

CFISD SHAC Minutes

CFISD School Health Advisory Council		
9.19.2023	10:00 a.m.	Food Production Center
Meeting called by	Christina Cole	
Type of meeting	Quarterly Meeting	
Note taker	Melinda Hood	
SHAC Member Attendees	<p>Christina Cole, Melinda Hood, Angela Baird, Sarah Hoglund, Sierra Bell, Deborah Bartholomew, Lisa Colbert, Darin Crawford, Emmy Durand, Scott Hudson, Suzy Hunter, Michelle Voelkel, Elaine Waier, Celia Weaver, Carla Purcell, Maricela Sabatino, Ryan Heath, Yuliana Martinez, Ginger Patel, Dr. Elizabeth Bosquez, Loretta Bourn</p> <p>Guests: Ana Sierra, Brittany Ledezma, Paulina Avila-Martinez</p>	
Welcome and Meeting Norms		
10 minutes	Christina Cole – Chief Officer for School Leadership, CFISD	
Christina Cole welcomed the committee members and guests and discussed the purpose of the SHAC committee.		
Fentanyl Abuse Prevention and Drug Poisoning Awareness Curriculum		
45 Minutes	Franklin Sampson – Director Guidance & Counseling	
Franklin Sampson introduced Veronica Garza, LCDC to review the curriculum for fentanyl poisoning awareness which will only be available to secondary students. She shared the PowerPoints and videos that will be shown which address why we are discussing opioids, what fentanyl is, what the signs of overdose are as well as mental health and substance abuse resources. Franklin informed the committee that HB3098 requires us to offer this training to our secondary students. There will also be a fentanyl awareness week which will be designated by the governor.		
Nutrition Services Update/Wellness Policy		
30 minutes	Sierra Bell, MS, RD, LD – Nutrition Education & Special Diets Coordinator	
Sierra Bell discussed updates food services updates including meal applications, menu updates, harvest of the month and breakfast initiatives. Emmy Durand discussed wellness policy goals for 2024-25. The FDA requires specific goals; however, the district would like to create additional goals and a timeline was given for the SHAC to create these goals this year.		
Physical Activity and Fitness Planning Subcommittee		
20 Minutes	Elaine Waier – Curriculum Coordinator for Elementary Music, PE, Health and OCPE	
The Physical Activity and Fitness Planning Sub-Committee requested volunteers from the SHAC membership for the 23-24 school year. As a part of the first meeting, sub-committee members discussed various ways to promote physical activity and fitness outside of physical education classes and recess.		