

KARNES CITY ISD- School Health Advisory Council Meeting- Minutes

November 17, 2021

KCISD Board Room- 4:00 pm

Members in attendance- Allison Rudolph, Amanda Segura, Desiree Evans, Alizea Connor-student, Nurse Bluhm.

Reading of the minutes and accepted.

Agenda-

- 1) Counseling and Mental Health Services- Handout given- information from Primary and RES Counselors- guidance lessons to each classroom with topics consisting of listening, honesty, respect, bullying, kindness and learning from mistakes. Also included are activities to promote parent/student engagement- more specific from Nurse Bluhm were Turkey Bingo and the Thanksgiving lunch. For the JH/HS- the Positive Action program is provided by Karnes/Wilson Juvenile probation.
- 2) School Med presentation- Nurse Bluhm referenced a handout on this service. It is a telehealth service that can be provided in the Nurses office. Discussion on how to get more specific information out to parents. Nurse Bluhm brought up a possible town hall type presentation, which was mentioned at the last board meeting. Members were in favor of this suggestion.
- 3) Health Services- a) Coordinated School Program- CATCH program is being looked into b) Sex Education Program- Big Decisions program requiring updated training. With discussion, Amanda Segura suggested to check with TEA if it offers different Sex Education Programs for school districts.
- 4) Healthy and Safe School Environment- Safe Routes- Officer Salas not able to attend and present on safe routes. Will be back on the next meeting's agenda.
- 5) Wellness policy updating- a) continued discussion on Physical Education at RES Elementary. Nurse Bluhm discussed that students get 2 days a week- 50 minutes of PE and then structured recess (recess that is structured by a Teacher) which totals more than 135 minutes/week. Amanda Segura suggested that due to COVID and the obesity problem, students need to

have more minutes in PE, other members agreed. Nurse Bluhm will discuss this with the Principal, Mr. Martinez. In a previous conversation with Mr. Martinez, Nurse Bluhm did state that there is a plan for 3 days a week of PE. b) Celebrations- Nurse Bluhm reported that in the KCISD Handbook, no specific celebrations are noted. Spanish and Culinary classes are able to provide different food items during the school year.

6) Wellness promotion- Amanda Segura provided a handout on “It’s Time Texas”, a community challenge. This challenge can be used by all students, staff, parents and community members. She did say that anyone can sign up at anytime. The big free community challenge that unites Texans through healthy living will be from January 3, 2022- February 27, 2022. Amanda will be emailing more information.

7) Meeting adjourned.