

## **LVISD School Health Advisory Committee Minutes for 4/21/22**

Members Present: Suzy Lofton-Bullis, Regina Carmichael, Angela Smith, Anne Badger, Julie Wesselman, Katy Baugh, Cynthia Gumbert, Nicole Pabst, Emily Strmiska, Kara Trissel, Jennifer Porter

NUTRITION AND FOOD SERVICES - Jennifer Porter, Director of Food Services for Aramark reviewed the year and how they have managed with the difficulties of supply chain disruption. Not always able to serve precisely what is listed on the menu calendar for the month but they adjust accordingly.

Very encouraged with the participation level on all campuses with the free meals availability this year, especially the High School. Some years have had low meal purchases but now that the students are trying more cafeteria items, they are hoping it will continue next year after the free meals program ends.

With the new construction at the Middle School, car drop off and bus drop off were impacting some student's ability to have time to get breakfast. Jennifer worked out a way to bring breakfast to the concession stand in the Middle School upper gym foyer and serve it there. It has been a big hit with the kids and was a good solution for them.

Jennifer reminded parents that they can leave special notes for the staff in the parent's account instructing about restrictions or other needs. She talked about the cafeteria's ability to offer gluten free foods for students if parents reach out and request it.

A parent asked about the use of silent lunches, 5th grade in particular. Concerned that students are not able to let down and socialize mid-day during lunch. Jennifer said that they do work hard to minimize the noise in the serving line so the servers can hear what the students are requesting. They also use quiet time during trash pickup. The cafeteria dining area is managed by Intermediate staff. Dr. Lofton will be following up with the Intermediate staff to learn more.

INSTRUCTION RE OPIOIDS USE, ABUSE AND USE OF ANTAGONIST FOR OVERDOSE - Regina Carmichael and Dr Lofton discussed the directive in Texas SB 435 regarding the need for the SHAC to make recommendations on appropriate grade levels and curriculum for instruction regarding opioid addiction and abuse and methods of administering an opioid antagonist, as defined by Section 483.101, Health and Safety Code.

Nurse Carmichael gave background on the growing level of opioid abuse and subsequent overdoses locally and across the country. Most abuse is in the form of prescription pain relievers being obtained at home (from family or friends' prescriptions.)

She reported that the HS does teach about the full spectrum of drug abuse including opioid as well as the recognition of overdose symptoms and the treatment with an opiate antagonist such as Naloxone (Narcan.) The 7th grade health curriculum does the same but has not been teaching when and how to use the rescue medication of Narcan in the case of overdose.

Nurse Carmichael showed some options of training videos for students on how to use Naloxone. Time was short and the group felt that there wasn't enough time to have a thorough discussion on the matter. Dr. Lofton suggested we send video links to the entire SHAC committee and follow up with questionnaire for choices

Minutes presented by Co-Chair Regina Carmichael, RN