

School Health Advisory Council
February 20, 2019
Regular Meeting
4:00 p.m.

The meeting was called to order by Chairman Paul Miller.

Members Absent: Lori Aviles, LaRonda Clark, Charles Mooney, Kelly Tharpe

Mr. Miller headed a discussion on how this year's flu season is affecting our state, community, and school district. In Texas, many districts have had to cancel classes due to flu-related low attendance. Fortunately, MISD has not seen the attendance issues being faced by other districts. The council heard reports from Elementary School nurse, Lauren Westerfield, and Jr. High/High School nurse, Amanda Franks, on how the virus was affecting the campuses and the steps that have been taken to keep students and staff healthy. Local physician, Dr. Keith Boles, reported on how the flu has affected our community and gave the council information concerning testing for flu and the effectiveness of Tamiflu. According to Dr. Boles, his office is running low on flu tests because so many come in requesting to be tested, even though they have all the traditional symptoms. He added that the Center for Disease Control (CDC) is recommending that Tamiflu be prescribed primarily for high-risk groups such as the very young or the elderly. This is due to the cost of the treatment and the thought that the virus may mutate, thus lessening the drug's effectiveness.

Next on the agenda was a discussion of the comeback of Measles and its connection to a rise in anti-vaccination sentiment. Dr. Boles stated that misinformation concerning vaccinations continues to be a problem and that social media is a main conduit for this misinformation. Nurses Westerfield and Franks informed the council that, at least for MISD, vaccination rates are high on all campuses and that very few McGregor parents request exemption from state vaccination requirements.

Mr. Miller shared information on the trend toward the legalization of marijuana, both for medicinal and recreational uses. He shared research indicating that adolescent use of marijuana has been associated with delayed cognitive development. Especially significant were delays in the development of areas responsible for motivation, memory, and higher-level thinking.

Tim Seward, Jr. High Assistant Principal and Fitnessgram coordinator for MISD, reported that no information has been sent out regarding this year's required testing of all students in Grades 3-12. All campuses affected by the requirement are ready to begin testing as soon as this year's information is sent to us by the state.

On the subject of school safety, Mr. Miller shared that MISD will train all staff in the ALICE model. ALICE is an acronym for Alert, Lockdown, Inform, Counter, Evacuate

and is used by many districts across the country to prepare staffs in the event their campuses have intruders or active shooter situations.

MISD Secondary Nurse, Amanda Franks, presented the council with information about the Cody Stephens Go Big or Go Home Memorial Foundation program. The program, available to students for free or at nominal cost, consists of a simple cardiac screening that can detect a variety of potential cardiac problems before they become major medical issues. Mr. Miller and Ms. Franks will research the program further and discuss it at length during the next SHAC meeting.

The meeting was adjourned at 4:55 p.m.