

KARNES CITY ISD- School Health Advisory Council Meeting- Minutes

March 9th 2022

KCISD Board Room- 4:00 pm

Minutes-

Introduction of members present- Nurse Bluhm RN, Monica Gwosdz-parent, Allison Rudolph-parent, Christina Rodriguez- parent and presenter as the Wesley Nurse, Deanna Uriegas- RES Counselor

Nurse Bluhm- reviewed the eight components of Coordinated School Health, which is what the School Health Advisory Council focuses on.

A packet of handouts were given to all attending the meeting.

- 1) Health and safe School Environment per Nurse Bluhm -a. COVID update- new policy update from January after the last SHAC meeting included in packet b. Safety training and supplies- CPR/First Aid/AED training held this school year for staff members. Also the distribution of the new emergency safety to go bags, with each bag having a "Stop the Bleed" kit included (a list of all supplies and tourniquet usage, in the packet).
- 2) Cafeteria Report- Wellness policy-(a copy included in packet), Nurse Bluhm commented that the wellness committee will make a final review of the policy and present it in May.
- 3) Staff/student/parent wellness activities including and 4) Counseling and Mental Health services. Nurse Bluhm looking at some type of wellness activity to include staff/student/parent involvement.

Under wellness activities Nurse Bluhm spoke about articles that Mrs. Ebrom (JH- Language Arts teacher) has used for students, one titled "Fire Fast Food" and the other "Fun, Fantastic, Fabulous Fitness", both promoting fitness and healthy eating.

Karnes City ISD Full-Service Community School Grant information given per Nurse Bluhm, identifying each campus Coordinator: Dr. Yvette Buehring- KCHS Campus Coordinator; Jessica Homeyer-KCJH Campus Coordinator; Michelle Kinney- RES Campus Coordinator; Omar DeLaRosa- FSCS Counselor. Hand-out included.

Mrs. Uriegas and Mrs. Gwosdz questioned CPR classes and if community members/students could sign up for classes.

Mrs. Uriegas discussed services under the Full-Service Community School Grant. Mr. De La Rosa will be visiting the 4th and 5th grade classrooms the week of March 28th to talk about bullying. She will also be meeting with Mrs. Scheffler, our HS Counselor, to discuss a day for the 3rd through 5th graders to visit HS and have CTE classes present on what goes on in their classes, careers in those fields. Our 2nd graders will be going to Dominos to learn how to make their pizza.

Nurse Bluhm reports that at the JH, Mrs. Wiatrek, JH Counselor has a Self Care Station- with pamphlets on different mental health concerns. (handout)

5) Nurse Bluhm discussed the School Health services-a. Coordinated School Health Program- Handout on CATCH curriculum. Also, follow up on Sex Education program that has been used, but now looking for another curriculum. Other programs will be presented at next meeting in May.

6) Mrs. Rodriguez presented her position as being the Wesley Nurse for the community, will be fully trained by June the 1st. (flyer included). A Wesley nurse is a faith- based community nurse that uses a holistic approach – mind, body, and spirit – to help the community in many ways, such as free services that encourage a healthy lifestyle to all members of the community. She is located at the Methodist church here. Some of the services that are available include- food bank, mental health services, health education, along with other services.

Open discuss- Mrs. Rudolph inquired about the crosswalk for the safety of the students at JH/HS, that was discussed at previous meetings. Mrs. Gwosdz stated that she had learned of some information from KSAT 12 in regard to school safety going to and from school for students last week. She understood that schools have not used any of the monies that have been allocated for this. Nurse Bluhm will include this on the agenda for the next meeting and will check into the information.

With no other discussion, next meeting will be held on May 18th at 4:00 pm. Meeting adjourned at 4:44 pm.