



San Benito Consolidated Independent School District

240 N. Crockett St. • San Benito, TX 78586 • Phone: (956) 361-6150

School Health Advisory Council Meeting Minutes - 4/20/22

Members - Present

Janette Rodriguez, Co-Coordinator
Araceli Soto, Co-Coordinator
Alyssa Alvarez, SBCISD Resource
Luis Gonzales, SBCISD Resource
Ray Saldana, SBCISD Resource
Celina Barrera, Parent
Jovanna DeLaRosa, Parent
Nedia Espinoza, Community Member
Laura Beth Guerra, Parent
Debbie Mills, Parent

Others in attendance

Maggie Amaku, It's Time Texas
Eliza Gomez, Director of Secondary Instruction
Vicki Perez, SBCISD Asst. Superintendent
Dr. Andrea Cruz, SBCISD Asst. Superintendent
Theresa Servellon, Interim Superintendent

Members - Not Present

Eddie Errisuriz, SBCISD Resource
Raul Maraboto, SBCISD Resource
Susana Alanis, Parent
Alexandra Barraza, Parent
Isabel Castillo, Parent
Lety Garza, Parent
Omar Gonzalez, Parent
Carmen Gonzalez-Cruz, Parent
Maria Moreno, Parent
Blanca Olivares, Parent
Patricia Quesada, Parent
Herminia Quintanilla, Grandparent
Oscar Quintanilla, Grandparent
Lorena Quiroga, Parent
Estefania Quiroga-Delgado, Parent
Holland Saldivar, Parent
Jessica Salinas, Parent
Letty Villafranco, Community Member

- Meeting started at 3:07pm by Janette Rodriguez, RN (SBCISD Health Services Coordinator).
- Review of SHAC presentation by Janette Rodriguez regarding requirements of the School Health Advisory Council
 - Historical data
 - What is a School Health Advisory Council?
 - SHAC members
 - SHAC meeting requirements
 - SHAC annual report
 - SHAC by-laws
 - Required subcommittees
 - SHAC goals
 - Tentative meeting dates
 - SHAC resources
- Janette Rodriguez presented/reviewed an example of a "Family Activity Calendar".
 - Feedback provided by SHAC members and other individuals in attendance:

- Nedia Espinoza thinks campus coaches should be involved in implementation, promotion and communication with parents. She stated that coaches should also remind students of the activities during morning announcements
 - Luis Gonzales stated that there should be a uniform approach across the district when implementing the “family activity calendar”.
 - Ray Saldana suggested asking PE Coordinator (Raul Maraboto) for ideas of exercises that are appropriate for each age group. He also stated that athletes are already doing more than the exercises listed on the calendar.
 - Nedia Espinoza recommended sending out a survey to get feedback from students and parents regarding exercises they would enjoy.
 - Janette Rodriguez and Ray Saldana discussed the difference of age levels and what would be appropriate for each age group
 - Dr. Andrea Cruz stated that the AfterSchool Program does cooking classes and could assist with promotion of this calendar. In response to athletes, stated that our target group for this calendar is for students and families that are not already active.
 - Debbie Mills suggested setting up some of these activities as a Zoom class.
 - Luis Gonzales stated that the “parent volunteer centers” can also implement some of these ideas through these centers.
 - Nedia Espinoza recommended creating a flyer/brochure/chart that compares a healthy snack vs. unhealthy snack.
 - Ray Saldana suggested getting exercises from YouTube and students can then perform the exercises with their family.
 - Janette Rodriguez, Nedia Espinoza, and Ray Saldana spoke about accountability. Mr. Saldana thinks that there should be daily accountability. Mrs. Espinoza suggested sending the “family activity calendar” with the daily conduct/homework sheet for elementary students. Mr. Saldana suggested doing the exercises in PE and Mrs. Espinoza is in agreement.
 - Eliza Gomez stated that she thought the calendar was very well-thought out. She also reiterated that the calendar should be targeted towards students that are not active.
- Texas School Physical Activity and Nutrition Survey - purpose, process and benefits explained by Janette Rodriguez
 - Janette Rodriguez suggested implementation of the survey for the fall of 2022.
 - Ray Saldana thinks that it is a great opportunity for our students and district.
 - Nedia Espinoza thinks that every effort should be made to do this survey and any opportunity to gain resources for our students should be done.
 - House Bill 1525, including basic information about the changes in Sexual Education Curriculum, were presented by Janette Rodriguez
 - The Board of Trustees is required to consider a resolution for SBCISD’s sexual education curriculum. If resolution is passed at next board meeting on May 10, 2022, then the SHAC will need to review and discuss sexual education curriculum. The SHAC must hold two public meetings on the curriculum before adopting any recommendations. The SHAC must then make a recommendation to the board on

curriculum for sexual education. At that point, the Board of Trustees will make a decision to adopt or decline the recommendations made by the SHAC.

- Other key components discussed by Janette Rodriguez included: active consent and availability of curriculum materials for parents
- Feedback provided by SHAC members and other individuals in attendance:
 - Mrs. Servellon asked what type of process was going to be used to make a recommendation to the Board of Trustees. It was discussed that teachers, community members, etc were included in this discussion to determine what direction to take for the curriculum. She also suggested involving the athletic director(s).
 - Nedra Espinoza is in agreement and stated that parents and community members should be very involved. She reiterated that we need to be aware and cognizant of the community values and culture.
 - Ray Saldana discussed his previous experience as a health teacher.
- Election of officers discussed by Janette Rodriguez.
 - The SHAC is required to have a chair, co-chair and secretary. The chair or co-chair are required to be parents.
- Meeting concluded at 4:14pm by Janette Rodriguez.



Janette Rodriguez, RN
SHAC Co-Coordinator



Date