



CISD SCHOOL HEALTH ADVISORY COUNCIL MINUTES

Date: 11-21-2024

Time: 9 AM - 11:00 AM

Facilitators: Mr. Rodrigo Hernandez

In Attendance:

C&I Secretary, District Nurse, Culture & Community Coordinator, Translators, CNP Department, Aramark Manager, Teachers/Coaches and Parents.

Minutes by:

JaiLynne Cho

Secretary of Curriculum and Instruction

Notes:

Introduction of speakers - Deb Luevanos,
Clint ISD core values and explanations to the committee.

Agenda: Overview

- Greeting and welcome
- Family survey - QR codes on table
- SHAC Overview
- Presentation

Luevanos - Introduction and family survey. This survey is regarding future meetings. You can ask questions for the next meeting. If your question is not listed, you have the option to fill it in. Was everyone able to scan the code? I will switch to the next slide while you all finish up.

So, the SHAC overview, this year, we have had some adjustments and changes in our team. In charge is Mr. Hernandez, who couldn't be here today but he is usually in charge of it. (Lists all of district personnel on the team for putting SHAC together)

What is SHAC? Mr. Swanson, could you please read this out for us?

Mr. Swanson -

Luevanos - Meeting requirements of our council. We have four meetings a school year. We are looking for more family participation. We will also be looking into changes for times. This is the QR code for our webpage for SHAC. Our district Wellness Plan that was board approved and is part of the FFA regulations.

Mr. Villalobos will be presenting on the district and campus goals that we have in place.



Mr. Villalobos - Good morning everyone, I am Mr. Villalobos and this is Mr. Chairez. The first goal is, the district's food service, staff teacher and other district personnel shall consistently promote healthy nutrition messages in cafeterias, classrooms and other appropriate settings. We work closely with our vendor Aramark to get students to eat their fruits and vegetables. We are getting tech menu boards up at all the campuses to help students see what options they have in the cafeteria lines. We are working with our monitors to have the right system to have the kids to scan their ids to get the lines moving faster. Everyone in Clint does get a free meal but they need their IDs, so please help your kids with their ID numbers. We do have a salad bar with fresh products and tell the kids they are available at all levels.

Mr. Chairez- Goal 2 --- all our menus are online so parents are able to go online and see what we are serving to ensure they are getting a nutritious meal. If a child has an allergy, parents are able to see what there is. We are trying to push nutrition and health. The company we work with is really good at promoting all of this. We are also trying to push different foods so all the kids can try it. I personally have kids in the district and my kid is SUPER picky. I am always checking the menu to see what there is.

Mr. Villalobos- We also have a dietitian that can help us make accommodations for dietary restrictions or any allergies. We just need parents to let us know and we can do it.

Goal 3 - we work closely with the campuses whenever they are having fundraisers and make sure it follows within compliance guidelines in our program.

Chairez - the state of Texas allows 6 days "fun days" during school hours. so campuses have to get permission to have those kinds of days.

Villalobos - some of the campuses do a really great job at announcing the menu during the morning and gets kids excited about eating. Especially the elementaries.

Chairez - Goal 4 - ACE and mascot are used during this time to provide opportunities for students. ACE & friends is a program that gives tips for students to continue their healthy eating habits outside of school.

Villalobos - if you have an event and want our mascot out there, reach out to CNP and we can have him out there. We just started this program so we are trying to promote this more.

Chairez - once we get the menu monitors we can get more of the program going.

Villalobos - goal 5 - we work with the district and staff to get that healthy food out to students.

Goal 6 - this is going back to our health teachers by working with the kids to show them the healthy choices.

Goal 7 - the PE coaches do a great job on helping with this and go to training to help with this.

Ms. Molina - I am the AP at WDS for Goal 8 - Farm at school , Surrat is one of the only campuses that has a garden. We teach students to cultivate and grow those foods. We want



our students to go to the gardens everyday and learn how to plant and pick vegetables when they are ripe. The best thing we get from it is that our cafeteria staff makes amazing salsa. A group of kids are engaged and love the garden. our grade levels adopt a garden and plant what they like. We have a gnome garden and paint rocks. If they want flowers; they can plant a flower garden. We just want to cultivate that. Hopefully I have a paraprofessional for the garden.

Luevanos- Mr. Hernandez was really excited about the garden and wants to implement gardens at other campuses. WDS works hard on donations to get their gardens going. This is pretty awesome.

Goal 9 speaks about the district and plans to give students activities outside of the PE classes.

Swanson - we just finished ACE soccer and ran for about 9-10 weeks. Kids go outside to practice everyday and compete against other schools. We are going into flag football and then we will go into volleyball and basketball.

Luevanos - I know a lot of campuses also get the families involved with Wellness Wednesdays. The kids are having fun at dancing but they are still dancing. Does anyone else want to share?

AP - not that long ago we had an obstacle course with parents and students competing against each other. We did it with one grade level of families because we have almost 1000 students.

Luevanos - any thoughts from family members or any ideas? Please let us know we would love to hear from you all.

Goal 10 - I have seen in our PE classes being able to use technology for PE activities.

Coach - The LOO is great but mine isn;t working right now, haha, even at the Early college, they really enjoy the nostalgic games. They really enjoy it.

Luevanos - during covid, we did see a lot of changes and still use them in the classrooms. They give them brain breaks and calming rooms. Thank you for adding to that.

Goal 11 - after school we have Swanson with ACE, and it's great the kids are embracing that.

Swanson - it makes me super happy when I watch them play because they want to be active in playing in sports but are not competitive. It's exciting to see when they compete with other schools.

Luevanos - it helps their social and emotional learning because they are working with peers.

Chairez - Menu advisory board - the purpose of this board is to review the current menus and ideally we want to meet in February. We really want parents from all areas to participate. It's to help guide our menus in the cafeterias. We review them but we want the input of the families to make that difference with their perspectives. and really serve the food that kids do within USDA guidelines. It can be anyone, parents, staff, teachers.



Luevanos - I would encourage you to participate. it's needed and we need that input as

Valerie Martinez - Goal 12 - so in this what we have done, we have incorporated some wellness activities like a weight loss challenge. Our lead nurse led that in 8 weeks to help build healthy habits with employees. We also have a partnership with UTEP and they have what is called 50K4Life. phase one was where objectives were to get people to walk 50k a week. It's 7000 steps a day. That challenged other employees to compete against each other. As part of our wellness program we encourage and hold immunization clinics throughout the district. We put the information out not only for employees but for parents and families as well. We try to email at least once a month healthy tips. We are not only promoting physical wellness but also mental wellness. We have a program not only for employees but for their families as well to get counseling. One of the incentives we have is gym membership. We pay a portion for them.

Luevanos - Goal 13 are there any coaches who would like to share what they do at their campuses.

Chairez - had at MVE had a Turkey Trot where we donate canned foods but we had to exercise to get to the box

Luevanos - maybe we can try something at the MS levels and help encourage those parents?

Martinez - Goal 14 - as part of the benefits department, we also promote wellness with the 5K run. is a challenge but also promotes the senior scholarship. We also have an EMMS wellness station course, the outside park areas are promoted for the families to participate in.

Luevanos - I would like to share about the 5K run, our goal is to award at least 20 students with a scholarship. The next one coming up is Feb. 1st. It's really fun and it's for a great cause.

Villalobos - Goal 15 - we already updated our elementaries by getting new setting arrangements and are working on middle schools next. We try to promote cleanliness in the kitchen and the cafeteria. We work with our custodial teams to make sure everything is clean. IF you ever see it, please contact me. For whatever reason a student doesn't feel comfortable eating, have them speak to the CNP staff. We also painted at CECA to make the cafeteria look comfortable and welcoming. Facilities are really important in making our kids comfortable.

Goal 16 - just like the 5K , we promoted different smoothies and did not add sugar. The only sugar there was from the natural sugar from the fruit. for the most part people liked them.

Martinez - Goal 17, with employee activities we have the health fair. We have clinic screening for blood pressure, immunizations for anyone who has missed it.

Luevanos - please take the moment to reflect on any of the goals we have. Any questions? Anyone? We did start a district community newsletter this school year. So we will also be promoting our health and wellness initiatives to include mental health.

questions? It may be an input.



Q & A:

(parents were given question/comment cards to have their questions answered at the next meeting.

Meeting recording available online.

Next Meeting:

January 23, 2025

tentative time and location.