

**When the meeting starts.....**

**RECORDING  
IN PROGRESS**



**MARBLE FALLS ISD**

**SCHOOL HEALTH ADVISORY COUNCIL  
(SHAC)**

November 9, 2022

4:30pm – 5:30 p.m.

Marble Falls ISD, Community Room



# PUBLIC COMMENTS



# TODAY'S AGENDA

- Call to Order
- Public Comments
- Child Nutrition Presentation
- Update: Employee Wellness
- Update: Community Meeting
- Student Survey
- Update: Curriculum Materials Review
- Adjourn



# CHILD NUTRITION PRESENTATION



# UPDATE: EMPLOYEE WELLNESS



# Employee Assistance Program

- ▶ Offers confidential, short-term counseling from Licensed Professional Counselors
- ▶ Use for full range of personal issues and achieving a healthy work/life balance
- ▶ If in a crisis, emergency help is available 24/7 - Call 1-888-293-6948
- ▶ If you are not in a crisis situation you can go online as well as call

## Employee Assistance

- ▶ Stress, anxiety, depression
- ▶ Relationship, family, parenting issues
- ▶ Substance abuse
- ▶ Anger, grief, loss
- ▶ Life transitions
- ▶ Referrals for additional treatment

## Work/Life Assistance

- ▶ Child care research
- ▶ Elder care resources
- ▶ Financial or legal issues
- ▶ Relocation support



# **Working Well Program**

**Wellness Wednesday Emails**

**Quarterly Newsletters**

**Campaign Information**





FALL 2022 WELLNESS CAMPAIGN

# TAKE HEART



## CHALLENGE OVERVIEW

### WELLNESS EMPHASIS:

Anxiety has increased globally by a massive 25% within the past two years. Whether triggered by a big event or a build up of small, stressful life situations, the grip of anxiety can become overwhelming.<sup>1</sup>

This fall, Working~Well challenges you to start and end each day with a simple anxiety management technique. Through this campaign, uncover the underlying causes of your worries and fears and learn how to relax; look at situations in new, less frightening ways; and develop better coping and problem-solving skills.

### WEEK 1

IS IT ANXIETY OR STRESS?

### WEEK 2

ANXIETY: CAUSE & EFFECT

### WEEK 3

MANAGING ANXIETY

### START DATES:

We recommend starting your campaign on **October 10th**. However, you may choose to start your campaign any time between **October 3rd** and **October 31st**. Please let a member of the Working~Well team know what start date you choose by **September 2nd**.

### PARTICIPANT INCENTIVE!



GEL EYE  
MASK  
(COLD OR HOT)

### SIGN-UP DEADLINE:

All participants must register by **October 14th** to ensure a prize.

**DURATION:** 3 weeks

### TRACKING MECHANISM:

Challenge Tracking Sheet (Optional). This includes a list of anxiety management tools.

1. World Health Organization. [www.who.int/news/item/02-05-2022-covid-19-pandemic](https://www.who.int/news/item/02-05-2022-covid-19-pandemic).

"COURAGE IS RESISTANCE TO FEAR, MASTERY OF FEAR, NOT ABSENCE OF FEAR." MARK TWAIN



# FALL 2022 WELLNESS CAMPAIGN WEEK 2



## ANXIETY: CAUSE & EFFECT

### CAUSE

A common trigger for one person may not be an issue for another. Understanding what causes your anxiety can help you to manage it in a healthy way.

#### Common Triggers

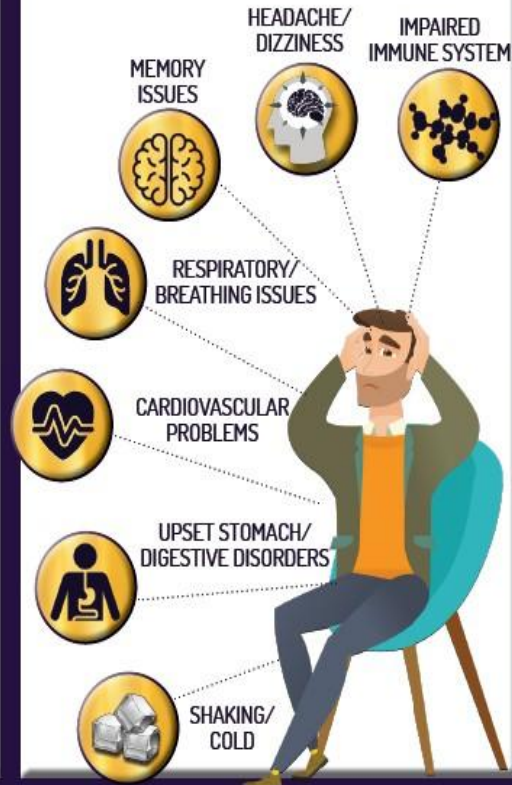
- Lack of sleep
- Caffeine and/or alcohol consumption
- Relationship problems
- Financial stress
- Social media
- Loneliness or isolation
- Conflicts at work/home
- Uncertainty about future
- Upcoming events/social interactions
- Messy/cluttered home or office environment

#### Identifying Triggers

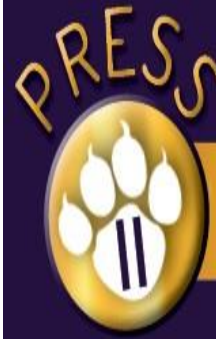
- *Journal*—track when you feel anxious and note the surrounding circumstances. Cultivating this habit will help you to recognize patterns and make connections between the cause of your anxiety and the symptoms you are experiencing.
- *Reflect upon the past*—negative experiences or trauma from the past may be impacting you today.
- *Confide in a loved one*—a trusted friend, family member or professional therapist may be able to provide insight on what causes your anxiety or why it is triggered.

### EFFECT

Occasional anxiety or worry is a common part of life, but for people with chronic anxiety, it does not go away and can get worse over time. Physical and behavioral symptoms can interfere with job performance and relationships as well as pose serious consequences to your overall quality of life.



“COURAGE IS RESISTANCE TO FEAR, MASTERY OF FEAR, NOT ABSENCE OF FEAR.” MARK TWAIN



Don't forget to hit the "Paws" button and practice an anxiety management technique from your Tracking Sheet whenever needed.





Almazan, Elizabeth

~Central Office

Tue 11/

2022 Fall Wellness Campaign

Subject: 2022 Fall Wellness Campaign



**Thank you for participating in the Fall 2022 Take Heart Campaign.**

*414 Mustangs* signed up and will receive a Cold/Hot Eye Mask. (coming soon)

100% Department Club: Custodian, Child Nutrition, Maintenance, and Transportation

100% Campus Club: Central Office, Falls Career, Marble Falls Elementary, Technology



# RightWay Imaging



# What We Don't Know Can Hurt Us!



## Warning Signs

If you:

have struggled with your weight

have been a smoker

eat an unbalanced diet

are physically inactive

have High Blood Pressure

High Cholesterol

Diabetes

or if you have a family history of:

Heart Disease

Stroke

Cancer

The first sign that you may be a candidate for a heart attack or stroke is usually... a heart attack or stroke.

**Cancer** is rarely diagnosed until stage 3 or 4. So how do we fight these asymptomatic diseases, when we know that early detection can make all the difference in the world?

RightWay Imaging is offering 10 state of the art Medical Screenings (which are painless and non-invasive) to detect abnormalities **before** they escalate into serious health problems - all for less than \$18 each, on-site for you.

RightWay Imaging screens the **Carotid Arteries & Lower Abdominal Aorta** for Blockage, Plaque Build-up and Aneurysms. The **Liver**, both **Left and Right Kidneys, Thyroid, Spleen & Gallbladder** for cysts, tumors, masses, unusual growth, kidney stones and gallstones. Plus, an ECG-EKGH to test the **Heart** for irregular heartbeat, or AFib and **Blood Oxygen Level** test for COPD.

In a hospital, these tests would cost thousands collectively. RightWay Imaging offers these tests for \$45 each, or all 10 screenings for under \$18 per test.

Take control of your healthcare. Because what we don't know can hurt us.

**What You Get** (screenings by appointment only)

- State of the Art Digital Ultrasound (Colorflow Doppler) Technology
- State Qualified Sonographers for accuracy
- Board Certified Radiologist reviews all screening results
- The highest quality service at the lowest possible price.

**At Your Location**

**On Your Schedule**











**For Your Convenience**

Robert Burkhart - (281) 431-0014



# “Take Control of Your Healthcare!”

## 10 Medical Screenings for LESS than \$18 each!

- |      |   |   |  |
|------|---|---|--|
| (1)  |    | <b>Carotid Artery Disease Screening - \$49</b>    | <p>The CAROTID ARTERIES are arteries that supply oxygenated blood to the face and brain. This screening may detect the risk of fatty plaque build-up or restriction of blood flow in the Carotid Artery which is the #1 cause of stroke.</p> <p style="color: red; font-size: small;">**Stroke is the #1 reason for nursing home admissions and the #3 killer of men and women**</p>   |
| (2)  |    | <b>Thyroid Disease Screening - \$49</b>           | <p>The THYROID gland controls how quickly the body makes proteins and sends hormones into the bloodstream that control energy. This screening may detect the presence of cysts, masses and nodules which greatly affect your metabolism.</p> <p style="color: red; font-size: small;">** There will be about 60,000+ new cases of thyroid cancer in the U.S. this year **</p>  |
| (3)  |    | <b>Abdominal Aortic Aneurysm Screening - \$49</b> | <p>The ABDOMINAL AORTA is the main artery that comes off of the heart and supplies the body with oxygenated blood. This screening may detect the presence of aneurysm (Balloon in Artery) which typically show little to no symptoms and prove 90% fatal when aneurysm ruptures.</p> <p style="color: red; font-size: small;">** Abdominal Aortic Aneurysm rupture is the 13<sup>th</sup> leading cause of death in the U.S. **</p>  |
| (4)  |    | <b>Liver Disease Screening - \$49</b>             | <p>The LIVER regulates most chemical levels in the blood, processes these chemicals, and breaks down nutrients and drugs into forms that are easier for the body to process. This screening may detect the presence of cysts, masses or enlargements which may cause the passage of disease from one organ to another.</p> <p style="color: red; font-size: small;">** In every 10 Americans have been affected with liver and biliary disease**</p>                                   |
| (5)  |    | <b>Left Kidney Disease Screening - \$49</b>       | <p>The LEFT KIDNEY performs essential functions by removing waste products from the blood and regulates water and fluid levels. This screening may detect the presence of cysts, masses, enlargements, kidney stones, and other obstructions affecting its function which could cause build-up of toxins and fluid in the blood.</p> <p style="color: red; font-size: small;">**Kidney disease puts you at more risk of Heart Attacks or Stroke and shows little to no symptoms**</p>  |
| (6)  |    | <b>Right Kidney Disease Screening - \$49</b>      | <p>The RIGHT KIDNEY performs essential functions by removing waste products from the blood and regulates water and fluid levels. This screening may detect the presence of cysts, masses, enlargements, kidney stones, and other obstructions affecting its function which could cause build-up of toxins and fluid in the blood.</p> <p style="color: red; font-size: small;">**Kidney disease puts you at more risk of Heart Attacks or Stroke and shows little to no symptoms**</p> |
| (7)  |    | <b>Gallbladder Disease Screening - \$49</b>       | <p>The GALLBLADDER is the organ that receives bile from the liver and stores it until needed in the digestive system to break down fats and cholesterol. This screening may detect the presence of cysts, masses, gallstones, and other obstructions affecting its function which could cause build-up of toxins and fluid in the blood.</p> <p style="color: red; font-size: small;">** Gallstones cause more than 800,000 hospitalizations in the U.S. each year**</p>               |
| (8)  |    | <b>Spleen Screening - \$49</b>                    | <p>The SPLEEN plays an important role in regard to the red blood cells and the immune system. The spleen recycles iron in the bloodstream, removes old red blood cells and holds a reserve of blood in case of oxygen loss. This screening may detect the presence of cysts, masses and enlargements which show little to no symptoms.</p> <p style="color: red; font-size: small;">** The Spleen is crucial in fighting infections of the body **</p>                                 |
| (9)  |  | <b>ECG-EKG Heart Monitoring Screening - \$25</b>  | <p>This test is an electrocardiogram of the heart. It checks for an irregular heart beat and some heart dysfunction.</p> <p style="color: red; font-size: small;">**An irregular heartbeat, AFib, affect over 2 million American and many millions go undiagnosed **</p>   |
| (10) |  | <b>SPO2 Level- Blood Saturate Levels - \$20</b>   | <p>Oxygen-Rich blood travels through the arteries and arterial branches to deliver essential nutrients to your body. Below level blood oxygen leads to complications in the body, tissue and organs.</p>   |

	Individual	Package
1-2 Vascular Screenings (2)	\$98.00	\$89.00
3-8 Abdominal Screenings (6)	\$294.00	\$179.00
1-10 Preventative Screenings (10)	\$437.00	<del>\$799.00</del>

Exclusive  
 \$179 Offer

\*PRE-REGISTRATION IS REQUIRED



CALL NOW TO SCHEDULE  
 YOUR SCREENING!



Screening Location:

Marble Falls ISD

Screening Date:

January 15, 17, 25, 26 & March 5

Number of Patients Screened:

174

<b>Carotid Doppler Screening:</b>		<b>Totals:</b>		
Normal:		155		
Moderate to Severe:		21	0 Immediate Attention	
<b>Thyroid Screening:</b>		<b>Totals:</b>		
Normal:		123		
Mild to Severe:		51	4 Immediate Attention	
<b>Abdominal Aorta Screening:</b>		<b>Totals:</b>		
Normal:		167		
Abnormal:		7	1 Immediate Attention	
<b>Liver Screening:</b>		<b>Totals:</b>		
Normal:		145		
Abnormal:		29	1 Immediate Attention	
<b>Gallbladder Screening:</b>		<b>Totals:</b>		
Normal:		141		
Abnormal:		33	4 Immediate Attention	
<b>Spleen Screening:</b>		<b>Totals:</b>		
Normal:		165		
Abnormal:		9	0 Immediate Attention	
<b>Right Kidneys Screening:</b>		<b>Totals:</b>		
Normal:		158		
Abnormal:		17	2 Immediate Attention	
<b>Left Kidneys Screening:</b>		<b>Totals:</b>		
Normal:		160		
Abnormal:		14	1 Immediate Attention	
<b>EKG Heart Screening</b>		<b>Totals:</b>		
Normal:		135		
Abnormal:		39	4 Immediate Attention	



# UPDATE: COMMUNITY MEETING





# STUDENT SURVEY

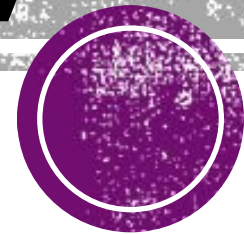


# YRBSS

<https://www.cdc.gov/healthyouth/data/yrbs/index.htm>



# 2023 Texas Youth Tobacco Survey



# UPDATE: CURRICULUM MATERIALS REVIEW



# DECEMBER MEETING



NOW, THEREFORE, BE IT RESOLVED that the Board of Trustees of Marble Falls Independent School District hereby calls for the convening of the District SHAC to:0)

1. Hold at least two public meetings on the curriculum materials before adopting recommendations to present to the Board.
2. Recommend curriculum materials that comply with the instructional content requirements in law, are suitable for the subject and grade level for which the materials are intended, and are reviewed by academic experts in the subject and grade level for which the materials are intended.
3. Present the SHAC's recommendations to the Board at a public meeting by ***February 28, 2023***.



**ADJOURN**



# Board Resolution





**WHEREAS, Section 28.004(q-1) of the Texas Education Code requires the Board of Trustees to adopt a resolution convening the local school health advisory council (SHAC) for the purpose of making recommendations regarding curriculum materials for the District's instruction relating to the prevention of child abuse, family violence, dating violence, and sex trafficking;**



# PROCESS FOR REVIEWING MATERIALS



# Subcommittee Selection

## Prevention of:

- child abuse
- family violence
- dating violence
- sex trafficking

## Increase awareness:

- risky behaviors
- suicide risks
- behavioral health concerns
- mental health education

## Instruction over:

- opioid addiction & abuse & methods for administering an opioid antagonist
- substance abuse prevention
- substance use disorders

## Policies, procedures, & curriculum for:

- health education
- physical education & physical activity
- nutrition
- school health services