

Austin I.S.D. School Health Advisory Council Meeting

6:00 p.m-7:30 p.m., Wednesday, 12/14/22

Meeting Location: Zoom Video Conference

<https://austinisd-org.zoom.us/j/82572391911>

Time	Agenda Item	Presenter or Staff Resource
6:05 p.m.	Call to Order	Dr. Kimberly Avila Edwards, Co-Chair Mary Renfro, Co-Chair
6:06 p.m.	<p>Introductions and Recognition of Guests</p> <p>SHAC Members in Attendance:</p> <p>Belynda Montgomery Addison McKenna Claire Selinger Nick Wagner Kimberly Avila Edwards Mary Renfro Susanne Kerns Whitney Thurman Michelle Gallas Cynthia Soliz</p> <p>Quorum was met</p> <p>AISD Staff in Attendance:</p> <p>Alana Bejarano Jose Serrano Donna Piket Ginger Voss Stephanie Hebert</p>	Dr. Kimberly Avila Edwards, Co-Chair Mary Renfro, Co-Chair
6:10 p.m.	<p>Community Communications</p> <p>No Comments</p>	Dr. Kimberly Avila Edwards, Co-Chair Mary Renfro, Co-Chair
7:35 p.m.	<p>Reading and approval of minutes</p> <p>Minutes were approved unanimously with one correction to a typo</p>	Dr. Kimberly Avila Edwards, Co-Chair Mary Renfro, Co-Chair
6:35 p.m.	<p>-Health Services Update</p> <p>-Opioid/Substance Misuse Initiative Presentation</p> <p>Topic receiving a lot of coverage in AISD. Student Resource team brought this to our attention. We collaborated with APH, SRO's and AISD PD to create a presentation – AISD Fake and Fatal.</p> <p>Hayes County student deaths from overdoses have been in the news. Overdoses can happen anywhere, and we need to get the information out about prevention.</p> <p>Every 9 minutes Fentanyl is taking a life. We want to start the conversations with students and families. National Opioid Epidemic: 56% increase in student deaths from 2019 to 2020.</p> <p>Donna will make a principal slide deck that will be shared with SHAC to include more information.</p>	<p>Dr. Kimberly Avila Edwards, Co-Chair Mary Renfro, Co-Chair</p> <p>AISD Health Services Department Donna Piket - Public Health Coordinator</p>

Fentanyl is a synthetic drug not from a pharmacy. It is 50x stronger than heroin. Everyone is different with the effects of the drug. Addictiveness is one of the things that makes it so dangerous.

Parents need to know where their prescriptions are and are securing them.

Epidemic has hit TX with an 89% increase in deaths. In Travis County, in the 1st 6 months of 2022 there were 118 Fentanyl-related deaths. Over half of overdoses have been associated with Fentanyl. Drug overdoses have eclipsed all other causes of death in Travis County.

It is estimated that 79% of the overdoses are due to high levels of stress and sleep issues.

Song for Charlie – a non-profit has created short informational videos.

4 take aways:

- 1) The risk is greater – per the DEA, 60% of fentapills are lethal
- 2) Fentanyl is deceptive since it's tasteless, odorless and invisible
- 3) No random pill is safe – only a tiny bit can be lethal
- 4) Not all pills are real – can be made to look like candy. Drug dealers using social media to sell and entice users.

Know the signs of overdose:

- Small, constricted pupils
- Falling asleep or loss of consciousness
- Slow, shallow breathing
- Choking or gurgling sounds
- Limp body
- Pale blue or cold skin

First line of defense is Narcan. Every school now has Narcan on campuses – principals, nurses, athletic trainers, SRO's, and other campus staff have all been trained to administer. Narcan only works for opioid overdoses, but it won't harm if given in error.

We need help getting the conversations started with your children, students, and community. Sgt. Covington from AISD PD has sent out a video for students.

All this info will be on the fentanyl awareness page on the AISD Health services webpage.

Questions:

Dr. Sellinger – what resources do we have for those struggling with addictions? Fentanyl is just one thing. What are the next steps? Need something more potent to reach students as scare tactics don't work. What other resources can we provide to family members. Or to a campus member that has identified as needing help.

Donna – counselors would be the first contact. They should try to find out the issue by talking to parents, staff and the student.

Whitney – want to treat overdoses as a health issue and not a disciplinary issue.

Kimberly – when we talk about deaths and the increase in deaths - what are the ages in the data. In the adolescents 15-24 age group, it is also labeling unintentional overdoses in the same count.

Donna – the info is coming from APH. Do we call it overdose or poisoning. Research from younger students taken from Beaverton, OR with the data.

Claire – all the manufactured drugs are coming from the same sources. Things that are not regulated by the FDA can contain anything. Good opportunity to visit PTA’s; this is just a small piece. Issues are much greater than this one topic. Emphasis should be on teens and drugs.

Alana - Counseling team is trying to help students with other ways to manage crisis’s and learn coping mechanisms.

6:07 p.m.

Temperature Guidelines

Mary Renfro presented – Two questions before presentation:

Do campuses have spare jackets to loan to students. Some do and some do not. If they don’t have a coat, students do not go outside

Why was “recommended” chosen as the wording versus stating do not go outside. Mary will ask Pat Werner why that was chosen.

Mary also discussed medically fragile students and stated it is important that teachers know all their students.

Dr. Kimberly Avila Edwards, Co-Chair
Mary Renfro, Co-Chair

Cold Weather Guidelines

*If precipitation occurs in cold weather, reduce exposure time by 20 minutes***

Weather	Athletics (Practices)	Fine Arts	PE/Recess
Wind Chill 35° to 38° without precipitation	90 minutes of total exposure. Extremities must be covered.	90 minutes of total exposure. Extremities must be covered.	45 minutes of exposure with a 15 min indoor break at the 25 min mark. Extremities must be fully covered.
Wind Chill 31° to 34° without precipitation	70 minutes of total exposure. Extremities must be covered.	70 minutes of total exposure. Extremities must be covered.	30 minutes of exposure. Extremities must be fully covered and jackets/coats are required
Wind Chill 25° to 30° without precipitation	60 minutes of total exposure. Extremities must be covered.	60 minutes of total exposure. Extremities must be covered.	No Outside Activity
Wind Chill under 25°	No Outside Activity/Practices		

*****Cancellation of athletic contests/games is at the discretion of the superintendent’s office*****

COLD - http://www.nws.noaa.gov/om/cold/wind_chill.shtml

- * When properly clothed, elementary school-aged children can participate in safe, vigorous play in an outdoor environment in most weather conditions.
- * Increased caution should be practiced when the wind chill factor reaches below 40. Wind chill is the temperature a body feels because of wind.
- * When the wind chill falls below 30 degrees, students should be kept indoors.
- * Asthmatic children may need special accommodation of their need during cold weather.
- * The parent and school must work to determine when the child should not participate in outdoor activities due to health.

Temperature considerations and proper clothing are as follows:

- Below 60 degrees: jacket or long sleeves recommended
- Below 50 degrees: coat and long pants recommended
- Below 40 degrees: gloves and hats with previously recommended gear necessary
- Below 30 degrees and cooler, indoor physical activities are recommended

Mary will ask when Pat will present to the Board so at least one SHAC member can be there to help present.

<p>7:25 p.m.</p>	<p>Items from Members (Brief announcements, suggestions for future topics, recognitions, etc.)</p> <p>Kimberly and Mary will be sending letter to new Board members with general info about SHAC.</p> <p>Follow up on PE scheduling – high level feedback in a letter that will circulate to SHAC members.</p> <p>Heat Guidelines – Mary forwarded conversations from Pat and will be sent to the Board.</p> <p>Cynthia – daughter was poisoned by a holly bush on a campus. Daughter ate a berry. Violently ill for 18 hours. Plants came from a grant that planted the bushes for a migratory bird. Daughter ate berry as a dare. Knowledge gap in kids due to covid. We need to work harder to educate students. There were at least 3 students that ate berries and were sick. Wants SHAC to make a recommendation to the Board that they instruct the district to make signage for these bushes.</p>	<p>Dr. Kimberly Avila Edwards, Co-Chair Mary Renfro, Co-Chair</p>
<p>7:38 p.m.</p>	<p>Adjourn</p>	