CISD School Health Advisory Council Minutes

Date: 9-9-2026
Time: 9 AM - 11:00 AM
Facilitator: Mr. Rodrigo Hernandez

In Attendance:

Director of Special Education, Assistant Director of Special Education, Project Manager , Director of Athletics, Family Engagement Specialist CCLC, Secondary C&I Clerk, Director Child Nutrition Program, Child Nutrition Program Finance Director,, Benefits Coordinator, Translator, Teachers/Coaches and Parents.

Minutes by:

Silvia Castro, Secondary Curriculum and Instruction Clerk

Presenters: Mr. Rodrigo Hernandez and Norma Torres

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
    - FitnessGram-Presented by Mr. Arturo Cruz
    - Child Nutrition Program presented by Mr. Carlos Villalobos
    - Questions & Answers
    - Conclusion: Next Meeting-November 18, 2026

Mr. Rodrigo Hernandez, Assistant Director of Special Education began meeting at 9:07 a.m., welcomed all attendees, and thanked them for attending. Mr. Hernandez announced Ms. Norma Torres will be taking over the SHAC meetings.

Ms. Norma Torres introduced herself and continued with the meeting.

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

Family Survey

Scan the QR Code for our 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

FitnessGram presented by Mr. Arturo Cruz, Director of Athletics

- 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.
- Required Physical Fitness Assessment Grades 3-12
    - Aerobic Capacity
    - Pacer or One-Mile Run or One-Mile Walk
    - Body Composition
    - BMI or Skinfold-checking for height and weight
    - Muscular Strength and Endurance

Mr. Cruz asked two coaches to demonstrate how a push up should be performed.

- Curl-up, Turn and one other item: Push-Up or modified Pull-Up or Pull-Up or Flexed Arm Hang. Mr. Cruz asked the audience to put up the right hand and place it behind the back and touch on the back with the left hand.
- Flexibility
- Back Saver Sit and Reach or Shoulder Stretch

- Assessment Window and Deadlines
  - The assessment window will open starting January 12, 2027.
  - We encourage everyone to begin assessing and entering data as soon as the window opens
  - Physical FitnessGram Data must be entered by May 1, 2027.

Child Nutrition Program Updates by Mr. Carlos Villalobos

- Clint ISD is now operating a GODEGA, providing students with convenient grab-and-go meal options.
- GODEGA is helping creating a more convenient and flexible meal experience while supporting student nutrition.
- Child Nutrition Program Feedback Survey
  - We would like to learn more about:
    - How families receive information about school meals
    - What they know about the nutrition programs
    - How we can better communicate with and serve our students and families
- Scan the QR code to complete a short survey and help us continue improving cafeteria meals for your children.

A parent asked a question: She has her daughter at REMS and has a special diet and all she eats is vegetables, salads and french fries and asked why.
Ms. Guerra, Dietician, informed her she would follow up and recommended to get her child doctor's note in regards to diet.

Mr. Villalobos informed the audience fresh salad bars are available at the high schools, middle schools and elementary schools. We are trying to do different things. Students like chicken.

Ms. Torres asked parents to introduce themselves and what campuses they are coming from. Parents provided positive feedback about the SHAC meeting and the importance of and support of exercise and nutrition both at home and school.

Parents from CECA, REMS, FME, and CHS were present in the meeting.

This concludes today's meeting.

Meeting recording available online at www.clintweb.net

Next Meeting :
November 18, 2026
9 AM - 12 PM
Central Office
Board Room (700)