

## SHAC Committee Meeting Minutes

School Health Advisory Council (SHAC)

Monday, November 26, 2018

5:00-6:05 p.m. at SPC Administration Building

**Members Present:** Amanda Aldaco, Mario Arreola, Rafael Franjul, Carmen Gomez, Hector Guerra, Jose Guerrero, Claudia Lopez, Carla Maltos, Maria Navejar, Bernadine Peter, Angela Prather, Araceli Ramirez, Marlen Ramirez, Sandra Sotelo, Lindsey Williams.

**Others present:** Nydia Fernandez-Contreras, Dr. Jorge Garza, Yanakany Valdez, David Perales, Iza Delagarza, Rene A. Gonzalez, and Monica Rivera.

Not present: Lyndsee Cooper, Casey Molleson, Reynaldo Torres,

1. **Opening/Overview:** Angela welcomed everyone back to the second SHAC meeting and started the meeting with the discussion of the 8 categories of SHAC. Going over each item there were many discussions as to where the SHAC focus was going and how those focuses tied into the 8 categories. 504 accommodations were brought up but with little information Nydia and Yanakany informed the committee that any concern or questions would be turned over to Dr. Aguirre for further clarification and input. Nydia will get with the SHAC committee member who brought up 504 and direct her for guidance.
2. **Focus:** Yanakany reminded the SHAC committee of SMART goals. Angela presented the committee with items from the agenda of concern and focus that committee members emailed her about. Among the list were infrastructure, mental health, nutrition, child/family fitness, video screen time-effects on the brain, and teen pregnancy (committee was all in agreement that this item is being addressed already via the Big Decisions program).
  - a. The committee discussed bullying and what services are currently being provided to the students. Angela has been in contact with BCFS as well as Val Verde Regional Medical Center for assistance on what type of services are being provided, Jose mentioned that Hill Country MHDD is also great with assistance in this area. Angela will follow up with Hill Country. BCFS explained a program called RAD Kids that is being offered to 5-7 year olds, 8-12 year olds and up to 17 years old in the summer. RAD Kids provides various topics of information to help children defend themselves, avoid bullies and also bring up their self-esteem. RAD Kids is currently implemented in various school districts around the area during their PE class and the program has seen great success.

- b. Bernadine informed the committee of a teen clinic that is in the works of being opened at the Val Verde Regional Medical Center where various services and topics will be provided to teens. Bernadine reminded the committee of the status of health nutrition as well as health issues in Val Verde County. Bernadine is working with David on implementing better nutrition in the school cafeterias. David commented on the implementation of one "home cooked" meal a week at school cafeterias and having great success and feedback from the students on this implementation. David reminded the committee that all food served at school cafeterias is within federal guidelines and standards.
- c. Lindsey discussed with the committee on findings of the effects on the brain of video screen time. Her husband is available to present information on those effects. The committee was in agreement that this would be beneficial given the technology influences on today's youth.
- d. Rene Gonzalez, from Healthy Futures of Texas, informed the committee of the current grant in place and what services it is providing to schools. There was a gender diversity training for teachers that was done last year and is looking to be presented again this year. Rene informed the committee that a school district as well as the committee can always request information or training from Healthy Futures of Texas.

3. **Subcommittees:** Angela took the floor and asked the committee for volunteers for subcommittees for the 4 items that SHAC will focus on. Angela mentioned the need for a lead and what is required from each subcommittee. The subcommittee is to meet and discuss their area of focus using the SMART goals and present to the SHAC committee at the next meeting. It was advised that whenever a subcommittee is going to meet an email of communication to the entire SHAC committee should be sent out informing of the time and date of the meeting as to let those who are serving on multiple subcommittees know so that they can plan accordingly. The subcommittees are as follows:

- **Infrastructure:** Hector (lead), Rafael, Claudia and Aracely
- **Mental Health:** Marlen (lead), Angela, Lindsey, Sandra, Jose, Maria, Mario, Carla, Aracely, BCFS and Dr. Garza
- **Child/Family Fitness:** Nydia (lead), Bernadine, and Lindsey
- **Nutrition:** Bernadine (lead), Rafael, Carmen, Nydia, Carla and SFE

4. **Upcoming meetings:** SHAC committee discussed the next meeting and all were in agreement that Monday January 28, 2019 at 5:00 pm would work for everyone.

5. **Requested Items:** Subcommittees are required to communicate/meet to gather reports and information to present their SMART goals at the next SHAC meeting.

The meeting adjourned at 6:05 p.m.

---

*Angela Rather*

---

Chair

*SSJW*

---

Secretary