

SHAC Meeting Minutes for September 26, 2024, 12 noon via Zoom

12:01 pm. Meeting was called to order by **SHAC Chair, Melyna Fernandez**. She began by taking attendance of all SHAC members. After each item, Ms. Fernandez asked for questions and input from all SHAC members in attendance. Agenda items discussed:

A. Rufina Adams, Director of Federal and State Programs, reviewed the current SFDRCSISD Wellness Plan. She explained the need to review, edit, and update with SHAC input. She reviewed SHAC goals including goals for nutrition education and guidelines, goals for physical fitness for elementary, middle school and high school students as well as physical fitness goals for district employees. She continued with reviewing goals for other school-based activities including mental health, cyber security, bullying reporting, suicide awareness and prevention, etc. Ms. Adams explained how this plan will be updated throughout the school year.

B. Brenda Iglesias, Director of Child Nutrition Services, and her team made a presentation with different areas of discussion including CEP free breakfast, lunch and dinner for all district students, Pre-K through 12th grade. Questions arose on the locations and times of dinner availability. Members asked if CTE could also be included as a site since students must eat at the school they attend. Additional discussions included specialized menus for food allergies, lactose, gluten free and it was explained that nutritionist meets with campus nurses to review each child's special needs as they develop the weekly menus. The department employs more than 100 employees throughout the district preparing these carefully planned menus that must meet USDA regulations. They also host Chef Events including Farmer's Market, Taste Tests, Caterings and try to involve students to determine what they like and do not like. SFDRCSISD Food Service Department provided a lunch to all SHAC so they may also taste and eat the same meals their children are eating at their child's school.

C. Claudia Juarez, Physical Education Lead, discussed the PE requirements for elementary, middle school and high school students. She also discussed Fitness Gram requirements conducted at the beginning of the year and end of the year and submitted to the state. Coach Juarez also informed SHAC of Dr. Fermin Calderon's award of 24 bikes with helmets and curriculum used to teach students how to ride a bike safely. She hoped that soon all elementary schools will also follow with bicycles. Next, she discussed school and community events promoting physical fitness including Fun Day, 5-K Teacher Runs, etc.

D. Jane Villarreal-Chief Academic Officer, reviewed required 87th Legislature Human Sexuality Instruction. She shared Big Decisions curriculum currently being taught at Freshman campus. The curriculum has 10 lessons taught in Biology class aligned to TEKS by certified teachers. Parents are able to "opt out" if they do not want their child to participate with no penalties to those who choose this option. Forms are available and turned in prior to beginning of lesson. Discussion was held on what health TEKS taught at each of the grade levels.

E. Sandra Hernandez, Chief Administrative Officer, began presentation informing SHAC that October is Fentanyl Poisoning Awareness Month. A media campaign including flyers, activities and lessons will be held throughout the district. Del Rio Cares lessons will also be incorporated with teachers and counselors providing the lessons including substance abuse, social emotional, mental health, etc. Del Rio Cares lessons are available to all students Pre-K through 12th grades for all schools. Discussion was also held on Health Education TEKS aligned to Fentanyl Abuse Prevention and Drug Poisoning Awareness, Kinder-12th grades. Discussion was held with campus and district activities aligned with Red Ribbon Week.

1:01 pm SHAC Chair, Melyna Fernandez, informed members that the next meeting would be held on February 13, 2025 at 12 noon via Zoom and Ms. Adams will be sending out agenda and Zoom link. She asked for any further questions, discussion before adjourning the meeting.