CISD School Health Advisory Council Minutes

Date: 3-25-26
Time: 9 AM - 11:00 AM
Facilitator: Mr. Rodrigo Hernandez

In Attendance:

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

Minutes by:

Silvia Castro, Secondary Curriculum and Instruction Clerk

Presenter: Mr. Rodrigo Hernandez

Notes:
Introduction of speakers - Rodrigo Hernandez
Clint ISD core values and explanations to the committee.

Agenda: Overview

- Greeting and welcome
- Family survey - QR codes on table
- Introduction of SHAC
- Presentation
    - Fitness gram by Amanda Rueda, Assistant Director of Accountability
    - Drug and Substance Abuse Prevention by Juliana Aguilar, Statewide Education Specialist, Safe School Institute, Crime Stoppers of Houston
    - Campus Care Clinics by Idalia Valdez, Clint ISD Lead Nurse
    - Child Nutrition Program Updates by Carlos Villalobos
    - Questions & Answers
    - Conclusion: Next Meeting-2026-2027 School Year

Mr. Rodrigo Hernandez, Assistant Director of Special Education began meeting at 9:08 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

Family Survey

Scan the QR Code for our Family Survey.

2025-2026 Fitnessgram by Amanda Rueda, Assistant Director of Accountability

Review Fitnessgram

- State law requires school districts to annually assess the physical fitness of students enrolled in grade three or higher and to provide the results of individual student performance on the administered physical fitness assessments to the Texas Education Agency (TEA). The **Physical Fitness Assessment Initiative** (PFAI) is a program designed to collect and analyze the required student physical fitness data.

- Physical FitnessGram Data must be entered by May 1, 2026.
    - Parents will receive a notification that they can request their child's physical fitness assessment results at the end of the school year.

- Questions- No questions were asked by the audience.

Drug and Substance Abuse Prevention- by Juliana Aguilar, Statewide Education Specialist, Safe School Institute, Crime Stoppers of Houston

- Substance Use Prevention-Educators
- Experimentation and the Brain-Frontal Lobe this part is in charge
    - Development info the Mid-20's
    - Behavior, Motivation, Reactions, Urges, and Sleep
    - Capacity to plan, Organize, self monitor, goal setting

- Experimentation-The earlier you begin using a substance the greater the risk of addiction. People that sell drugs know this information; they target the younger crowd because they know if they start to use it they are more bound to continue to purchase. This is any kind of substance, pill, weed, vapes, even alcohol.
    - First used before 15 : 28% (when they start highschool–around their freshmen year)
    - First used 15-17:-18%
    - First used 18-20: 7.4%
    - First used 21+: 4%
- Is experimentation really so bad? Absolutely.
- Shared graphs to explain how addition actually works.
    - We have a chemical in our brain called Dopamine.
    - Dopamine is a happy chemical that goes off in our head when we receive something that we like.
    - We have a capacity of only being able to obtain 200% ; we can only take so much of Dopanime that can go off in our heads.
    - When we eat something we like, Dopamine is going off about 100%.
    - When someone consumes cocaine, that is going above our threshold, because our bodies were not meant to obtain this kind of dopamine in our brains, it's like our brain is being hijacked.
    - Our brain likes it and wants more and more, and is experiencing it at a whole new level of dopamine they have never experienced before. This is how experimentation gets to be bad because now you have consumed it, experienced it and you want to experience that high level of dopamine-this is cocaine at about a 300% threshold.

    - When someone consumes something so high like Meth, it really exceeds the dopamine levels, they really do some damage to us because as we know we have this in the streets people become homeless, they lose their jobs, lose their families, they don't care how to obtain this drug.

- Effects on the brain.
    - Demonstrates a picture of the activity of a healthy brain and another of an active cocaine user and sober only for about 10 days.
    - If this person wanted to go back to having a healthy brain it would take them anywhere from 5-10 years.

- Why do people use substances? Many reasons. These are the most common.
    - Peer pressure (especially with kids that are in high school/ upper middle school)
    - Boredom
    - Grieving after a loss
    - Social Gratification-they see others doing it and want to be accepted.
    - Reduce Stress
    - Self Medication
    - Thrill Seeking
    - To perform better

- Substance types that are most common-Synthetic-anything man made.
    - Opioids
    - Over the counter
    - Nicotine-the Zins are very popular
    - Alcohol
    - Marijuana

- Synthetic Drugs are either artificially created or modified to mimic or change the effects of natural drugs. Common synthetic drugs include
    - Delta-*
    - 7-hydroxy
    - Synthetic opioids (fentanyl-it is very strong ,the strongest drug out there currently.

- Synthetic Drugs: Risks
- Opioids often called painkillers are prescription medications that block pain signals between the brain and the body.
    - Morphine, Codeine, Opium,Herium
    - Fentanyl- is the most powerful drug out there right now. All that needed to get someone an overdose or possibly cause death, 2 milligrams of fentanyl equivalent to 2 little grains of salt.
    - If you consume fentanyl and didn't have the exact 2 milligrams amount and you consumed it and you were able to survive the consumption of fentanyl have now developed a quick addiction because of the potent fentanyl has.
    - Opioids risks- increases your tolerance and tolerance, and overusing can eventually develop into even constipation, throwing up, and dizziness.
    - If you are caught with Opioids the penalty starts off with just 2 years in jail and up to $10,000 but everything depends on how much you are carrying.
    - Talks about a situation where an officer received a call about a playground where someone left tinfoil at a playground, they didn't want to touch it. Someone had been smoking Fentanyl from this tinfoil. If healthy skin comes in contact with fentanyl, you can potentially still overdose. Do not pick it up.
    - The penalty for any possession of opioids starts at 180 days to life in jail, a $10,000 fine, or a $250,000 fine if in possession of 100 or more grams.

- Opioid response-Narcan a way to sort of reverse the symptoms of an overdose, provide you with more time until paramedics get there and they can get you the proper medical attention that you need. This is available over the counter.
    - This can be used at all ages. Comes with 2 nasal sprays.
    - This is to be in every school in Texas.

- Marijuana contains THC and CBD, which affect the brain and alter mood or perception. It has medical uses and can also be synthetic produced with added chemicals.
    - THC triggers dopamine release for euphoria and disrupts memory formation.
    - CBD is the compound in cannabis that promotes relaxation but can disrupt teen brain development impairing concentration memory and IQ. Used more in a medical setting.
    - Shows 3 pictures of effects on the brain.
    - Marijuana risks: It stunts your brain development; going to give you a loss of perception, motor skills. Someone that has been smoking marijuana for years, you might notice they move differently. Maybe they become a little lazy, they don't want to do certain things.
    - Laws depend on age and how much you have on you. You start to get charged with at least 2 years of jail. If they are 17 years old it also depends how much

you have on you, they can be charged as an adult now. If they are under 17 more than likely they will go to some kind of juvenile probation department. Are available over the counter but you do need to be 18 to purchase.

- OTC Trends for concern
    - Dietary Supplements-cough syrup and any kind of pain killers.
    - Some students overconsume them- they think the more they take the better they feel if they have some kind of pain. The other downside is they also overdose because that was their interntion and they wanted to commit suicide. If you have anything like this at home, please keep it in a safe place to avoid easy access.
    - Trends for concern
        - Kratom is new on the market , and it's within the marijuana family. It's from a tropical tree and it's sold anywhere, at any vape shop. It's low dosage, and acts as a stimulant, the more you take the more your body reacts and it acts as a sedative and it can cause hallucinations and that is the concerning part. It will take you to another world as some may say. It causes confusion and nausea. Unfortunately right now in Texas Kratom it is legal to purchase. It is a big right one in the market and also Keramine.
        - We need to be focused. Drug dealers want to continue to make money and make new substances.
        - Something is in the works right now that is stronger than Fentanyl. It's within the Fentanyl family but much stronger.
        - Side effects: Breathing problems, unexplained seizures, and death iif it is overconsumed.

- Nicotine is a stimulant that speeds up brain-body messages and alters brain function.
    - Where is Nicotine found?
        - ZYN
        - Cigarretes
        - Vaping Devices
        - Tobacco
        - Dip, Snuff, Chew

- Risks of Nicotine
    - Dry Coughing
    - Irritation of the airways
    - Shortness of breath
    - Headaches

- Law-Must be 21 to purchase
- A lot of vape shops won't ID students.
- Penalty-Class C misdemeanor, $800 fine and attend a Tobacco Awareness Program.
- Show's a video of how many vape products you can spot.
    - It had 41 items.

- Potency of Nicotine Salts
- Up to 5,000 puffs, equals =(13 ml of liquid) 32 packs packs of cigarettes.
- New Vaping Legislation
    - HB 6
        - Individuals must be 21 years or older to legally buy any tobacco product.
        - Provides schools with flexibility in punishment for students caught vaping on a school campus.
        - 1st time offenders may now be sent to ISS instead of DAEP.
    - HB 1313
        - It prohibits e cigarettes real-time retailers use of marketing or advertisement that is clearly aimed at children.

- Alcohol is a sedative-hypnotic drug that depresses the central nervous system at high doses, affecting every organ based on blood alcohol concentration (BAC) over time.
    - Effects on the brain-Shows activity of 2 pictures of the brain
        - Alcohol Poisoning, impulsive behavior, gaps in memory, changes in vision, hearing or perception, slurred speech, loss of consciousness, and death.
        - Must be 21 to purchase, possess or consume.
        - The penalty is a class C misdemeanor, punishable by a fine of up to $500, attendance of awareness class, and up to 40 hours of community service.
- Giving and receiving Support
    - Look for changes in behavior, appetite, appearance, language, routine, and priorities.
    - Use conversation starters
    - Resources
        - teen.smokefree.gov-Build a personal plan to quit, talk to a professional, sign up for daily text reminders and learn strategies to support quitting.

        - thetruth.com-Learn about how vaping can negatively impact your health and sign up for free text-based support for quitting vaping and/or coping with stress and anxiety.
        - Offering Refusal Skills

        - Receive Support through Direct Services
            - 988 Suicide & Crisis Lifeline
            - SAMHSA (Substance Abuse and Mental Health Service Healthline)
            - Start Your Recovery
            - TXAF (Texas Against Fentanyl)
            - Texas School Safety Center-2.0 Educator and Parent Tools
            - Texas E-Cigarrette and Tobacco Awareness Program
            - SafeSpace (TheSafeSpaceForStudents.com)
            - Texas Say What
            - SafeText -an AI empowered texting designed to enhance safety communication and accessibility across Houston and Texas.
    - Questions
        - Can you provide pictures of the brain scans?
            - Yes, can send Mr. Hernandez a picture of the slides.

Campus Care Clinics by Idalia Valdez Clint ISD Lead Nurse

- Clint ISD and Project Vida have partnered to provide Clint ISD students with medical services within the school district. Clint ISD students can now be referred by their school nurse to be seen at the Campus Care Clinics via a TytoPro device for symptoms such as cough, fever, runny nose, ear aches, headaches, pain with urination, etc. Clinic locations cover the areas of the Town of Clint, Horizon City and Montana Vista. They are located within the nurse's office at 5 of our campuses: Frank Macias Elementary, Ricardo Estrada Middle, Horizon High, East Montana Middle and Red Sands Elementary. Most insurances are accepted and there is no need to change the child's pediatrician.
    - Child Clinic's Locations: Frank Macias Elementary, Ricardo Estrada Middle School, Horizon High School, Read Sands Elementary and East Montana Middle School.
- Questions
    - Mr. William Swanson complimented Ricardo Estrada Middle School Heart Saved School-1st in our county. Appreciate the hard work. Congratulations.
    - For the discount is there a base rate, for the students that are self pay, or it depends on their income or how does that work?

The most a family would pay for a visit would be $75, however families can apply for a discount program that is income based and so it would be less than $75 but never more; that would include the testing for COVID, Strep, Flu and Urinalysis. Any medications that would be prescribed would be the pharmacy and that cost is separate from the actual program.

- How does this work with highschoolers because you are at EMMS right, the clinic?

  When it comes to high school the only high school that has the clinic is Horizon High School , so when I said the students can be there without the parent present are Horizon High School students. If someone from Mountain View needs an appointment then the parent needs to accompany them to East Montana Middle School for the appointment. If you are going outside your campus then the parent would need to be present. It's only the schools that have the clinic where the students 4th grade and above can go without a parent if the parent gave consent of course.

- If a student is at MVHS and then they need an appointment, the nurse will call you and ask you if you would like to be referred to the clinic . If you say yes then you would go with them but you don't need the nurse referral. If you know about the clinic, and your child woke up with a fever, and you're not going to send them to school then you can call the clinic and make an appointment. Unless the student is at school then of course it would be through the nurse. But if you;re going to keep them home then you can call the clinic and make an appointment. It's not a walk in basis, it's by appointment.

Child Nutrition Program Updates by Carlos Villalobos and Karla Guerra

- Spring 2024-USDA issues final rules on long-term school nutrition standards after listening to public feedback and following recommendations from the most recent Dietary Guidelines for Americans.
- Fall 2024- Flavored Milk: No changes to flavored milk standards. Additional Menu Options: Make it easier for schools to offer local , vegetarian, and culturally appropriate menu items.
- Falls 2025- Added sugards: Limit on added sugards in cereals, yogurt, and milk. Flavored Milk: Allow flavored milk with limits on added sugars.
- Fall 2026-No required changes; schools can voluntarily continue to gradually reduce the amount of added sugars and sodium. .
- Fall 2027-Added Sugars: No more than 10% of the weekly calories. Sodium: 10% reduction for breakfast. 15% reduction for lunch.

- More information in the city guidelines.

- Texas Updates: Signed into law on May 27, 2025, Texas Senate Bill 314 prohibits certain food additives in school meals provided through the National School Breakfast and Lunch Programs. Beginning in the 2026-2027 school year, the following additives will fall under this ban:
    - Brominated vegetable oil, Potassium bromate, Propylparaben, Azodicarbonatemide, Butylated hydroxyanisole (BHA), Red 3, Red 40, Yellow 5, Yellow 6, BLue 1, Blue 2, Green 3, Citrus Red 3, Orange B, Ammonia caramel, Titanium dioxide, and any additive substantially similar to those listed.

- Free Summer Meals During Summer Break
    - Free summer meals are available to all children and teens 18 years old and younger during summer break.
    - These meals help ensure kids continue to receive healthy, nutritious food even when school is not in session.
    - No cost to children, adults may purchase meals for $5 cash.
    - Available to all Clint ISD schools starting June.
    - No registration required; ID may be required at the front office to check in.
    - Open to all kids 18 and under.
    - Meals Must be eaten on site.
    - Meals include breakfast and lunch that meet USDA nutrition guidelines providing the energy students need to stay active and healthy throughout the summer.
    - These programs are funded by the U.S. Department of Agriculture (USDA) and help fill the gap when students no longer have access to school meals during the summer months.
    - For the most updated information, including times, visit the Child Nutrition Department tab at clintweb.net

- Menu Advisory Committee Meeting
    - Parents, students and community members are invited to attend the Menu Advisory Committee Meeting to share feedback and help shape school meals.
    - Date: Thursday March 26, 2026, Time: 5:00 p.m. , Location: W.D. Surratt Elementary School Cafeteria 12675 Alameda Ave., Clint TX 79836

- Attendees will have the opportunity to review menu items, sample potential offerings and provide input on school nutrition programs. Feedback from this meeting will help guide menu planning and improve the overall dining experience for students.

- Questions

1) For the milk alternatives options do we still need a doctor's note.?
    a) At the time, we still need a doctor's note, if unable to provide a doctor's note a parent note will suffice.

Mr. William Swanson commented that students at REMS complimented the food.

Questions

No questions were asked by the audience.

This concludes today's meeting. The meeting ended at 10:26 a.m.

Meeting recording available online at www.clintweb.net

Next Meeting :
2026-2027 School Year