CISD School Health Advisory Council Minutes

Date: 1-21-26
Time: 9 AM - 11:00 AM
Facilitator: Mrs. Miriam Marquez

In Attendance:

Family Engagement Specialist CCLC, Secondary C&I Clerk, Assistant Director Data & Accountability, Clint ISD Head Nurse, Chief Technology Officer, Public Relations Specialist, Public Relations Manager, Director Child Nutrition, Child Nutrition Program Finance Director, Benefits Coordinator, Translator, Teachers/Coaches and Parents.

Minutes by:

Silvia Castro, Secondary Curriculum and Instruction Clerk

Presenter: Mrs. Miriam Marquez

Notes:
Introduction of speakers - Mrs. Miriam Marquez
Clint ISD core values and explanations to the committee.

Agenda: Overview

- Greeting and welcome
- Family survey - QR codes on table
- Introduction of SHAC
- Introduction of all attendees
- Presentation
    - Mental Health- presented by Juliana Aguilar, Statewide Education Specialist, Safe School Institute, Crime Stoppers of Houston
    - Child Nutrition Program Updates by Carlos Villalobos
    - Questions & Answers
    - Conclusion: Next Meeting-March 25, 2026

Mrs. Miriam Marquez, Family Engagement Specialist began meeting at 9:02 a.m., welcomed all attendees, and thanked them for attending.

Introduction of meeting, Clint ISD Core Values, SHAC overview, SHAC Team Introduction and Family Survey

SHAC overview. .

What is SHAC? School Health Advisory Council. SHAC meeting requirements; we are required to have 4 meetings and send out communications to the community at least 2 weeks in advance. Flyers sent out to campus. All calls were also done to reach out to the community. Meetings are being audio and video recorded. After our meeting this morning, we have 10 days to post the meeting agenda, minutes and video on our website.

- Introduction of the SHAC team
- Introduction of attendees

Family Survey

Scan the QR Code for our Family Survey.

Mental Health- by Juliana Aguilar, Statewide Education Specialist, Safe School Institute, Crime Stoppers of Houston

Pease share with your school counselor.

Provided resources: Gave 1 Child Identification Kit to each attendee.

Ms. Aguilar informed attendees it's one per child, anything to identify the child. This is a great thing they do. High School students helped her put this together.

What is the safe school Tip Line?

An anonymous way to report crimes, illegal activity and any student code of conduct violation. You are eligible for cash rewards if your tip leads to an arrest or disciplinary action. The bigger the city the bigger the reward. Kids like to use it. Up to a certain amount.

Social Media and Mental health and the impact it has.

Mental health is how we act and feel.

Human Brain Development-A Human Brain doesn't fully develop until the age of 25.

1) Limbic System

Dopamine-The addictive nature of social media activates the brain's reward.

Dopamine is released and that is how we want to post more. Teenagers love attention.

Students are comparing themselves to others. Especially girls.

This can lead to depression and anxiety. The average user is about 8 hrs. a day. During break it can go up to 20 hrs. a day. Kids in elementary school have phones, tablets.

95% of teens have a phone. 75% of teens have at least one active social media platform.

54% say it would be hard to give up social media.

Mrs. Aguilar asked the attendees how many of them have more than 3 social media platforms.

The moment you wake up in the morning what is the 1st thing you do? Get your phone.

Terms and abbreviations.

Algorithm

Lurker

Tag

Virtual Reality

Artificial Intelligence

Cyber Bullying is still an issue and is the #1 method of bullying.

80% of kids have seen inappropriate content online.

Grooming

Social Media Over Time-You Tube continues to be the Top Platform.

- Emojis and Teens
- Extortion and pornography-
- Sextorsion

The average age of first exposure to porn is 12 years old.

More than ⅓ of teens used social media to view porn.

Predators impersonating young girls are currently targeting boys ages 14-17 years old.

85% of teens do not disclose instances of blackmail due to embarrassment.

Among kids who have shared their own nudes.

There are teens dating apps.

The concern is who else is on it. The one most often used is Meet Me.

They also use adult dating apps because all they ask is to check if they are over 18 years old.

Prevalence

Demonstrates chart of US Adults diagnosed with Mental Health in Millions.

Vulnerability has an impact on mental health. If they don't have a good relationship with loved ones, they are more vulnerable.

Stages of Grooming: Target-Gain Trust-Isolate–Capilatize

Target- They target someone that is in social media-how many have it public. They post how they are feeling.

Gain-by loved bombing and showering them with comments.

Trust-Gain their trust.

Isolate-Isolate from their loved ones.

Capitalize-

Houston is #1 and Dallas is #2

Example- Sophomore girl is talking to someone in Florida. When they talk, his excuse is that his camera broke. He showers her with comments. Kids fall for groomers that fill them with lies.

Bark's 2024 Case Study

Took all Data- Teen under the age of 13 are talking about suicide, bullying, sexual and drugs and alcohol.

Common Health Disorders

1) Anxiety
2) Depression- If more than 2 weeks of being sad then they need to seek help.
3) Substance Use Disorders
4) Eating Orders- It is calm now but with Ozempic it will rise.

- Leading to a balanced life.
- Turn off notifications
- Limit Screen TIme
- Unfollow certain users

- Quieting your mind
- Meditating
- Exercise
- Talking to someone
- Self Help Strategies

<u>David Law</u>

It protects a student against Cyberbullying.

Threats, Impersonation, Child Sex Abuse Material (CSAM)

-Misdemeanor Charges.

Social Media Resources-Shared Websites: National Center for Exploited Children is a great tool.

Safety at your fingertips.

Safetext is an AI-powered tool to help you.

Provided QR Code to the packet.

Ms. Aguilar passed out coupons and resources to the attendees.

Parents asked about the resource-Take it down.

Ms. Aguilar informed the audience of Take It Down, a great resource.

Child Nutrition Program Updates by Carlos Villalobos

- Menu Planning Committee Meetings
  - Parents, students, administrators and experts are invited to help review and shape our school meals. Attendees will have the chance to sample some of the foods we serve, giving first-hand insight into the flavors and quality that impact our students' daily meals.
- Meetings per area
  - Clint Area: W.D. Surratt Elementary Cafeteria-February 19, 2026
  - Horizon Area: Frank Macias Elementary Cafeteria- February 26, 2026
  - Montana Vista Area: Montana Vista Elementary Cafeteria- March 5, 2026.
- USDA School Milk Update
  - Recent Federal Guidance now allows schools participating in the National School Lunch program to offer whole and 2% milk in addition to low-fat and fat-free options as well as alternatives for students who are lactose intolerant.
- Smoothies and Parfaits
  - After seeing the success at the high school level, we've added smoothies and parfaits to all schools.
  - Will be providing snacks 3 times a week.
  - Encourage students to try fruits and vegetables.

- Limited Time Offer: Spicy Chicken & Street Corn Macaroni and Cheese
  - Macaroni & cheese with roasted corn, spicy popcorn chicken, crumbled feta green onions, and a drizzle of sriracha ranch was featured as a limited-time offer for our secondary students last week of the month..
  - These limited time offerings allow us to introduce students to new recipes outside of their usual palate.

- Due to the positive feedback received, we plan to feature this dish again later in the semester.
- We want to get more kids to eat. We have vending machines that provide smoothies so they can do good in the classroom
- Provided the audience the samples of the Limited Time Offer: Spicy Chicken & Street Corn Macaroni and Cheese and asked the audience if they liked it.
- Most of the audience responded and liked the sample.
- Question from audience regarding the different types of milk that is being offered.

Questions

No questions were asked by the audience.

This concludes today's meeting. The meeting ended at 10:04 a.m.

Meeting recording available online at www.clintweb.net

Next Meeting :
March 25, 2026
9 AM - 12 PM
Central Office
Board Room (700)