

## School Health Advisory Council

### Meeting Minutes

May 31st, 2023

9:00-10:15 AM

#### **SHAC overview-**

Luis Nieto, Clint ISD Science Coordinator, reviewed the purpose of SHAC as well SHAC meeting requirements.

#### **Summer Physicals-**

Project Vida- Absent

Idalia Valdez, Clint ISD Lead Nurse, spoke about the partnership with Project Vida including referring and diagnosing students at the Project Vida offices at every high school. Additionally, Project Vida will offer summer physicals at Mountain View High School June 20<sup>th</sup>.

#### **Healthy Eating-**

Luz Waters of the Texas A&M AgriLife Extension presented healthy eating and physical activity. She talked about importance of Nutrition Facts Label and the importance of reading and understanding the label. She also talked about the importance of cooking healthier foods including using salt in moderation, limiting saturated and trans fats, reducing added sugar and understanding sugar substitutes. Texas A&M AgriLife Extension offers classes and recipes for healthy cooking.

#### **Summer Programs-**

Luis Nieto presented the Borderland Out of School Time Network (BOOST) summer programs. Their website has a list of summer programs from around the region. The programs vary between physical activities, art activities, academic activities and childcare options. Clint ISD offers the ACE program for all middle schools.

#### **Summer Food Program-**

Carlos Villalobos, Clint ISD Child Nutrition Director, presented on the Summer Food Service Program. Clint ISD will provide free breakfast and lunch for all children up to 18 years old and students with disabilities of up to 21 years of age. Mr. Villalobos presented what a typical SFSP meal will look like. Maria Lopez, kitchen manager at Horizon High School, presented examples of menu items from the HHS kitchen. Parents can purchase the summer meal for \$5.00. Students with dietary restrictions can fill out a form found on the district website and Child Nutrition Services will try to accommodate those restrictions. More information found on the Clint ISD website.

#### **FAQ-**

No additional questions or concerns