

THE DISTRICT OF INNOVATION

COMMITTED, **L**EARNER-CENTERED, **I**NNOVATIVE, **N**URTURING, **T**RANSPARENT



School Health Advisory Council

November 18, 2026
9:00-11:00 AM
Clint ISD Central Office
Board Room 700

CLINT INDEPENDENT SCHOOL DISTRICT
CORE VALUES

Committed to student success as a shared responsibility among students, parents, educators, the School Board and the community.

Learner-Centered by ensuring that all students receive quality teaching and engaging instruction.

Innovative in using global thinking and technology to empower students to become lifelong learners.

Nurturing by creating an educational environment where all students are socially and emotionally supported, safe and valued.

Transparent through open communication, leadership, accountability and integrity.



Agenda

- Welcome
- Conclusion: Next Meeting-January 20, 2027
- Physical Education Information
- Healthy habits for Holiday Breaks
- ACE Program Information
- Questions & Answers

Our meeting will be recorded. Minutes will be taken and posted. Spanish translation available.

Family Survey

- Welcome
- Please scan the QR code to answer a few questions on our family survey.

2026/2027 District SHAC Team

- Rodrigo Hernandez, Director Special Education
- Norma Torres, Assistant Director Special Education
- Eric Villalba, Project Director ACE CCLC
- Miriam Marquez, Program Specialist CCLC
- Silvia Castro, Secondary Curriculum & Instruction Clerk
- Arturo Cruz, Director of Athletic Services
- Carlos Villalobos, Director Child Nutrition Program
- Sergio Chairez, Child Nutrition Program Finance Director
- Idalia Valdez, Clint ISD Head Nurse
- Gisela Lucero, Chief Technology Officer
- Adriana Maciel Rodriguez, SPED Coordinator
- Valerie Martinez, Benefits Coordinator
- Kevin Venegas, Public Relations / Multimedia Specialist
- Jessica Perez, Public Relations / Graphic Designer & Illustrator Specialist

SHAC District Website

Visit our website for more information:



https://www.clintweb.net/students/student-health-advisory-committee-shac/about-shac

PE On A Daily Basis

Department of Athletics

Welcome to Frank Macias P.E.

Coach Diaz
Coach DJ
Coach Ramos
Coach Venegas



PE 9-week Unit Example



FME PE Units



Date	Units K-2nd	TEKS	Units 3rd-5th	TEKS
July 27th-Aug 7th	**Rituals Routines** **Objectives:** Transitions, start and stop signals, assigned spots, ice breakers, playground rules, bathroom rules	K-6(C) 1-6(C) 2-6(C)	**Rituals Routines** **Objectives:** Transitions, start and stop signals, assigned spots, ice breakers, playground rules, bathroom rules	3-6(C) 4-6(C) 5-6(C)
Aug 10th-21st	**Dodging and fleeing** **Objectives:** Boundaries and spatial awareness	K-6(A) 1-6(A) 2-6(A)	**Dodging and fleeing in lead-up games** **Objectives:** Boundaries and lead up activities, dodging and fleeing.	3-6(A) 4-6(B) 5-6(B)
Aug 24th-Sept 4th	**Objectives:** locomotor skills and balancing	K-1(A) 1-1(A) 2-1(A)	**Objectives:** Locomotor skills and balancing	3-1(A) 4-1(A) 5-1(A)
Sep 7th-18th	Jump Rope **Objectives:** Basic Jump rope skills	K-1(B), 3(H) 1-1(B), 3(H) 2-1(B), 3(H)	Jump Rope **Objectives:** Jump rope skills development and progressions	3-3(H) 4-3(H) 5-3(H)
Sep 21st-25th	**Throwing and Catching** **Objectives:** Throwing skills Catching skills		**Throwing and Catching** **Objectives:** Throwing skills [illegible]ls	

PE Lesson Example

Thanksgiving activities (Nov 16-20th)

Grade Level: K-5th | **Unit Focus:** Fitness activities | **Prepared By:** Coach Diaz & Diaz

Overview & Purpose

- Students will learn a variety of fitness and health related skills during thanksgiving week activities
- Students will be able to demonstrate safe play, sportsmanship and follow rules and procedures.

Standards Addressed

- 4(4C) Apply speed, direction, and force during dynamic activities and lead-up games.
- 4(8B) Demonstrate frequency and intensity during endurance activities.
- 4(8C) Identify and demonstrate the components of health and skill-related fitness.
- 4 (16A) participate in moderate to vigorous physical activities for a sustained period of time

Learning Outcomes

- **I will** learn a variety of skills and what am I thankful for
- **We will** participate, listen and engage in all activities.

Instructional Activities

Fitness/Warm Up -

1. FME warm-up

Movement/Skill (Lesson Focus) -

- Turkey Tag
- Build your own Turkey
- Turkey Trot

Games/Closure/Cooldown -

1. Exit ticket writing prompt or oral answer.

Materials /Resources

- Cones scarfs
- Lots of different equipment
- Music & Mic popsicle sticks

Safety

- Students follow instructions and are aware of their space.
- Keep hands and feet to yourself.
- Follow stop and start signals.

Modification/Differentiation

- Use visuals as needed.
- Use exercise modifications for different fitness levels.
- Demonstrate as many times as needed.

Essential Questions

- What is a turkey trot?
- What are you thankful for?

Assessment Methods

☒ Teacher Observation	☒ Exit Slip	☐ Plickers
☐ Fitness Testing- Data Collection	☐ Class Question/answer	☒ Oral Response
☐ Skill-Based Checklist or Rating scale	☐ Video-Based assessm	☐ Cognitive Test
☐ Group Assignment	☐ Homework Activity	☐ Other

Warm-up Example of a day in PE

PE Warm-up Activities

- Students will maintain distance and have space to move during PE class and will move around their assigned space.
- Lily pads/poly spots might be scattered around the gym/field. Students find a lily pad to stand on ready to warm-up. Number spots are also assigned to students.
- **Eagle warm-up routine (10 minutes or less):**
  - Jumping jacks
  - Front to back hops
  - Side to side hops
  - Heel kicks
  - Calf raises
  - Scissor jumps
  - Scissor kicks
  - Popcorn (high-knees)
  - Arm circles
  - Washing machines
  - Pump-ups
  - Side bends
  - Chest pulls
  - Cardio laps (if there's time. These can be done at the beginning or end of warm-up)



-Instant activity lessons might also be used as a warm-up to get the students' heart rate up.

PE LIFE

Parent Wellness Day





Different PE activities





Marathon Kids (Fitness Thursday)









PE LIFE

UTEP students teaching and learning







Different PE activities








THANK YOU
Coach Diaz
Coach DJ
Coach Ramos
Coach Venegas

CECA

PE CLASS



CECA CLASS TIME BREAKDOWN

M / W / F Classes:

1 hour 30 minutes

T / TH Classes:

1 hour 45 minutes

*4 class periods per day

PE CLASS BREAKDOWN

- 10 MINUTE TIMER: W2E, SUIT OUT, RESTROOM, FILL WATER BOTTLES
- ATTENDANCE ROWS
- DAILY STRETCHES:
  - BASIC STRETCHES
  - DYNAMIC STRETCHES
- WARM UP
- WORK OUT

  3-5 MINUTE BREAK

- UNIT PLAY

  DRILLS
  GAME

- LAST 15 MINUTES: GO SUIT BACK OUT

WRITE TO EXPRESS

VOLLEYBALL:

"A great volleyball game isn't won by the tallest jump or hardest hit, but by the six players moving as one." What does this mean about teamwork vs. individual skill? Explain your answer.

Explain how rally scoring works in volleyball as best as you can without looking it up.





DAILY STRETCHES

Chest Extensions (arms out)

Alternating Chest Extensions (up/down)

Triceps

Quad Stretch

Calf Stretch

Hamstring Stretch (legs together, R/L, L/R)

Sexy Pose (low back)

DYNAMIC STRETCHES

Frankensteins (30 meters)

Knee to Chest

Statue of Liberty

Toe Walk / Heel Walk

Hip Rotations (Inside - Out)

Hip Rotations (Outside - In)

Lunges

Scoops

Front Skips

Backward Skips





WARM UP: ROUND 1

50 SINGLES

25 CALF RAISES

25 RUSSIAN TWISTS


WARM-UP: 1 ROUND
50 Singles
20 Calf Raises
20 Russian Twists

WORKOUT: 2 ROUNDS (TIMED CIRCUIT)

30s Jumping Jacks
30s Forearm Plank Hold
30s Crunches
30s Jog in Place
30s Upright Plank Hold
30s Leg Raises
30s Squats
30s Shoulder Taps
30s Heel Taps




WORKOUT: 2 ROUNDS
30s Jumping Jacks
30s Forearm Plank Hold
30s Crunches
30s Jog in Place
30s Upright Plank Hold
30s Leg Raises
30s Squats
30s Shoulder Taps
30s Heel Taps
INTERVAL TIMER
30/15
6 MINS
8 SETS

VOLLEYBALL

Learning Obj: I will be able to describe the core skills and rules of volleyball while actively applying strategies during play.

https://www.youtube.com/watch?v=KuKYiUfcCNU


VOLLEYBALL SKILLS
PASSING
SETTING
PEPPERING
SERVING
SPIKING
*GAME

VOLLEYBALL EXIT TICKET



What are some key points when passing a ball?

*Flat Platform
*Thumbs pointing down
*Dominant foot in front of non-dominant foot
*Low center of gravity
*Use your legs
*Platform pointing to your target

Healthy Habits for the Holiday Break

A Guide for Clint ISD Students and Staff to Recharge

Valerie Martinez, Benefits Coordinator

Disconnect from School and Work

- **Mute school apps:** Turn off notifications for school email, grading portals, and classroom management apps so you are not pulled back into daily assignments.
- **Set clear boundaries:** Let coworkers or classmates know you will be entirely offline for a couple of days.
- **Read for pure pleasure:** Swap out textbooks, lesson planning, and professional development for a fun fiction novel, comic book, or memoir.



Prioritize Rest and Sleep

- **Keep a stable sleeping schedule:** Aim for 7 to 9 hours of sleep, and try not to let your bedtime drift more than an hour or two past your normal routine.

- **Embrace total relaxation:** Give yourself permission to enjoy physical rest (sneaking in a midday nap), mental rest (stepping away from problem-solving), and sensory rest (spending time in a quiet, dimly lit room).



Keep Moving Every Day

- **Take daily fresh-air walks: Get outside for a 20-minute walk to clear your mind, boost your mood, and soak in some daylight.**
- **Make movement fun: Swap long gym sessions for gentle yoga, backyard games, or dancing to your favorite holiday music.**
- **Stretch out the tension: Spend five minutes every morning or evening doing light stretches to release the physical stress built up from sitting at desks.**

Keep Moving Every Day (2)

Stretch Break! Mickey Mouse Funhouse

https://youtu.be/JFuPyAUiXic?si=xF8xkmnlO0zuIyiO&t=6

Eat in Moderation

- **Ditch the guilt mindset: Enjoy your favorite seasonal treats and traditional holiday foods without stress or restriction.**

- **Balance your plate: Pair richer holiday dishes with plenty of colorful fruits, roasted vegetables, and lean proteins.**

- **Stay well-hydrated: Swap Keep a water bottle close by throughout the day, choosing water as your main drink to counter heavy meals.**



Maintain Gentle Routines

- **Start with a morning routine:** Take a few peaceful minutes to connect—whether over a warm cup of coffee/tea and a quick chat with your children - before diving into family activities.

- **Ease back into the school routine:** Set aside the very last day of break to organize your backpack or desk, pack a lunch, and prep an outfit so the first morning back feels smooth and stress-free.

THANK YOU FOR YOUR ATTENTION!

We hope this information is helpful to you.

Wishing you a wonderful, relaxing, and peaceful Thanksgiving Break spent with the people you love.

2026-2027

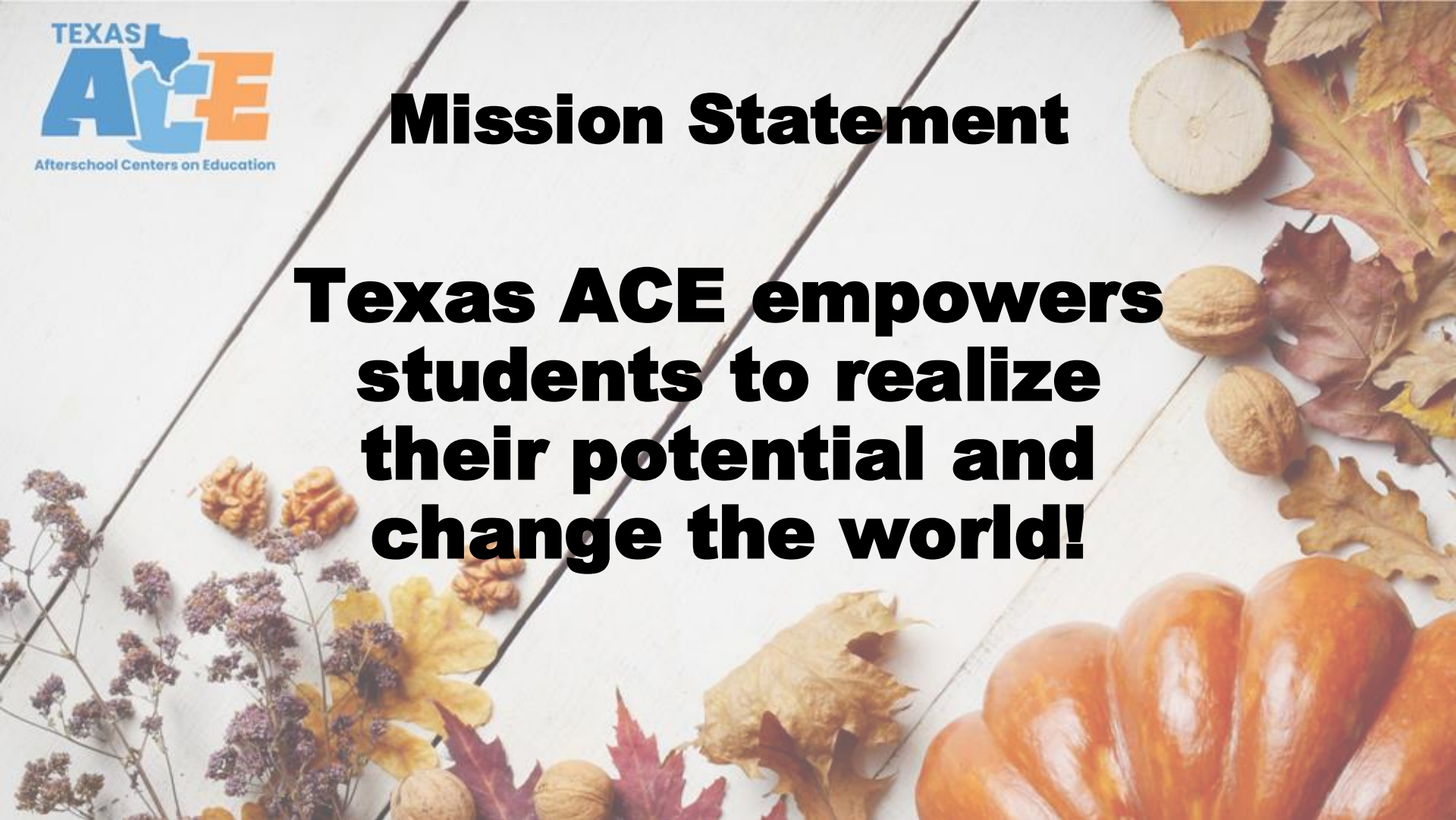
ACE



Clint ISD ACE Program

Eric Villalba, Director 21st CCLC

Miriam Marquez, Program Specialist 21st 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

- One Texas Ace Community
- Two Crucial Times
- Three Key Strategies
- Four Activity Types
- Five Measurable Goals



5 to Drive

One Texas ACE Community

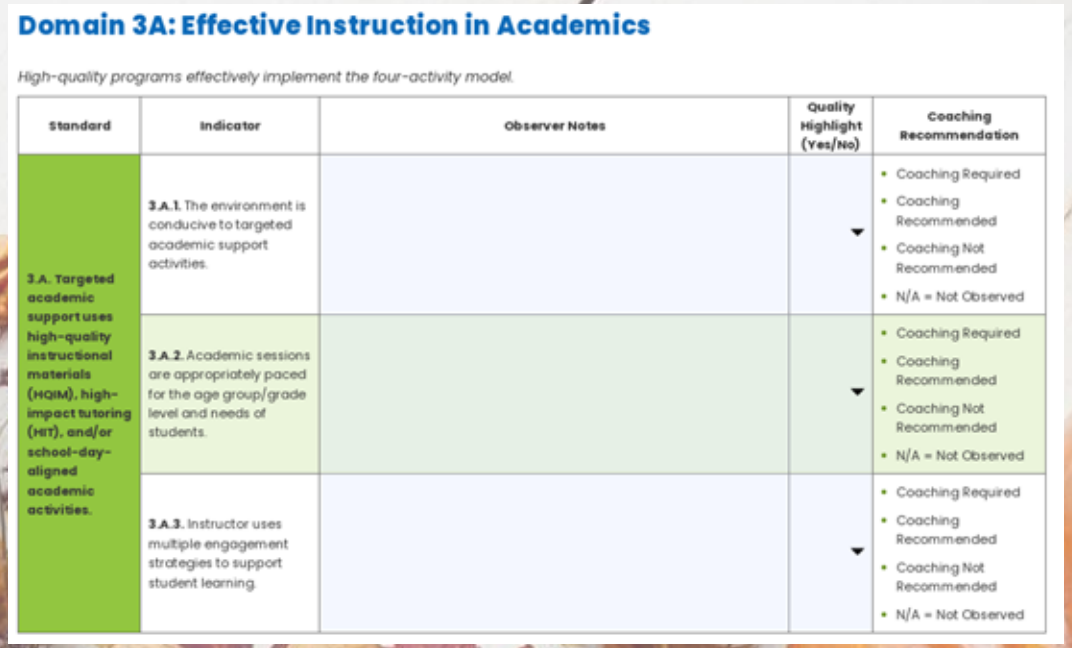
- Campus staff
- Partners
- Steering Committee

Two Crucial Times

- After school
- Summer

Three Key Strategies

- **Strong Program Operations**
  - Coaching to Quality



Domain 3A: Effective Instruction in Academics

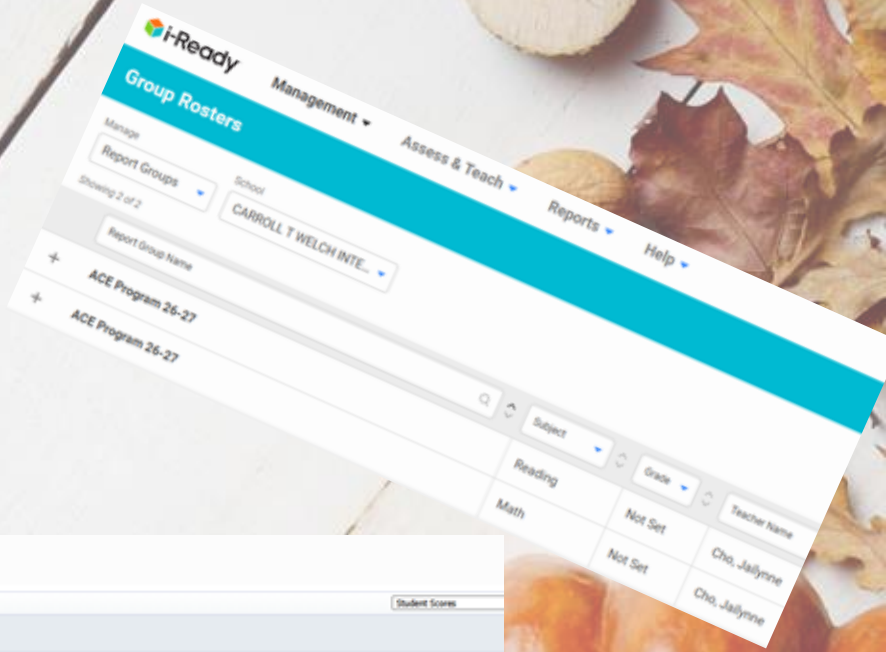
High-quality programs effectively implement the four-activity model.

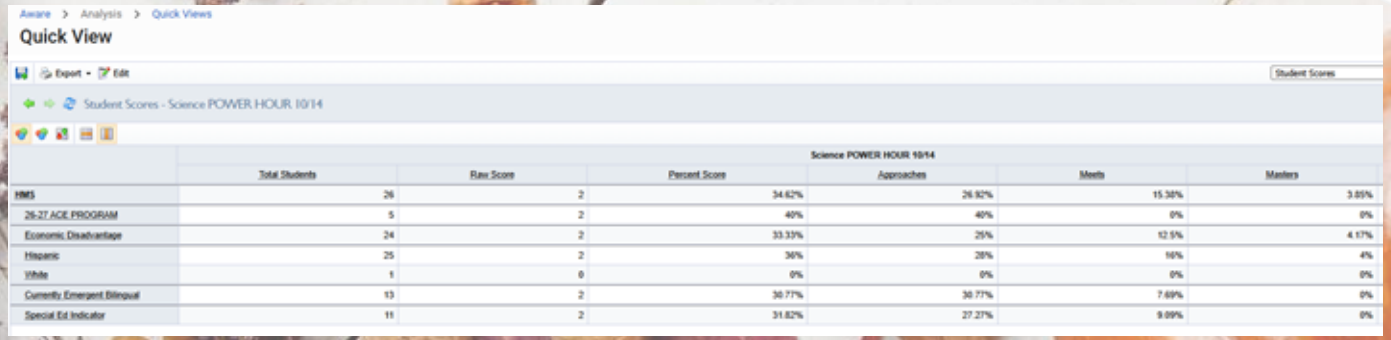
Standard	Indicator	Observer Notes	Quality Highlight (Yes/No)	Coaching Recommendation
3.A. Targeted academic support uses high-quality instructional materials (HQIM), high-impact tutoring (HIT), and/or school-day-aligned academic activities.	**3.A.1.** The environment is conducive to targeted academic support activities.			• Coaching Required • Coaching Recommended • Coaching Not Recommended • N/A = Not Observed
	3.A.2. Academic sessions are appropriately paced for the age group/grade level and needs of students.			• Coaching Required • Coaching Recommended • Coaching Not Recommended • N/A = Not Observed
	3.A.3. Instructor uses multiple engagement strategies to support student learning.			• Coaching Required • Coaching Recommended • Coaching Not Recommended • N/A = Not Observed

Three Key Strategies

- **Strong Program Operations**
  - Coaching to Quality

- **Alignment with School-Day**
  - Attendance in PLCs
  - Access to HQIM
  - I-ready/Eduphoria





Three Key Strategies

- **Strong Program Operations**
  - Coaching to Quality
- **Alignment with School-Day**
  - Attendance in PLCs
  - Access to HQIM
  - I-ready/Eduphoria
- **Community Involvement**
  - Campus events
  - Program-specific events










DESERT



Four Types of Activities

- **Academic**
  - Homework Help
  - Tutoring
- **Enrichment**
  - Sports, DIY, E-sports, pottery, cooking
- **College and Career Readiness**
  - Drones, robotics, makerspace
- **Family Engagement**
  - Trunk-or-Treat
  - Football/Soccer games (attendance)
  - Family meetings
  - Campus events

















Five Measurable Goals

- Improve academic performance in math
- Improve academic performance in reading
- Improve school attendance
- Improve student engagement in learning
- Improve parent/family engagement

TEXAS ACE
Afterschool Centers on Education

TEXAS ACE SMART GOALS

2026-2027 Program Priorities

MEASURABLE OUTCOMES FOR REGULAR PARTICIPANTS | 60+ DAYS

1 MATH ACHIEVEMENT — 65%

- Middle school: Meet or exceed MAP Math growth by August 2027; minimum RIT gains: Grade 6 +8, Grade 7 +7, Grade 8 +6.
- Elementary: 65% meet or exceed projected i-Ready Math typical growth from BOY to EOY.

2 READING ACHIEVEMENT — 60-65%

- Middle school: 65% meet or exceed MAP Reading growth by August 2027; minimum RIT gains: Grade 6 +8, Grade 7 +7, Grade 8 +6.
- Elementary: 60% meet or exceed projected i-Ready Reading typical growth from BOY to EOY.

3 SCHOOL-DAY ATTENDANCE — 98%

- By August 2027, regular ACE participants will meet or exceed the district's 96% annual attendance standard, verified through campus attendance records.

4 STUDENT ENGAGEMENT — 97%

- By August 31, 2027, regular ACE participants will show measurable school-day engagement growth on standardized teacher surveys administered BOY and EOY.

5 FAMILY ENGAGEMENT — 75%

- By August 2027, families of regular ACE participants will show increased engagement through family-event attendance, workshops and activities, and positive growth on annual parent surveys.

Logistics

- **After school**
  - 155 days per school year minimum
  - All schools: Monday- Friday
  - Elementary: 3:00 – 6:00 pm
  - Middle: 3:50 – 6:30 pm
  - No early release days
- **Summer**
  - 25 days minimum (6 hours per day, 4 days per week)
  - All schools: Monday-Thursday
  - Elementary: 7:30 am – 1:30 pm (tentative)
  - Middle: 8:30 am – 2:30 pm (tentative)
  - No days in intersession

TEXAS ACE

Campus Participation Targets

CAMPUS	SCHOOL ENROLLMENT Current enrollment	STUDENTS 60-day target	PARENTS 1-event minimum	SUMMER 25-day target
CTW	584	105	85	25
DHE	837	105	85	25
FME	959	105	85	25
MVE	493	90	75	25
RSE	538	90	75	25
WDS	939	105	85	25
CJHS	510	80	65	25
EMMS	476	80	65	25
HMS	670	83	65	25
REMS	591	82	65	25

Current Enrollment

		GOALS			Enrollment in TEAL	
Campus	School Enrollment	Students (60 days)	Parents (1 event min)	Summer (25 days)	**11/17/26**	**Students Needed to Enroll**
CTW	585	105	85	25	87	18
DHE	834	105	85	25	108	0
FME	959	105	85	25	86	19
MVE	495	90	75	25	101	0
RSE	541	90	75	25	95	0
WDS	945	105	85	25	155	0
CJHS	518	80	65	25	236	0
EMMS	475	80	65	25	230	0
HMS	671	83	65	25	227	0
REMS	586	82	65	25	108	0

Upcoming Games

Elementary- Flag Football

- 11/2
  - FME @ DHE
  - CTW @ MVE
  - WDS @ RSE
- 11/6
  - DHE @ WDS
  - RSE @ MVE
  - FME @ CTW
- 11/13
  - WDS @ CTW
  - MVE @ FME
  - DHE @ RSE
- 11/16
  - WDS @ FME
  - MVE @ DHE
  - CTW @ RSE
- 11/20
  - Championship Tournament
  - Location TBD

Middle School- Soccer

- 11/13
  - HMS vs. CJHS
  - REMS vs. EMMS
- 11/20
  - HMS vs EMMS
  - REMS vs CJHS
- 12/4
  - HMS vs. REMS
  - CJHS vs. EMMS
- 11/20
  - Championship Tournament
  - Location TBD

Questions & Answers

Thank You!

Clint ISD Contact Information:

- **Norma Torres**
  915-926-8500 (Office)
  915-540-5999 (Cell)

- **Next meeting:**
  January 20, 2027
  9:00 a.m. at Central Office

