CISD School Health Advisory Council Minutes

Date: 11-18-2026
Time: 9 AM - 11:00 AM
Facilitator: Norma Torres

In Attendance:

Director of Special Education, Assistant Director of Special Education, Director Project Director CCL, Program Specialist CCLC, Secondary C&I Clerk,Benefits Coordinator, Teachers/Coaches and Parents.

Minutes by:

Silvia Castro, Secondary Curriculum and Instruction Clerk

Presenter: Norma Torres

Notes:
Introduction of speakers - Norma Torres

Agenda: Overview

- Greeting and welcome
- Family survey - QR codes on table
- Presentation
    - Physical Education Information
    - Healthy Habits for Holiday Breaks with Mrs. Martinez
    - ACE Program presented by Mr. Eric Villalba
    - Questions & Answers
    - Conclusion: Next Meeting-January 20, 2027

Ms. Norma Torres, Assistant Director of Special Education began meeting at 9:02 a.m., welcomed all attendees, and thanked them for attending.

Introduction of meeting, SHAC Team Introduction and Family Survey

Family Survey

Scan the QR Code for our Family Survey.

Introduction of SHAC team

PE On a Daily Basis, Department of Athletics

- **Elementary School PE (Frank Macias)**
  - PE 9-Week Unit Example
  - PE Lesson Example
  - Warm-up Example of a Day in PE
  - PE Life
    - Parent Wellness Day
    - Different PE Activities
    - Marathon Kids (Fitness Thursday)
    - UTEP students teaching and learning

- **Secondary PE Class (CECA)**
  - CECA Class Time Breakdown
  - PE Class Breakdown
  - Write to Express
  - Daily Stretches
  - Dynamic Stretches
  - Warm Up : Round 1
  - Workout: 2 Rounds (Timed Circuit)
  - Learning Objective
    - Example Volleyball

Healthy Habits for the Holiday Break presented by Valerie Martinez, Benefits Coordinator

A guide for Clint ISD Employees and Staff to Recharge

- **Disconnect from School and Work**
  - Mute school apps
  - Set clear boundaries
  - Read for pure pleasure

- **Prioritize Rest and Sleep**
  - Keep a stable sleep schedule
  - Embrace total relaxation

- **Keep Moving Every Day**
  - Take daily fresh-air walks
  - Make movement fun
  - Stretch out the tension

- **Keep Moving Every Day (2)**
  - Stretch Break

- **Eat in Moderation**
  - Ditch the guilt mindset
  - Balance your plate
  - Stay well-hydrated

- **Maintain Gentle Routines**
  - Start with a morning routine
  - Ease back into the school routine

ACE Program presented by Mr. Eric Villalba, Project Director CCLC

Mission Statement: Texas ACE empowers students to realize their potential and change the world.

- **History of the 21st CCLC Grant**
  - Previously awarded under Cycle 11
  - 5-year grant
  - About $850,000 per year
  - All 4 middle schools

- **New Cycle: Cycle 13**
  - 137 grants submitted; 37 awarded
  - Only district in Region 19 awarded
  - Serving all 6 elementary and 4 middle schools
  - $1.9 million / year for up to 5 years

- **Texas ACE Roadmap**
  - 5 to Drive: The Starting Line
  - Coaching to Quality: The Journey
  - Program Evaluation: The Checkpoint
  - Texas Ace Why: The Destination

- **Three Key Strategies**
  - Strong Program Operations
  - Alignment with School-Day
  - Community Involvement

- **Four Types of Activities**
  - Academic
  - Enrichment
  - College and Career Readiness
  - Family Engagement

- **5 Measurable Goals**
    - Improve academic performance in math
    - Improve academic performance in reading
    - Improve school attendance
    - Improve student engagement in learning
    - Improve parent/family engagement

- **Logistics**
    - Afterschool
    - Summer

- **Current Enrollment**

- **Upcoming Games**

Parent from CTW/CECA was present in the meeting.

The meeting ended at 9:45 a.m..

Meeting recording available online at www.clintweb.net

Next Meeting :
January 20, 2027
9 AM - 12 PM
Central Office
Board Room (700)