



CISD STUDENTS HEALTH ADVISORY COMMITTEE MINUTES

Date: 01-18-2024

Time: 9 AM - 10:30 AM

Facilitators: Mrs. Margarita Flores; Director of Administration Support & Idalia Valdez,
District Lead Nurse

In Attendance:

C&I Secretary, District Nurse, PE Coaches, Health Teachers & Parents, Project VIDA, CNP
Department

Minutes by:

JaiLynne Cho

Secretary of Curriculum and Instruction

Presenters: Mrs. Margarita Flores, Ms. Idalia Valdez, Mr. Villalobos & Project VIDA Diabetes
Program - Viridiana Urrea, Selene Guerrero and Brisa Wong

Topics: Summary of health textbook training, Nutrition and Healthy Food Choices,
and Diabetes Program.

Notes: Introduction/opening by Margarita Flores - Introduction and review of what SHAC is
for new attendees. SHAC is looking at nutrition, health education and any other topics
related to student health. We try to add what we can to the plans and for today, we will
summarize the last two meetings we had. Concerns with compliance in health education so
we trained all health teachers last Friday, Jan 12th and held the training at HMS for health
textbooks and human sexuality curriculum for secondary. Elementary is now teaching once
a week about health subjects. In the next couple of weeks, we will be sending the consent
forms for the human sexuality course to be taught to students. Parents will have the option
to review the lesson plan at the campuses once we have that available. Elementary meeting
soon to outline the topics in health and scoping sequence for the year. We will only have a
few topics left starting from the beginning for the remainder of this school year and next
school year we will do the full four courses. Some notices from elementary campuses about
the new health class should be going out so all parents are aware. It is important to know
what your kids are learning. Moving forward, we will now have someone overseeing the
fitnessgram and the data from the fitnessgram. Jorge Altamirano will be in charge and
holding training sessions for the coaches soon. He will reach out directly to coaches when
that is ready.



Teacher - at the HS it is not just the PE coaches but also athletics and ROTC and they never get the training and rely on others.

Flores - We will inform Mr. Altamirano, so he may include them in those sessions. We will move onto some information and numbers about diabetes. Ms. Valdez, our head nurse, will present and speak now.

(Valdez) There is an increase in students with diabetes. CNP is here and will also discuss the nutrition values and other food health choices. Project VIDA is here and has information on services for all the students that are at risk. They are here today with a table and will be discussing some of their services if you all have any questions on how to use their resources. Any questions? (none)

(Valdez) Introduction of self - lead nurse for Clint ISD. What the district is doing and what the state requires for students diagnosed with diabetes will be discussed. Every student is assessed by the school nurses. When the nurses do their assessment, they look for a skin marker (as seen on [slide 5](#)). Blood pressure gets taken and is required to submit to the state of Texas. Risk assessment is assessed at the same time of the student's hearing test to minimize time taken away from instructional lessons. Girls are screened twice at the age of 10 and then again at the age of 12. Boys are assessed at the age of 13/14, usually 8th grade. After the age of 15, no screenings are done for any students. All this information is available on the website of the University of Texas Rio Grande Valley for the state. 2023-2024 numbers are not available yet, but based on this information on slide 10, 5th graders had the highest number for skin markers and obesity in 21-22 and 22-23 school years. The students that were screened in 21-22 SY are not included in the numbers for 22-23 SY since we only screen the students at a certain age. So, we still have a higher number of students that are at risk for diabetes and obesity altogether. Our Child Nutrition Department will now present to you.

(Villalobos) Introduction - Direct of Child Nutrition and team introduction.

We work in partnership with Aramark to provide the best student nutrition that we can. We are working to provide different health options for food and snacks to students. We do have breakfast in the classrooms. I see some teachers here so thank you for all your help with that. Surprisingly, a lot of our students really like cereal and poptarts. We try to give them different options for whole grains. We have whole grain pizza, and other hot breakfasts because some students like the hot breakfast but others like the cold breakfast options. We try to provide different variety options so they eat. When we look at lunch, in the state of Texas, this is the minimum that students can take to get full nutrition (refer to slide 12). Our students are allowed to take one fruit or vegetable aside from what is provided. We have salad bars available at all campuses, so if you could let your students know because some students do not know about it. Our superintendent is very big about our students having



their fruits and vegetables.

For parents, we want to know what kind of food the kids are eating and what the nutritional value is. Mr. Chairez from our department can also speak on this, as a parent to the district as well, he takes a look into what his children are eating.

(Chairez) Just like Mr. Villalobos said, I am also a parent in the district and I always check and ask, “Is that what we are serving today? What is posted on the website?” I want to make sure we are providing accurate information. On our website, you can click on the Lunch Menus at the bottom of the website and click on the campus your child goes to school. You are able to view the different areas; breakfast, lunch, dinner and snack. The snack is usually for special programs at the elementary schools. There is a carb count and you can even print it out. If your child has allergies, you will be able to see it and let the campus know and add an alert. Slide 20 has an example like this hamburger. You will know how many calories your child is intaking. If you want to know about the fries, you just go back and click on the specific item to see nutritional information. Not included on the menu is the salad bar. They are offered at all schools and offered everyday. If they finish their food, they are able to go back to the salad bar.

Parent question - is 15 mins enough time for the kids to eat?

Villalobos - We are working with the school to get the kids through the line to have more to eat without taking away their outside time. We are trying to find other ways to get lunch out to them quicker.

Parent Question - salad bar at the elementary schools

Villalobos - We will get with DHE to make sure they are letting their kids know of the salad bars.

Parent question - is there a way to get kids more time?

Villalobos - We are working with our assistant superintendents on trying to get more time. We are aware of the concern, it has been mentioned multiple times.

Parent question- is there a process for the salad bar, like a bar line or is it a main line.

Villalobos - All students will be in different lines but they will pass by the salad bar in that line. Cafeteria workers will ask students if they want some, like peaches. They will get fruit delivered to them for breakfast. We do push. As parents, just remind them to eat their fruits or vegetables while at school. We know kids like specific fruits but sometimes they are not in season, so we are trying to get them things they like.

Parent question - For snack time at the elementary schools. We ask if we can have the students have snack time because the kids are still hungry by the time they get out, they are starving. Lunch is super early for them. When I asked, the teacher said yes but only for that grade level at that specific campus. But that is not fair for the whole district. I moved my child to DHE and now he doesn't get snack time. What else do I need to do?



It is by the campus, as a parent you are able to discuss this with admin but through the state, we are only able to provide snacks at the end of the day.

What time are you wanting your student to want a snack?

Parent - at least 2 hours after lunch

Villalobos - We can set up a meeting with the principal. It depends on the campus schedule

Parent - I don't think it is fair, the district is asking for meets and masters but doesn't the kids have a snack. Kids cannot go so many hours without food. Just to help them concentrate.

Villalobos - I agree as a parent, they can't concentrate without a good meal or snack.

Nurse - My concern is at the HS level, but the menu is showing the same thing for the past 3 days. But with students who have diabetes, the student is not going to want to eat the same thing as yesterday, U don't want to eat that. It is buffet style but it's only the same options for diabetes students. Having issues with glucose drops because students won't eat. Are we able to get other options for diabetics? The new company does not take allergy concerns. We have students allergic to nuts and peanut butter has been included in the food items.

Villalobos - we do know we have students that are diabetic. We want to offer 10 options but it's always the same, so we do need to get more options. We can work with the new company to get a survey out to students and make sure all kids eat. The company added a Sun Valley sandwich and we are a nut free district. The sun valley sandwich is not peanut butter. We do have a new manufacturer. We can get together after the meeting to work on specific needs from students and make sure they are eating all their needs.

We have our national monthly topics happening. Jan. 31 is national hot chocolate day. We all students will receive a small sample. Feb 9th is the Culinary Star competition. 3 students from HHS will be competing. Feb 12-16 will be the Thai Chicken Noodle Bowl.

Questions?

Nurse - when we do card counts and the menu changes? What if the student doesn't eat bread, are you able to do a card count for just the patty?

Villalobos - the manager is to communicate all those counts to the nurses. Yes, we can do a specific item card count.

Parent - at HHS, salad bar available to students

Villalobos - different items for the salads if they want to eat a salad for that day.

Parent - we had students stay after school for athletics and dinner was not provided to them. I spike to ms. flores and it was going to be looked into. The MVHS manager didn't provide it to my son.

Villalobos - all students are to get supper regardless of the program. But supper is only available for two hours. Supper is also available to the public for students that are not staying after school at any campus at all levels.



If you all have any other questions, my team will be here for you all.

(Flore) Our last presenter will be a group from Project VIDA and their resources available.

(Brisa Wong - Community health worker) Introduction of team and stretching activity with committee while information packets are handed out. We are Project VIDA. (Villalobos) WE have smoothies!

(Wong) We have parenting education classes, homeless prevention classes, affordable housing services especially with rent going up super high. We are all over El Paso. We have economic development and how you can help with saving for a house or if your child wants to go to college, small businesses. A bunch of other programs. My role is for the diabetes education program, since we are talking about nutrition, the numbers are really high compared to back them. Diabetes Prevention program is 8 classes, once a week. What is diabetes? We talk about healthy eating, being active, medications for diabetes. There are a lot of different medications. We talk about problem solving when sugar levels go up and down. We talked about health coping and preparedness. *(Spanish translation for those that need translation)*. You were given some [handouts](#). These are examples of what is taught in the classes. It tells you the serving sizes and how to measure that with calories for the different food groups. For Spanish, there is also a Spanish side. When we do not have measuring cups and spoons, you can also measure with your hand. Then, this is the traditional "My Plate" (refer to handout). In the other page, it also has to be physically active, because of how important it is to be active. There is a decline in outdoor activities. It's very important to push the physical activity with yourselves and students. Walking 30 mins a day is good too. It does not have to be consecutive. Take 15 mins for lunch, 15 minutes in the afternoon. We need to show that to our kids, we can be active with them. That is what the Diabetes Program entails. We also have the Diabetes Prevention program.

(Flores) Thank you Ms. Wong. Are there any questions for any presenters?

(none)

Next Meeting :

March 26, 2024
9 a.m. in the Board Room
Administration Building

Q & A

None at this time.

This concludes today's meeting. A reminder will be sent out for the next meeting.