

School Health Advisory Council  
Administrative Board Room  
May 24, 2017  
4:00 p.m.

John E. Hudson called the meeting to order and thanked the members for attending the fourth and final SHAC Meeting of the year. Nineteen members and two guests were present for the meeting.

Mr. Hudson reported that he and the campus principals have completed a Safety and Security Audit for the campuses and district. He said the audits are required every three years. The audits are confidential and are reported to the school board and the Texas School Safety Center (TSSC) when completed. The TSSC compiles the reports from all the Texas school districts and submits its findings to the Texas Legislature.

Mr. Hudson gave an update on the measles and mump outbreaks in the state and nation. Mr. Hudson said there has been several pockets of mump outbreaks in the state including one near the metroplex. A significant outbreak of measles has occurred in Minnesota among their Somali population. A common theme around these outbreaks has been a population without vaccinations (MMR). Mr. Hudson said there has been a vocal anti-vaccination movement in parts of the country including Texas. One wealthy Texas continues to lobby Texas legislators to relax or remove current vaccination standards. He has met with some success this legislative session on his efforts.

Since the beginning of this year, Texas has seen 221 mumps cases (as of April 24, 2017), the most the state has recorded since 1994 when there were 234 cases. The Texas Department of State Health Services says the number of mumps cases has reached a 20-year high, which has health officials worried.

There have been multiple outbreaks across the state, but health departments are centering in on South Padre Island. Currently, the state says there have been 13 mumps cases in people who traveled to the spring break destination from March 8-22. The cases involve patients from six states, including two cases from Texas.

The Centers for Disease Control and Prevention expects the spike in mumps cases to continue. [At the end of 2016](#), the CDC reported that the number of mumps cases hit a 10-year high with 5,311 cases reported in 46 states. The health organization said two of the largest outbreaks happened on university campuses in Iowa and Illinois; 220 cases were also reported at the University of Missouri by mid-December.

The DSHS said mumps symptoms include swollen or tender salivary glands, swollen or tender testicles, low fever, tiredness and muscle aches. Symptoms become present 16-18 days after being exposed to the virus, but can appear as late as 25 days.

Mumps is highly contagious and can be transmitted through coughing, sneezing and sharing cups or utensils. If you think you might have mumps, contact your health care

provider.

The best way to prevent getting sick is by getting vaccinated, covering coughs and sneezes, washing your hands frequently and not sharing food and drinks. The measles, mumps and rubella vaccine prevents most, but not all cases of mumps, health officials say. Two doses of the vaccine are 88 percent effective at protecting against mumps; one dose is 78 percent effect, according to the CDC.

The campus principals gave their reports of the implementation progress of the District Wellness Plan developed this spring. McGregor Primary Principal Cheri Zacharias presented the report for her campus.

Wellness Plan Report  
McGregor Primary  
May 2017

McGregor Primary takes a proactive stance in our wellness plan. Regarding food services, we send home notes each year at the start of the year about the guidelines for the foods and snacks our students are to receive as set by the state guidelines. These are sent home during registration, “Meet the Teacher” Night, and/or during the first week of school. All menus follow the state-approved guidelines.

Physical education is taught for the time required by law. After lunch, each class gets an extra twenty minutes of recess time and free play. Recently begun, our students all rotate through the motor lab (which is also a component of physical education) on a set schedule at least one weekly outside of the PE/music times. Each class gets twenty additional minutes per week of physical activity focusing on the development of fine and gross motor skills.

Our playgrounds and our primary gym are utilized during after school care, a program that is under McGregor Primary’s supervision, from 3:20 pm until 6:00 pm. Children enrolled in this have additional time to play and get physical activity. Healthy snacks are provided to those students who pay to attend this program. Little Dribblers also uses our primary gym after hours for practice for our primary and elementary students with coaches’ supervision.

McGregor Elementary Principal Tonya Burgess presented the report for her campus.

Wellness Plan Report  
McGregor Elementary  
May 2017

1. McGregor Elementary will send home information about the Summer Lunch Program with every student on May 23, 2017.

2. McGregor Elementary will schedule school-wide snack exemptions for Halloween, Christmas, and Valentine's Day.
3. Goal 1, Obj. 1  
McGregor Elementary 5<sup>th</sup> graders participated in the Grow Into Health Program for 10 weeks during PE class the month of October. This program will be added to 4<sup>th</sup> grade PE in the fall of 2017.
4. Goal 3, Obj. 2  
Students in PE at McGregor Elementary start each class with a 15 minute warm-up. This is noted in lesson plans, walk-throughs, etc.
5. Goal 4, Obj. 2  
Students on a Jr. High Centex Basketball team have Scheduled the use of the Elementary Gym for practices the months of May and June.

McGregor Junior High Principal Paul Miller presented the report for his campus.

FFA (LOCAL) IMPLEMENTATION REPORT  
H.G. ISBILL JR. HIGH SCHOOL

McGregor ISD board policy FFA (LOCAL) states that: "The District shall support the general wellness of all students by implementing measureable goals to promote sound nutrition and student health and to reduce childhood obesity." It further states: "Each campus principal is responsible for the implementation of FFA (LOCAL) and this wellness plan at his or her campus, including the submission of necessary information to the SHAC for evaluation."

H.G. Isbill Jr. High is in compliance with board policy FFA (LOCAL) in the following, required areas:

- Competitive foods are not part of the regular meal programs and vending machines or other sales of these foods/snacks are not available to students during the school day.
- Isbill Jr. High stays within the allowable exemption of six days per school year when a food or beverage is sold as part of a District fundraiser. Jr. High Student Council members raise funds for McGregor High School scholarships by selling items during both the Fall and Spring semesters, but stay below the six day exemption requirement. All activities are approved by the campus principal prior to implementation.

- Jr. High Band fundraisers, such as hamburger suppers or spaghetti suppers, take place after school hours and, as such, do not fall under the prohibition of competitive foods.
- The Jr. High distributes letters to households regarding the school food programs within the first two weeks of the school year and whenever new students are enrolled throughout the school year.
- The Jr. High curriculum ensures that students in 6<sup>th</sup> and 7<sup>th</sup> grades engage in 30 minutes of moderate or vigorous physical activity per day for a least four semesters. Extracurricular athletic activities are available for students in grades 7 and 8 and participation in those activities is encouraged.
- New for this school year is the opportunity for 6<sup>th</sup> grade boys and girls to participate in Pre-Athletics instead of the traditional physical education program. The Pre-Athletics classes will focus on skill acquisition and rigorous physical training as well as healthy behaviors. The focus of these classes will be to allow for the development of the skills, both sport-related and physical, to help ensure that all students who participate in 7<sup>th</sup> grade athletics are ready for the rigors of athletic competition.
- The traditional 6<sup>th</sup> and 7<sup>th</sup> grade physical education classes will still emphasize moderate, vigorous activity and healthy behaviors, just not the development of skills necessary for extracurricular athletic competition. These classes will strive to include 10-15 minutes of stretching, running, and/or calisthenics followed by up to 30 minutes of activity daily.
- As part of the requirement under FFAA (LEGAL), Isbill Jr. High participates in, and submits information to TEA regarding, the state mandated FITNESSGRAM physical assessment testing. Students are tested in the areas of aerobic capacity body composition, muscular strength, endurance, and flexibility. The campus principal currently serves as the District Coordinator for FITNESSGRAM and enters data for all tested students in grades 3-12.
- The Jr. High allows the gymnasium and Wood Field to be used for approved recreational activities outside of the school day. This includes Pee Wee football, Little Dribblers, and various summer camps and workouts.
- The Jr. High provides students 25 minutes for breakfast and 30 minutes for lunch daily. This exceeds the minimum of 10 minutes for breakfast and 20 minutes for lunch.
- The cafeteria is cleaned before and after breakfast and before, between, and after lunches.
- Opportunities are provided for reduced price physical exams for students required to have exams prior to participating in athletic activities.
- The school nurse schedules annual flu shots for staff and is available to counsel staff members on all health related matters.
- Camp Gladiator is allowed to use campus facilities for cardiovascular, weight, plyometric, and endurance training for staff and community members as requested.

H.G. Isbill Jr. High is developing the following program to meet compliance for delivering nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

- Physical education teachers will, in collaboration with campus administration and the school nurse, develop a unit on healthy behaviors for 6<sup>th</sup> and 7<sup>th</sup> grade physical education courses. The curriculum will include, but not be limited to, healthy nutrition, lifetime fitness, and basic physiology.
- The curriculum will be approved by campus administration and unit lesson plans will be in place and available for parent inspection in the principal's office.

McGregor High School Principal Robert White presented the report for his campus.

**McGregor High School**  
Wellness Plan Report  
5.24.17

Goal: The district shall deliver nutrition education that fosters the adoption and maintenance of healthy eating behaviors.

1. All students are required to earn .5 credits for health in each of the graduation plans. Students learn about healthy lifestyle plans including nutrition. Students also receive training in CPR and First Aid as part of the curriculum. The training is provided by our school nurse. Documentation of the training is kept by the school nurse for each student.

Goal: The district shall ensure that physical education classes regularly emphasize moderate vigorous activity.

1. All students are required to earn one full credit of physical education credit during high school. Extracurricular activities are provided for student participation in athletics, marching band, dance, color guard, and cheerleading. Students are encouraged to participate in as many of these activities as possible. Meetings are held at the beginning of each season to encourage and inform students and parents about these opportunities.

Goal: The district will allow the gyms and fields to be used for approved recreational activities outside of the school day.

1. The school has approved the use of the gym for summer camps and summer league practices by community teams.

Goal: The district shall allow sufficient time for students to eat meals in cafeteria facilities that are clean, safe, and comfortable.

1. The master schedule has been developed to allow a 30 minute lunch period for all student and staff. The breakfast line is opened at a minimum of 30 minutes prior to the first bell of each day.
2. The cafeteria is cleaned immediately after each meal by the custodial staff. All trash is removed from the building as well.

In the final agenda item, Mr. Hudson made of some acknowledgements of council members contributions to the SHAC and highlighted some noteworthy items worked on by the SHAC in recent years. Mr. Hudson recognized Charles Mooney, Dr. Walter Brinkman, Dr. Keith Boles, James Lenamon, Cheri Zacharias, Tonya Burgess, Paul Miller, Tim Seward, and John Carpenter as charter members of the SHAC and thanked them for their continuous service to the school and community.

Some of the highlighted action items by the SHAC in recent years included: participating in securing AED's for the campuses and athletic programs (Former member Francis Hudson play an important advisory role), facilitating the Pandemic Flu mass vaccinations in 2009 (school nurses played a vital role), helping develop a Concussion Protocol for the district (AD Tim Seward with assistance from Southwest Sports Medicine played key roles), developing two separate Wellness Plans, and providing to the public important health concerns and notifications.

With the communication of important health information in mind, Mr. Hudson reported that just minutes before the meeting started the district received a letter from the governor, director of the Department of State Health Services (DSHS), and the commissioner of education. The letter asked the district to share important health information with their citizens.

May 24, 2017

School Superintendents and School Board Members:

Thank you for your commitment to the education of the school children of Texas. We know the impact of our schools extends well beyond the walls of their campuses and into the communities they serve. As the school year draws to a close, mosquito season is just beginning. As hubs of your community, we are asking for your help in preventing the spread of Zika by providing your students and their families with additional information. Zika is primarily spread through mosquito bites (*Aedes aegypti species*). As the weather

warms and mosquito activity increases, we expect the threat of local mosquito transmission of Zika to resume and persist. Pregnant women are particularly at risk due to the Zika virus' ability to cause birth defects in unborn infants. We must ensure that their families and their communities are educated on ways they can prevent the spread of Zika. The public health measures we take together will help prevent serious health impacts on the next generation of Texans.

Combatting Zika begins at the local level. When done in concert, these simple steps represent a big step toward preventing the spread of Zika:

- \_Apply EPA-approved insect repellent when planning to be outdoors.
- \_Wear long-sleeved shirts and wear long pants when outdoors for prolonged periods.
- \_Utilize screens or close windows and doors.
- \_Regularly remove any standing water in and around your home or school that could provide a breeding ground for mosquitoes.
- \_Cover trash cans or containers that may collect water.
- \_Visit your doctor if you suspect you've been exposed to Zika or exhibit any of the symptoms of Zika, which may include fever, rash, joint pain, and red eyes.

For your convenience, we have enclosed flyers that identify the steps outlined above. Disseminating these flyers to your school children as the school year draws to an end provides an easy method for educating your community and ensuring that, together, we can prevent the spread of Zika.

DSHS' website dedicated to Zika ([www.TexasZika.org](http://www.TexasZika.org)) has a variety of other free information and materials—in English and Spanish – available for download and order. DSHS has created a Zika communications toolkit for organizations interested in sharing important information with their stakeholders, including employees, school-aged children and their families, and it features newsletter copy, social media content, and more. The website also includes website banners and other shareable graphics; we ask you to please post and share these images on your ISD and school websites and social media platforms. We encourage all schools and communities to take action now to address the threat of the Zika virus in Texas this summer. Please do not hesitate to reach out to us or your local health department as we work together to limit locally-transmitted cases of Zika in Texas and help you prepare school campuses for the summer months. Please feel free to send any questions to [TexasZika@dshs.texas.gov](mailto:TexasZika@dshs.texas.gov).

Thank you for your assistance in this important public health matter.

Sincerely,

Greg Abbott, Governor  
John Hellerstedt M.D., DSHS Commissioner  
Mike Morath, TEA Commissioner

## **Zika Virus Protection and Prevention**

### **Measures for Individuals to Protect Themselves from Mosquito Bites**

- \_ wear insect repellent,
- \_ cover up with long-sleeved shirts and long pants,
- \_ keep mosquitoes out with air conditioning or intact window screens, and
- \_ limit outdoor activities during peak mosquito times.

### **Measures for Individuals to Prevent Mosquito Breeding**

- \_ At least weekly, carefully check the area around your home, school or workplace for mosquito breeding areas:
  - \_ clear and empty gutters;
  - \_ empty or get rid of cans, buckets, old tires, pots, plant saucers and other containers that hold water;
  - \_ remove standing water around structures and from flat roofs;
  - \_ change water in pet dishes daily;
  - \_ rinse and scrub vases and other indoor water containers weekly;
  - \_ change water in wading pools and bird baths several times a week;
  - \_ maintain backyard pools or hot tubs;
  - \_ cover trash containers;
  - \_ water lawns and gardens carefully so water does not stand for several days;
  - \_ screen rain barrels and openings to water tanks or cisterns; and
  - \_ treat front and back door areas of homes with residual insecticides if mosquitoes are abundant nearby.
- \_ If mosquito problems persist, consider pesticide applications for vegetation around the home.

### **Measures to Protect Communities from Zika Virus**

- \_ conduct neighborhood outreach about active precautions individuals can take to protect themselves and their families from mosquito bites;
- \_ initiate or enhance monitoring and surveillance of mosquito activity;
- \_ develop a local contingency plan for mosquito abatement and surveillance, and plan for additional control measures if needed;
- \_ keep public drains and ditches clear of weeds and trash so water will not collect;
- \_ implement efforts to clean up illegal dump sites and collect heavy trash; and
- \_ encourage people to report illegal dumpsites and standing water, and respond quickly to these complaints.

### **TexasZika.org Communications Resources**

- \_ Zika Communications Toolkit:  
<http://www.texaszika.org/docs/TexasDSHSZikaCommunicationsToolkitII.pdf>
- \_ Sharable graphics for social media: <http://www.texaszika.org/materials.htm#toolkit>
- \_ Fact sheets and posters: <http://texaszika.org/materials.htm>

Mr. Hudson was proud to announce that student SHAC members Ty Finley and Katy Scott scooped the state executives on the dangers of the Zika virus by presenting their report to the SHAC several months ago.

In a final item, SHAC Co-Chairman Charles Mooney read a certificate to present to John Hudson thanking him for leading the SHAC since its inception and wishing him a happy retirement.

The meeting was adjourned at 4:49 p.m.