Planting
Thursday, 04/20/2023

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PORT CORPUS CHRISTI

Teen Mental Health Fest

May is Mental Health Awareness Month. Join us for FREE Yoga and wellness classes for teens at Akasha Yoga. Teens will learn tips on healthy coping strategies in short 30-minute sessions. There'll be activities, games and giveaways. Mats are provided. Sign up for your teen's spot soon because they'll go quickly!

Akasha Yoga
1017 Airline Rd
Corpus Christi TX
78412
361-730-7300
9:00AM-5:00PM
Wear your comfy clothes

Registration Opens Monday 4/17



CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?	WHAT IS A HEART ATTACK?
<p>CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly. Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.</p> <p>WHAT HAPPENS</p> <p>Suddenly, a person becomes unresponsive, is not breathing or is only gasping. Death occurs within minutes if the victim does not receive treatment.</p> <p>WHAT TO DO</p> <p>Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED.</p> <p>CARDIAC ARREST IS A LEADING CAUSE OF DEATH. Cardiac arrest affects thousands of people annually with about three quarters of them occurring in the home.</p> <p>Fast action can save lives.</p> <p>For more information on American Heart Association CPR training classes in your area go to heart.org/cpr.</p> <p>Follow us: facebook.com/AHA/CPR twitter.com/HeartCPR #CPRonInstagram</p>	<p>A HEART ATTACK occurs when blood flow to the heart is blocked. A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.</p> <p>WHAT HAPPENS</p> <p>Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweat, nausea or vomiting. More often, though, symptoms start slowly and persist for hours. They can extend beyond a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. The longer the person goes without treatment, the greater the damage.</p> <p>WHAT TO DO</p> <p>Even if you're not sure it's a heart attack, call your local emergency number. Every minute matters! It's best to call your local emergency number to get to the emergency room right away. Emergency medical services (EMS) can begin treatment when they arrive—up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.</p>

Suicide Awareness & Preventions Initiatives

<p>Thursday, 09/22/22</p> <p>You Matter Lunch Campaign- San Pedro Fine Arts Academy</p> <p>Representatives from community agencies will set up a table for students during lunch to provide feedback and education on mental wellness & self worth.</p>	
<p>Monday, 09/26/22</p> <p>You Matter Lunch Campaign- Seale Junior High</p> <p>Representatives from community agencies will set up a table for students during lunch to provide feedback and education on mental wellness & self worth.</p>	
<p>Wednesday, 09/28/22</p> <p>You Matter Lunch Campaign- Robstown Early College High School</p> <p>Representatives from community agencies will set up a table for students during lunch to provide feedback and education on mental wellness & self worth & the crisis hotline.</p>	
<p>Thursday, 09/29/22</p> <p>ESC2 Presentation: Youth Suicide Awareness & Prevention</p> <p>A webinar hosted by ESC2 is available to staff and parents. The webinar will be livestreamed at ortztx.com for parents join as a group virtually.</p>	
<p>9-8-8</p> <p>The Suicide and Crisis Lifeline that provides 24/7, confidential support to people in suicidal crisis or mental health-related distress.</p>	

Free Sport Physicals!

TUESDAY, MAY 16TH
TUESDAY, MAY 23RD

WALK-INS ONLY
FROM 4:30 PM - 7:30 PM
*other times available by appointment

GET YOUR COVID-19 VACCINE WITH AMISTAD

For more information call: 361-886-3030

Amistad Pediatrics

Amistad Health offers comprehensive care and a compassionate approach to patients of all ages.

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CORPUS CHRISTI, TX 78404

Now Open until 9pm and Saturdays
www.amistadchc.com

MENTAL HEALTH KITE FEST

4/13/2023

5:00-7:30PM
Robstown High School Stadium,
609 Highway 44
Robstown, TX 78380

Celebrate Mental Health through kites, art and interactive activities. Free kites for the first 100 families or bring your own kite. Limit one kite per family.

MHID MY CHOICE

Robstown ISD

Dr. Eric Baggerman-Amistad Clinic
Angela Horner-NAMI
Miriam Ojelade-Nueces Co. Public Health
Sonia Marines-AHA
Mike Tamez-Nueces Co. Interdiction Unit
Filiberto Tagle-Dir. Of Safety and Security
MCH Family Outreach
Coastal Bend Wellness Foundation

RISD SHAC Goals

1. Increase number of parents, employees, and community leaders at meetings
2. Schedule members of school administration to attend meetings throughout the year
3. Back to School health and resource fair during registration
4. Continue wellness activities, on site vaccine/flu clinics for staff & community
5. Continued security information & updates from our security director and local law enforcement agencies.
6. Maintain our coordination of care, including physical and mental awareness, with our liaison and area providers and resources

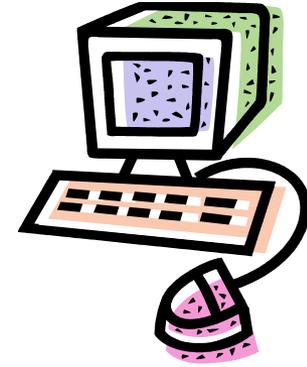
Useful Web Sites



- ✓ Texas School Health Advisory Committee:
www.dshs.state.tx.us/schoolhealth/shadvise.shtm
- ✓ TXPTA Healthy Lifestyle web page:
www.txpta.org/programs/healthy-lifestyles
- ✓ TEA Fitness Data: www.tea.state.tx.us/index4.aspx?id=397
- ✓ <https://www.dshs.texas.gov/texas-school-health>
- ✓ CDC Coordinated School Health: www.cdc.gov/HealthyYouth/CSHP
- ✓ Texas Department of Agriculture Square Meals:
www.squaremeals.org/fn/home/page/0,1248,2348_2349_0_0,00.html
- ✓ Regional Education Service Centers: <http://ritter.tea.state.tx.us/ESC>
- ✓ Texas online help for childhood obesity: www.reshapingtexas.org
- ✓ Texas Legislature Online: www.capitol.state.tx.us

RISD Information

- ✓ The Robstown ISD SHAC website:
www.robstownisd.org
- ✓ Minutes and agendas of all meetings can
be found at : www.robstownisd.org
Under “Health Services” Tab



QUESTIONS?

This presentation was developed by the RISD SHAC committee with the Texas Department of State Health Services, Texas School Health Advisory Committee on June 1, 2023. For additional information about this presentation, contact www.dshs.state.tx.us/schoolhealth/shadvise.shtm.

Links to external sites appearing in this presentation are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services. The sites also may not be accessible to people with disabilities. For information regarding this presentation, contact the School Health Program at 512-776-7279 or email schoolhealth@dshs.state.tx.us.

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