



SFDRCSID

# SCHOOL HEALTH ADVISORY COUNCIL

2019 ANNUAL PRESENTATION TO THE BOARD



## BACKGROUND

- Board policy FFA(LOCAL) calls for a School Health Advisory Council (SHAC)
- The Student Health Advisory Council (SHAC) is an advisory group comprised of individuals who represent segments of the community. The group acts collectively to provide advice and recommendations to the SFDRCSISD administration on aspects of the school district's health program.
- The members of the SHAC are appointed by the School Board of Trustees in the Fall.

## 2018- 2019 COMMITTEE MEMBERS

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

Committee members are appointed by the Board and hold a term of two (2) years.

## 2018-2019 MEETINGS

Meetings were facilitated by then CFO, Mrs. Yanakany Valdez; and are now facilitated by Mrs. Sandra Hernandez, Administrative Director. Meetings were held at 5 p.m. at the Student Performance Center on the following dates:

- October 18, 2018
- November 26, 2018
- January 28, 2019
- February 25, 2019
- April 29, 2019
- June 10, 2019
- July 11, 2019

# AREAS OF DISCUSSION: EIGHT COMPONENTS OF SCHOOL HEALTH

- Nutrition Services
- Health Services
- Healthy & Safe School Environment
- Counseling and Mental Health Services
- Staff Wellness Promotion
- Parent & Community Involvement
- Physical Education
- Health Education

# AREAS OF DISCUSSION: NUTRITION SERVICES



Healthy food options by adding more fresh fruits and vegetables



Reduce sugary/salty foods



Increase breakfast participation



Increase nutrition tips for parents



Post and publicize nutrition information for school meals

## AREAS OF DISCUSSION: HEALTH AND PHYSICAL EDUCATION



Fitness Gram testing for students



Participation in It's Time Texas  
Initiative



Need to adjust instructional time  
for incorporating health lessons

# AREAS OF DISCUSSION: HEALTHY AND SAFE SCHOOL ENVIRONMENT



Bullying and how to reporting bullying



CRASE Training



Safety drills



Anonymous Reporting App



SFDR Alerts App



# AREAS OF DISCUSSION: COUNSELING AND MENTAL HEALTH



Role of the School Counselor



Del Rio CARES Initiative



Suicide Awareness and Prevention Training



Collaboration with Community Health  
Services

# AREAS OF DISCUSSION: SFDRCID WELLNESS PLAN



Goals for Nutrition Promotion & Nutrition Education



Goals for Physical Activity and Health Education



Goals for Other School-Based Activities which promote student wellness including Mental Health

## NEXT STEPS

As we work to meet the needs of the students and the community, we continue to monitor and adjust our approach and support the campuses and departments in their efforts.





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Questions?

