

MVISD School Health Advisory Council Meeting

MVISD Webinar

May 27, 2020

Call to Order at 4:30 p.m.

Present: Tina Schmelzer, Olga Perez, Mary Keil, Sandra Sandoval, Amanda Harris, Jeanna Quiroz, Shelly Galyon, Kristi Smith, Liz Madrigales, Abraham Aguirre, Janet Graff, Kylee Cantu, Lori Reeve, Rohana Chapa, Christie Langley-Neuman, Crystal Carpenter, Rebecka Juarez, Gracie Riojas, Erin Pedroza, Traciann Davidson, Lisa Clark, Natalee Mueller, Nicole Marais, Rhonda Brast, Shelly Guinn, Tanja Stivors, Karen Baird, Kylee Cantu, and Sandra Speed

Tina Schmelzer, RN, District Health Services Coordinator explained that although the last scheduled meeting in April, 2020 had to be cancelled due to being out of school due to Covid 19, this Webinar would replace that meeting and serve as the 4th meeting of the School Year.

New members were welcomed to the committee.

Minutes from the February 19 2019 meeting were reviewed, and was motioned by Mary Keil to approve, seconded by Olga Perez.

Presentation by Rebecka Juarez, LCSW. Rebecka is a Medina Valley Social Worker at Loma Alta Campus. Rebecka gave a PowerPoint Presentation on COVID Quarantine and the Effects on Mental Health. She suggested different ways to help with Stress and Anxiety including Writing/Journaling, Drawing/Coloring, and Muscle Relaxation Techniques. Rebecka spoke about coming to terms with a "New Normal" and suggested various coping techniques to include "Cognitive Reframing". One example of the Cognitive Reframing was to be mindful of what is under your control and what is not.

Tina Schmelzer R.N., District Health Services Coordinator spoke about the Campus Wellness Plan Evaluation by Principals. All Evaluations have been completed and turned in.

Also, Tina Schmelzer R.N. presented SHAC Meeting Dates for the 2020-2021 School Year. These dates are 9/23/20, 11/18/20, 02/17/21, and 04/21/21. The committee reviewed the dates, and a motion was made by Tanja Stivors to approve the dates, seconded by Mary Keil.

Olga Perez motioned for the meeting to be adjourned at 5:27 p.m. and Krystal Carpenter seconded it.

Next Meeting: September 23, 2020