

TATUM ISD
School Health Advisory Council
Minutes of Meeting
5-7-2025

The meeting was called to order. Present were: Wendy Longenbaugh, Joanne Cooper, Raishaunda Smith, Kingston Scott, Brody Hart, Mason Orms, Jo miller, Tiffany Harris, LeKeitha Biggs, Shirley Harris, Bridgette Harvey, Nancy Turner, Roger Turner, Cristi Whiddon, Venessa Thompson, Michelle Young, Lisa Gauthier, Erin Miller.

Minutes were presented from the April 3, 2025 meeting and approved at the end of the meeting.

TMS Student Council Update

Kingston Scott, Brody Hart, and Mason Orms provided a review of the activities completed by the TMS Student Council and the National Junior Honor Society (NJHS) as they wrap up their term serving as Vice Presidents for the District Student Council.

Looking ahead, there is an opportunity for students to attend a summer camp—pending the success of upcoming fundraising efforts. One key fundraising event will take place during **Middle School Field Day on Friday, May 16, 2025**, where the Student Council will operate a booth to support their fundraising goals.

In Health and PE news, Wendy Longenbaugh stated that the Fitness Gram was complete.

Summer PE Camps & Feeding Program

This summer, our PE department will once again offer camps for several sports. These will take place during the month of June to coincide with our Summer Feeding Program provided by Tatum ISD Food Services.

The **Summer Food Program** is available to all students **18 years of age and younger**. It will serve **breakfast and lunch, Monday through Thursday**, and will also offer **boxed food pickup on Thursdays for weekend snacks to students being served**.

Camp information and sign-ups are posted online, and additional information can be obtained in **campus offices**.

Tatum ISD SHAC Recommendation – CATCH Training Grant

Tatum ISD currently implements the CATCH (Coordinated Approach To Child Health) program as part of its physical education curriculum for grades K–8. H-E-B is offering a grant opportunity to support training in the CATCH program. At this time, the Tatum ISD School Health Advisory Council (SHAC) recommends pursuing the PE component of this training through the H-E-B grant. This recommendation will be forwarded to district administration for consideration and determination of whether to move forward with the grant application.

The Texas Education Code (TEC), §38.0141, requires the Texas Education Agency (TEA) to collect data relating to student health and physical activity from each school district/charter district. The School Health Survey has been developed for this purpose. The data gathered will allow the agency to better address the various health-related needs of Texas schools and students statewide. Our Health and PE sub-committee has scheduled a meeting on 5-7-2025 to address the survey's information needs. This tool will be used to identify needs or improvements in our school health programs based on the data obtained.

Vanessa Thompson, Food Services Director for Tatum ISD, recently gave an engaging demonstration on how to prepare nutritious and visually appealing mason jar salads. Her presentation included creative tips for no-spill salad dressing solutions and emphasized the importance of using a "rainbow of color" by layering a variety of fresh vegetables.

These vibrant, portable salads offer a convenient, mess-free option for anyone looking to eat healthy, manage calorie intake, or stick to a summer weight reduction plan. With their eye-catching appeal and practical design, mason jar salads are a smart and stylish way to enjoy wholesome meals on the go.

Policy Update: Administration of Student Medications

Tatum ISD is currently reviewing and updating its policies and procedures to align with recent recommendations from the state. As of this past summer, state guidance stipulates that no medications—prescription or over-the-counter—are to be administered to students at school unless accompanied by a physician's orders.

Previously, our district policy allowed parents to bring over-the-counter medications and authorize their administration without a doctor's order. Moving forward, Tatum ISD will align our policy with state guidance to ensure compliance and student medications

intended for administration during school hours must now be accompanied by appropriate documentation from a licensed healthcare provider.

Energy drinks are popular among school-age children, but their safety is a significant concern due to high caffeine and other stimulant content. Here's a concise overview based on available data:

Safety Concerns

1. **Caffeine Overload:** Energy drinks often contain 80–300 mg of caffeine per serving, far exceeding safe limits for children (2.5 mg/kg body weight daily, per Health Canada). For a 40-kg child, this is about 100 mg/day. Excessive caffeine can cause:
 - Increased heart rate and blood pressure
 - Anxiety, nervousness, and sleep disturbances
 - In rare cases, seizures or cardiac arrhythmias
2. **Other Stimulants:** Ingredients like taurine, guarana, and ginseng may amplify caffeine's effects, but their impact on children is understudied.
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4. **Sugar and Calories:** Many energy drinks have high sugar content, contributing to obesity and dental issues.
5. **Adverse Effects:** Studies report side effects in children, including headaches, stomachaches, and hyperactivity. A 2021 study noted that 30% of adolescents consuming energy drinks experienced adverse effects, with higher risks when mixed with alcohol or consumed in excess.
6. **Developmental Risks:** Children's developing cardiovascular and nervous systems are more sensitive to stimulants, increasing vulnerability to harm.

Usage Trends

- **Prevalence:** Surveys indicate 20–40% of adolescents (ages 12–18) consume energy drinks regularly, often for energy boosts, sports performance, or social appeal.
- **Marketing Influence:** Aggressive marketing targets youth through social media, gaming platforms, and sports sponsorships, despite voluntary industry restrictions.

Regulatory and Health Guidance

- **Pediatric Recommendations:** The American Academy of Pediatrics (AAP) advises against energy drink consumption for children and adolescents due to health risks.

- **Regulations:** Some countries restrict sales to minors (e.g., UK bans sales to under-16s). In the US, energy drinks are classified as dietary supplements, with less stringent regulation than sodas.
- **School Policies:** Many schools ban energy drinks, but enforcement varies.

Recommendations for Safety

1. **Parental Awareness:** Educate children about risks and monitor consumption.
2. **Healthier Alternatives:** Encourage water, milk, or unsweetened teas for hydration and energy.
3. **School Interventions:** Implement stricter bans and educate students on nutrition.
4. **Labeling:** Advocate for clearer warning labels on caffeine content and age restrictions.

Conclusion

Energy drinks pose notable risks for school-age children due to caffeine and other stimulants, with potential short- and long-term health impacts. Limiting access, raising awareness, and promoting healthier options are critical to ensuring safety.

The meeting was adjourned and refreshments were served.