



# CISD STUDENTS HEALTH ADVISORY COMMITTEE MINUTES

**Date:** 03-26-2024

**Time:** 9 AM - 10:30 AM

**Facilitators:** Mrs. Margarita Flores; Director of Administration Support

## **In Attendance:**

C&I Secretary, District Nurse, PE Coaches, Health Teachers & Parents, Action for Health Kids, Elena Acosta (translator)

## **Minutes by:**

JaiLynne Cho

Secretary of Curriculum and Instruction

**Presenters:** Mrs. Margarita Flores, Spanish translation will be performed by Ms. Elena Acosta, Kristen Ortega and Mariah Alvarex from Action for Health Kids

**Topics:** Healthy Kids Initiative on vaping.

**Notes:** Introduction/opening by Margarita Flores - Introduction and review of what SHAC is for new attendees. We will now be using Ms. Acosta to translate for any parents or community member that is in need of Spanish translations from now on. The agenda for today is With Our Action for Healthy Kids personnel. This is the third meeting this year with one more to go. We have implemented many things and are excited to continue addressing other things. I attended a regional SHAC meeting recently. (Video on presentation available on website for review). This is something that we will need to look into and spread the word. Our numbers in Diabetes have gone up. This year we had the increase that the school nurses are now having to do carb counting. We got away from the routine of kids being able to go outside. Throughout the meetings, we will need to find solutions and brainstorm more ideas. Anyone who would like to share the video with your campus or any parents that would like to share with anyone, I can send the video to you all. Presenters from Tobacco Control Network, Christina and Mayra. I know some of you all have seen the student issues increase with vaping. A lot of students are going to DAEP because of THC, tobacco and vaping. It is not just our district, it is all over. As parents and adults we need to figure out how to recognize and prevent. Speak with your kids about the legal consequences and repercussions of vaping.



**Presenter (Cristina & Miriah)**- We will talk about tobacco free schools and policies to ensure drug free environments. The other important thing is the proximity of these substances to the schools. We are going to do the same level set topics and work with the school districts to have items in the code of conduct. We have contacts around the tri-city areas and we have to collaborate with them since laws are different throughout the area and work together.

**Mariah** - What is the problem? Youth vaping. In recent data in the 90's when smoking was not that big of a deal when smoking publicly. After the ordinances were implemented, we were able to get those numbers down. But now with vaping, we have 1 in 5 teens that now vape. What are e-cigarette and vaping? Most have battery a heating element and a place to hold liquid that contains nicotine. The act of vaping is inhaling vapor. In case you have never seen a vape cloud (on presentation). Vaping is actually an aerosol so it stays and sticks, it does not disappear like water. It is an aerosol. Strength of a pack - data compared to cigarettes and vapes. They are being introduced to high amounts of nicotine and the amounts depend on the vape. The difference between the cigarette is that you only have the stick during a smoke break, but vaping devices have more "puffs" than a cigarette. A small amount is equivalent to over a full pack of cigarettes and that is why it is so easy for them to become addicted faster. We have a video to play (available on presentation) to take a closer look at vaping devices since they come in different sizes, designs and how they can be disguised like everyday things. So you can tell, it is hard to pinpoint a vape. I never would have thought a vape could look like a smart watch, regular pens, etc. We do different activities during staff developments and show how different items can be vaping devices. They are very hidden devices and do not necessarily have plumes of vape clouds.

**Kristen** - free and reduced cost resources for any parents or youths that are trying to quit smoking. Many of the youth are not part of the old school stereotypes of cliques to recognize who the youths are smokers/vapers. It could be literally any student and is more across the spectrum of students. The program is for ages 13-24. You will receive push notifications or text messages. Unfortunately, the program is only available in English. But it is still a great program and has shown to be effective. How do we work with your school districts? CIS coordinators are trained and will be presented at the various campuses and teaching parents on how to talk to your teen about the issue and how to identify the devices. Just have that initial conversation with your youth. These devices are not only nicotine devices but also have THC and other liquid substances. The consequences are big. We also have handouts if anyone would like to take them.

**Questions** - If we do not have any CIS at our campus, who do we reach out to?



**Kristen - you** can just contact us directly and we can provide you with resources. A bill did pass HB 114, but it did not really make it easier for youths that are caught with devices even if it doesn't have any substances in the device. I know many school districts do it differently. Some districts are trying to intervene as a first offense to be in a program so they aren't automatically placed in alternative schools.

**Flores-** we did start this year a program for the students to take in lieu of them going to DAEP. We give them the opportunity to go to the alternative setting in hopes they learned their lesson and do not get caught again. So far it has been successful. Unfortunately, many of them are already addicted to it and we are looking into another program to specifically help those students out. It is sad that as a district, this is something that we have to talk about but we are working on the program.

**Kristen-** once the nicotine level in your body drops, you will start getting withdrawals and start looking for another puff. it is hard for them to quit but they also need to have an intervention to help the students. This is what we review for your district policies and student handbooks and code of conducts. It's important to create a community awareness so that way we do not have a few points. We want age appropriate prevention education at least once a year. We see peak times when students are using more are usually after long breaks like winter break. The new thing on the block is Zip but is a nicotine pouch rather than a vape. We have a group that we invite to provide presentations on vaping to other teams. We want to ensure the policies are informed. We looked at your district's policies specifically and this is what we recommend - techniques: use of supportive and educational programs on tobacco mentioned in FFB (LOCAL). - student code of conduct glossary of tobacco products and what it includes. - These are the two things we recommend after looking at the district policy. As a SHAC, this should be presented to the board to implement the policy. If you want to order more decals you can check the link on the presentation to order some posters. Those that work as Health teachers, this slide has tobacco prevention education resources you can use within your classes. Stanford Medicine has more age-appropriate lessons for elementary and middle schools.

**Flores -** we are using the Stanford program right now with healthy futures

**Kristen -** the one here is what Ms. Flores is talking about. (presentation slide) in terms of how we will recommend supporting educational programs. Maybe after the 1st offense we can implement a 2nd offense program, if your district is wanting to have other programs in place. The contact person for the city if you need, we will share that with you. The next thing is professional development. Contact Miriah for the information and presentation. It is important for parents and staff to get the information, not just students to create a tobacco-free environment.



## Questions?

**Parents** - how are childs getting a hold of these devices?

**Kristen/Mariah** - There are different areas that students are able to get vapes. All the shops are supposed to be IDing but if they are 18, they are still sold. Another place is online. The internet doesn't really check the ages of purchases and neither are the parents. Another area is social circles with friends. There are lots of different ways for students to get their hands on one. We also noticed, a family member has vapes in the house and the child are able to get it like that. We have seen elementary students seeing the behavior at home and taking it to school thinking this is normal behavior. If the child is 10-16 and the vape happens to have THC, it is a felony. This is why it is important to also speak to parents that have children in elementary schools because it does happen. Some students who have scholarships are losing their scholarships because of vapes.

**Flores** - we do have SROs at every campus so if anyone is caught, the SRO will arrest the child that gets caught with vapes and THC. It is a felony. Unfortunately for a lot of our kids, they do not know this. This does impact their future opportunities, like joining the military, they can't have a felony. As kids they don't see it as a big deal, but once they get booked by the SRO and the parent is now having to look for a lawyer. Some get probation but it is already affecting their lives. This is very serious. another tidbit, I had a few calls that some of the community members are calling me because they want to open vape shops around the community. I refer them to the proper people for that. But I am not the one that can give them permits to open these stores. To me that is scary, because that just tells me the magnitude of the problem is growing, having these community members wanting to open vape shops because they know they will get sales from some of our students. We do have one that is too close to one of our campuses.

**Teacher** - what is the law of how far/close they can have it to the schools.

**Flores**- 1000 feet. Which isn't really that far. New Mexico has it legal which is way too close to our state borders. So many are going to NM, purchasing and then bringing it over here. But in TX, it is still illegal.

**Kristen** - that's the other hard thing about it, delta IX can test positive for THC. You go through the whole process. There is a higher potency for THC. right now there isn't anything in TX to ensure the CBD regulations. So even for adults.

**Flores** - many adults also do not understand that they can also be arrested for this.

**Kristen** - but you can reach out at the contact information below.



Mariah Alvarez, MPH  
Smoke Free Project Assistant  
Action for Healthy Kids  
[malvarez@actionforhealthkids.org](mailto:malvarez@actionforhealthkids.org)

Kristen Ortega, MPH  
Smoke Free Project Coordinator  
Action for Health Kids  
[kortega@actionforhealthykids.org](mailto:kortega@actionforhealthykids.org)

**Flores** - thank you presenters, I have a few more things to go over. Our coaches have been asking about the fitness gram. Is the time okay or are there any issues going on? If there is anything let me know so I may discuss with Mr. Altamirano.

**Teacher**- I have some students that were never in my class and now they are on my roster for the first semester but they were never part of my roster before. Do I exempt them? What do I do with that situation? I have no idea who this student is.

**Teacher**-it's due May 3rd right?

**Flores** - I will get back to you on the roster. Yes it is due on May 3rd.

**Teacher** - when will they give us PD to enter the data?

**Teacher**- do we have access to the lessons and the drive?

**Margie**- they are in the Drive. They have been there since the 1st meeting in both English and Spanish on the instruction for the human sexuality lessons. Just remember you have to notify parents at least 2 weeks in advance before teaching the lesson. as per compliance. The parents have to opt in or out for the lesson before it is taught.

**Teacher** -how do we find the drive.

**Flores** - I will resend the email for the drive access. Just make sure they have the 2 weeks to review the lesson. I will talk to Ms. Lucero regarding the online lessons. We were at HMS talking to all the publishers to make sure all the content and textbooks are readily available.

### **Next Meeting :**

May 21, 2024  
9 a.m. in the Board Room  
Administration Building

### **Q & A**

None at this time.

This concludes today's meeting. A reminder will be sent out for the next meeting.