

**Minutes of the April 1, 2026  
Meeting of the School Health Advisory Council (SHAC)**

**SCHOOL HEALTH ADVISORY COUNCIL  
(SHAC)  
CLARENDON CONSOLIDATED INDEPENDENT SCHOOL DISTRICT**

**Minutes of the Meeting  
April 1, 2026, 3:40 p.m.  
School Library**

The School Health Advisory Council of Clarendon Consolidated Independent School District met at 3:40 p.m., Wednesday, April 1, 2026, at the school library. Tanya Burton presided. The Committee members listed below participated:

Ms. Tanya Burton  
Ms. Tammie Johnston  
Ms. Jenifer Pigg  
Ms. Rachel Wade

Student members attending included:

Darren Sternadel

**1. CALL TO ORDER & AGENDA**

President Tanya Burton called the meeting to order. All were welcomed to the meeting.

**2. OLD BUSINESS**

**2.1 KID'S HEART CHALLENGE**

President Tanya Burton reported that the group did not attend the recent School Nurse Workshop so she was unable to visit with them in person. However, she has sent an email and expects to hear from the organization soon. Would like to get something scheduled for the

# **Minutes of the April 1, 2026 Meeting of the School Health Advisory Council (SHAC)**

2026-2027 school year.

## **2.2 SMILES IN SCHOOLS DENTAL PROGRAM**

President Tanya Burton was able to meet the new dentist for this program. Will have the school scheduled for 2026-2027 year. Plan to include the Junior High.

## **2.3 ALWAYS CHANGING AND GROWING – PUBERTY CLASS FOR 5<sup>TH</sup> GRADE**

President Tanya Burton will send out letters to the parents of all 5<sup>th</sup> graders. The class gives the students the opportunity to attend an important lesson regarding puberty. The boys and girls will be viewing videos separately. The class will be scheduled after the STAAR tests. She will visit with the 5<sup>th</sup> grade teachers to check a date that works with their schedule.

## **3. NEW BUSINESS**

### **3.1 BED BUGS**

President Tanya Burton reported an issue with bed bugs in the school. Information was sent out to the parents and the school was treated for this issue. All seems to be fine now.

## **4. ADJOURN – President Tanya Burton**

President Tanya Burton adjourned the meeting at 3:50 p.m.

Dear Parents/Guardians,

Near the end of every school year, the 5<sup>th</sup> graders are given the opportunity to attend an important lesson regarding puberty. Some in the class may already be beginning to experience these changes and have questions about what is happening to their bodies.

The boys and girls will be viewing videos separately. There is a boy's video and a girl's video, and they discuss puberty, as well as personal hygiene. They will also have the opportunity to ask questions they may have. These videos can be found by searching **"Always Changing and Growing Up."** I recommend that you watch the video before it is shown to your student, as **parental permission is required.** The videos have been previewed and approved by the Principal and the School Health Advisory Council.

We will be watching the video on \_\_\_May 8th\_\_\_.

Please sign and return this form indicating your permission for your child to participate in the lesson by \_\_\_May 5<sup>th</sup>\_\_.

Please feel free to contact me with any questions or concerns at 806-310-7760.

Best Regards,

Tanya Burton, School Nurse

PLEASE CIRCLE ONE:

Student: \_\_\_\_\_ has my permission / does not have my permission to participate in this lesson.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

SHAC MEETING

4/1/2026

Sign-In Sheet

Name:

Student Name:

1. <i>Hinton</i>	1. Darren Sternedell
2. <i>Jiggs</i>	2.
3. <i>Tammie Johnston</i>	3.
4. <i>Rachel Wade</i>	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.



# BUILDING A NATION OF LIFESAVERS

The American Heart Association's service-learning programs, **Kids Heart Challenge** and **American Heart Challenge**, give students the opportunity to feel good for doing good. By raising funds and awareness to help others, students will make a real difference in the fight against heart disease and stroke.

No matter the focus of your charter school, these programs provide valuable skills for your students to support their physical, emotional and mental well-being.

## Benefits include:



**Educational resources** on topics like teamwork, communication, kindness, anti-vaping, positive thinking, sleep, STEM and physical activity.



**Students** will learn heart healthy habits, develop leadership skills, can earn volunteer hours, receive thank-you gifts and have the opportunity to apply for scholarships.



**Benefits to schools** include driving civic engagement, the ability to earn grant funding, wellness resources and equipment, direct givebacks and educator professional development.



**Staff, students and families** will be equipped to make healthy lifestyle choices to improve their mental, emotional and physical well-being.



**Creates campus engagement** by bringing together your staff and students through a shared vision of building a community of lifesavers by learning Hands-Only CPR.



**Turnkey and flexible program** that can be completed in 2-4 weeks.

## Learn Hands-Only CPR. Save a Life.

*90% of people who suffer an out-of-hospital cardiac arrest don't survive. Immediate Hands-Only CPR can double — even triple — a person's chance of surviving cardiac arrest.*

By completing Finn's Mission students, staff and families learn the lifesaving skill of Hands-Only CPR, creating a legacy of lifesavers.

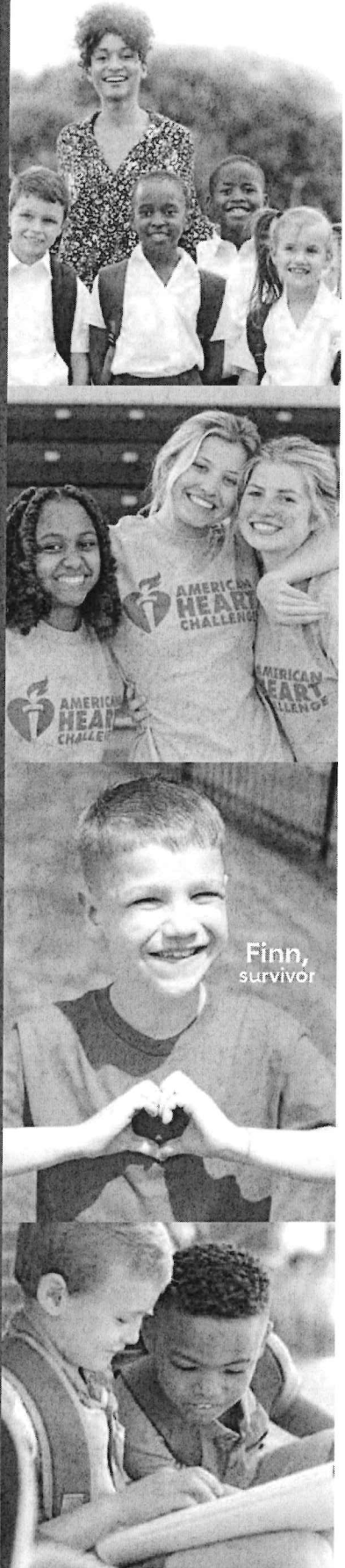


**Call 911** if you see a teen or adult suddenly collapse.



**Push hard and fast** in the center of the chest.

# HEART.ORG/GETSTARTED





# GRANT OPPORTUNITIES

The American Heart Association is committed to advancing the health and well-being of students across the nation. Through the Kids Heart Challenge and American Heart Challenge programs, we are proud to provide grant funding to participating schools.

## AMERICAN HEART ASSOCIATION GRANTS

- **Faculty Well-Being Grants:** funds initiatives focused on improving teachers' physical and mental health, up to \$2,500.
- **CPR in Schools® With First Aid Training Kit Grants:** provides reusable kits to teach CPR, AED use and first aid to students, staff and parents with no prior facilitation experience needed.

## \$350,000 IN NFL PLAY 60 SUPPORTED GRANTS



*The American Heart Association and the National Football League are working together to get youth physically active.*

- **\$2,500 Physical Activity Grants:** supports programs that encourage students to stay active throughout the school day.
- **\$1,000 Flag Football Equipment Grants:** provides schools with flag football gear and training materials to introduce or enhance flag football programs.
- **\$500 Active Recess Grants:** provides resources to enhance recess with structured play, activity zones and supervised movement programs that engage all students.
- **\$500 Inclusive PE Grants:** supports adaptive physical education programs to ensure students of all abilities can participate in physical activity.

## REQUIREMENTS

- Your school must participate in the Kids Heart Challenge or American Heart Challenge.\*
- Your principal must approve the grant submission.

## GRANT AWARDS WILL BE DETERMINED BASED ON THE FOLLOWING CRITERIA

- **Demonstrated need** of the school and its students
- **Potential impact** on the health and well-being of students and/or staff
- **Sustainability** of the initiative to ensure lasting benefits

\*No minimum dollars raised requirement.

[heart.org/AHASchoolGrant](http://heart.org/AHASchoolGrant)

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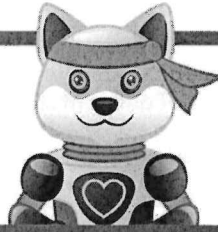
- ✓ **Apply year-round**
- ✓ **Apply for multiple grants at once**
- ✓ **Easy online form**
- ✓ **Peer review committee**



# LET OUR HEART HEROES HELP YOU MEET YOUR TEKS



**ASPEN**  
AVOID VAPING/  
TOBACCO



**Health Standard:** The student understands the difference between the use and misuse of different substances and how this impacts health. The student is expected to describe the harmful effects of alcohol, tobacco, other drugs, and dangerous substances, including inhalants, vaping products, and housing products, on physical health.



**RESCUE**  
HANDS-ONLY  
CPR



**Health Standard:** The student understands that individual actions and awareness can impact safety, community, and environment. The student is expected to identify strategies that can be used to promote safety in homes, schools, and communities.



**TURBO**  
MOVE MORE



**PE Standard:** The physically literate student demonstrates and recognizes a health-enhancing, physically active lifestyle. The student is expected to discuss the immediate effect of physical activity on the heart and lungs.



**RIVER**  
CHOOSE WATER



**PE Standard:** The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to explain the need for proper hydration to enhance physical activity.



**BEET**  
ADD COLOR



**PE Standard:** The physically literate student recognizes the correlation between nutrition, hydration, and physical activity. The student is expected to identify the types of food that produce energy to enhance physical activity.



**ZEE**  
SLEEP MORE



**Health Standard:** The student identifies and explains risk and protective factors related to healthy eating and physical activity. The student is expected to identify habits that help individuals stay healthy such as getting the proper amount of sleep and daily physical activity.



**PARKER**  
BE KIND



**PE Standard:** The physically literate student demonstrates competency in personal responsibility. The student is expected to explain and demonstrate respect for differences and similarities in abilities of self and others.

## Day-to-Day Prevention

- ◆ Bed bugs are excellent hitchhikers, so be extra careful when traveling (see tips below).
- ◆ Change and wash bedding regularly.
- ◆ Do not bring second-hand furniture into your home unless you have thoroughly inspected and cleaned the items first.
- ◆ Reduce clutter.

## Traveling Tips

- ◆ Inspect mattress and headboard with flashlight.
- ◆ Keep bags, luggage, and backpacks off the bed. Inspect and then use a luggage rack.
- ◆ Never place clothes, or jackets, on bed or couch. Do not store clothes in dresser.
- ◆ If you are concerned about exposure, after travel, seal all items in plastic bags until time for washing or treatment.
- ◆ Unpack clothes directly into washer / dryer.
- ◆ Inspect luggage closely with flashlight and magnifying glass for bed bugs upon returning home.

## Bites and Disease

**Bed bugs are not known to transmit disease.** Bites are often painless and occur at night while you are sleeping. Some people suffer allergic reactions and develop painful swelling.

Pesticide Safety First!  
Read the Label.

## How to Hire a Pest Control Operator

- ◆ Call several licensed and insured companies, compare services and get written estimates.
- ◆ Insist on and check references.
- ◆ Look for companies that:
  - ◆ offer an IPM solution
  - ◆ offer both chemical and non-chemical treatment options
  - ◆ give a pre-treatment check-list
  - ◆ perform pre-treatment inspection
  - ◆ recommend both interceptors and encasements
  - ◆ offer two or more service visits and follow-up



## Before Using Pesticides

- ◆ Some pesticides are considered minimum risk. EPA does not register and check for effectiveness of these products. These products do not have EPA registration numbers on the label.
- ◆ Never use outdoor pesticides indoors.
- ◆ Some pesticides and total release foggers are highly flammable. Improper use may cause a fire.
- ◆ Never overuse pesticides. More is not better!
- ◆ Read, understand, and follow the label-use directions.

For more information on bed bugs and IPM go to:  
[www.epa.gov/bedbugs](http://www.epa.gov/bedbugs)  
Pesticide Poisoning: Call 1-800-222-1222

# Bed Bug Prevention, Detection and Control

Bed bugs are parasites that seek out sleeping people or animals for a blood meal. After feeding, they hide. It is challenging, but not impossible, to prevent, detect and control bed bugs due to their small size and ability to squeeze into cracks and crevices, where they are often unnoticed.

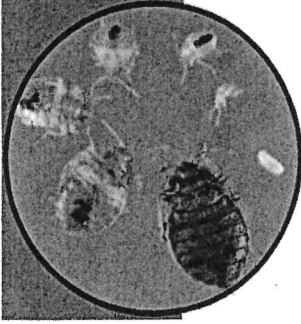
Pesticides alone generally will not eliminate bed bugs. Effective bed bug control requires Integrated Pest Management (IPM). IPM is an environmentally sensitive approach to pest management that relies on knowledge of the pest, plus common sense practices, such as inspection, monitoring, reducing clutter, the use of physical barriers, and the judicious use of pesticides.



Be Alert, Be Aware,  
Bed Bugs Could be Anywhere!



735F12013



Actual size



Caulk cracks and spaces



Interceptor under leg

Early detection and prompt response will avoid larger problems.

## Where do Bed Bugs Hide?

- ◆ Mattresses, box springs, bed frames and head boards (along seams and piping, under handles and labels).
- ◆ Under the thin dust cloth on bottom of box spring.
- ◆ Seams and fabric folds in curtains and under furniture, including chairs and sofas.
- ◆ Under wall-to-wall carpeting and padding.
- ◆ Anywhere there are cracks, crevices or nail holes in walls, and under wood moldings and baseboards.
- ◆ Under loose wallpaper and seams, and where ceiling and wall meet.
- ◆ In and behind picture frames and mirrors.
- ◆ Clothing and clutter stored in closets, under beds and elsewhere.
- ◆ Inside switch plates, electrical outlets, clocks, computers, phones, televisions and smoke detectors.
- ◆ On and in recently used luggage, backpacks and bags.



Inspect carefully

Don't pass bed bugs onto others!

## Bed Bug Identification

- ◆ Eggs: tiny, white, and glued to surfaces.
- ◆ Nymphs are light colored, from 1/16th".
- ◆ Adults are rusty red, apple seed sized, 3/8".
- ◆ Six legs, oval, flattened from top to bottom.
- ◆ Do not jump or fly, but are good runners.
- ◆ They tend to congregate together.
- ◆ They can live several months without a blood meal.
- ◆ **Important:** Capture several examples of the pest and have them identified by a qualified expert before taking any further actions.

## Signs of Bed Bugs

- ◆ Small, whitish shed skins and rusty spots on bed linens which are droppings and blood stains from crushed bugs.
- ◆ Live bed bugs of any size.
- ◆ Eggs and casings among droppings or in crevices where adults hide.
- ◆ An offensive, sweet, musty odor from the bed bugs when infestations are severe.
- ◆ You may have red, itchy welts or rashes from bites; however, bite marks are **not** a reliable indication of a bed bug infestation.

Bed bugs are no one's fault. They don't discriminate - anyone can have them.

## Integrated Pest Management

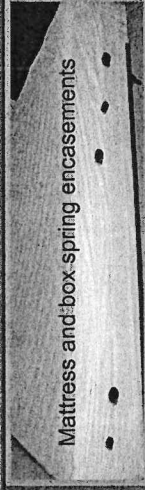
- 1. Physical Control Methods**
  - ◆ Vacuuming reduces bed bug populations.
  - ◆ Clean and vacuum bed bug prone areas daily.
  - ◆ Immediately seal and dispose of vacuum bag.
  - ◆ Install encasements on mattress and box spring.
  - ◆ Install bed bug interceptors under bed and furniture legs.
  - ◆ Make the bed an island: Keep bed away from wall and do not let bedding touch the floor.
  - ◆ Remove clutter where bed bugs can hide.
  - ◆ Isolate infested items in sealed plastic bags or containers. Treat items in hot dryer for 30 min.
  - ◆ Clean and scrub seams / folds with detergent.
  - ◆ Seal cracks where bed bugs can hide.
  - ◆ If you live in an apartment or other multi-family dwelling, and you see a bed bug, contact your landlord immediately.

- 2. Non-chemical Controls**

Items that cannot be washed or dried may be steamed, heated or frozen using specialized equipment. Raising the indoor temperature with a thermostat or space heaters will not work, nor will placing items in the home freezer. Contact a bed bug management professional for advice.

- 3. Pesticide Controls**

Pesticides are an important part of the IPM toolbox. Please view cautions listed — over.



Mattress and box-spring encasements



**CLARENDON**  
BRONCOS

**CLARENDON CISD**

416 S Allen Street  
Clarendon, TX 79226  
Phone: 806-310-7220  
Fax: 806-874-2579

## SHAC MEETING

Wednesday, April 1, 2026

Welcome

Previous business:

- Kids Heart Challenge- They did not attend the recent School Nurse Workshop, but I have emailed them and should be hearing something soon. Hopefully we can get something planned for next school year.
- Smiles in Schools- Met the new dentist. Waiting to see when we can get on their schedule for next year. Should we include JH this year?
- Bed Bugs- Parents notified, Prevention, Detection, and Control information posted, and school treated.
- 5<sup>th</sup> grade Puberty video- Review permission letter to send home.

New business: No new business- See you next year!

Adjourn