



SFDR CISD

SCHOOL HEALTH ADVISORY COUNCIL

MEETING – MARCH 5, 2021



3/5/2021

AGENDA

- Welcome/Call Meeting to Order
- Introduction of SHAC Committee
- Requirements and Responsibilities of the SHAC
- School Health Updates
- Child Nutrition Services Updates
- Selection of Chair/Co-Chair of the SHAC
- Adjourn Meeting

BOARD POLICY REQUIREMENTS

- Board policy BDF(LEGAL) calls for a School Health Advisory Council (SHAC) to assist the district in ensuring that local community values are reflected in the district's health education instruction. *Education Code 28.004(a)*
- This same policy requires the board to appoint at least five members to the SHAC, the majority of members who are parents of students enrolled in the district and who are not employed by the district.
- One of those members shall serve as chair or co-chair of the SHAC.
- The SHAC shall meet at least four times each year. *Education Code 28.004(d-1)*

2020-2021 COMMITTEE MEMBERS

- Claudia Lopez ~ Parent
- Esmeralda (Esmie) Meza ~ Parent
- Sarah Howard ~ Parent
- Liberty Valdez ~ Parent
- Melyna Fernandez ~ Parent
- Sandra Mendez ~ Parent
- Melissa Padilla-Limon ~ Student Health Services Coordinator
- Nydia Fernandez-Contreras ~ Lead Teacher, Physical Education Dept.
- Thomas Stone ~ General Manager of Food Service (SFE), Food Service Director

3/5/2021

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

2020-2021 MEETINGS

Meetings are facilitated by the Administrative Director (Mrs. Sandra Hernandez) and the Chief Financial Officer (Mrs. Amy Childress), and are held on the following dates:

- January 29, 2021 @ 3:30 p.m.
- February 26, 2021 (March 5, 2021) @ 3:30 p.m.
- March 26, 2021 @ 3:30 p.m.
- April 30, 2021 @ 3:30 p.m.

RESPONSIBILITIES OF THE SHAC

- The SHAC is tasked with establishing a physical activity and fitness planning subcommittee to consider issues relating to student physical activity and fitness and make policy recommendations to increase physical activity and improve fitness among students. BDF(LEGAL) *Education Code 28.004(l-l)*
- The SHAC is tasked with submitting a written Annual Report to the Board that includes:
 - ❖ *Any recommendations made by the Physical Activity and Fitness Planning Subcommittee. Education Code 28.004(m)*
 - ❖ *Any recommendations concerning the district's health education curriculum and instruction or other related matters.*
 - ❖ *Any suggested modification to a SHAC recommendation previously submitted to the Board;*
 - ❖ *A detailed explanation of activities during the period between the current report and the date of the last report.*

RESPONSIBILITIES OF THE SHAC

- The SHAC is tasked with reviewing and considering evidence-based strategies and techniques, and developing nutrition guidelines and wellness goals as required by law. FFA(LOCAL)
- The SHAC is tasked with developing a wellness plan to implement the District's nutrition guidelines and wellness goals. FFA(LOCAL)
- The SHAC is tasked with ensuring that the school district offers a Health Curriculum with an emphasis on:
 - a. Physical health, including the importance of proper nutrition and exercise;
 - b. Mental health, including instruction about mental health conditions, substance abuse, skills to manage emotions, establishing and maintaining positive relationships, and responsible decision-making; and
 - c. Suicide prevention, including recognizing suicide-related risk factors and warning signs;

EHAA(LEGAL), FFEB(LEGAL) adopted in 2020, enacted by the Texas Legislature

AREAS OF DISCUSSION: SCHOOL HEALTH UPDATES



SFDRCIDSD hires Student Health Services Coordinator



SFDRCIDSD implements K-12 COVID-19 Rapid Testing



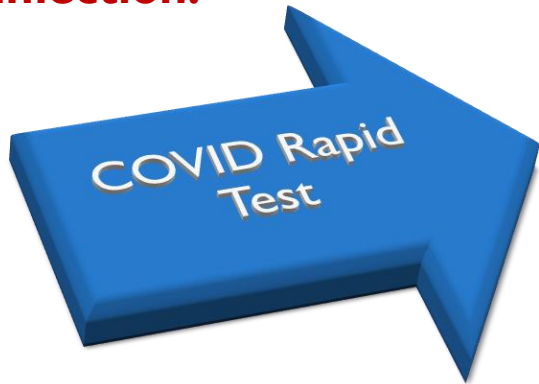
Texas Department of State Health Services (DSHS) Vision, Hearing
and Scoliosis Screenings



Collaboration with Community Health Services –SFDRCIDSD
Nurses Volunteer Services with VVRMC, Val Verde County and the
City of Del Rio COVID-19 Vaccine Clinics

COVID RAPID TESTING – GOAL OF THIS EFFORT

The COVID Rapid Test is a [screening tool](#) which can be used to detect the presence of proteins from the COVID-19 virus, and the likelihood that a person may have an **active COVID-19 infection**.



Also known as a **positive antigen test**.

Note: The **COVID Rapid Test may not** be used to test a person who has been assigned to quarantine by the LHA.

The **COVID Rapid Test may not** be used to replace the **PCR Test** to confirm **COVID-19**.

At SFDR CISD, the COVID Rapid Test will be used to screen:

- **Varsity student athletes and fine arts groups once a week on designated days.**
- **Students who present symptoms during the course of the instructional day (with parent consent).**
- **Teachers and any campus staff member on a voluntary basis.**

AREAS OF DISCUSSION: SCHOOL HEALTH UPDATES

K-2 COVID-19 Rapid Testing Project:

TOTAL tests administered
to extracurricular programs
1959

TOTAL tests administered
at campuses
812

TOTAL number of tests
administered weekly
2771

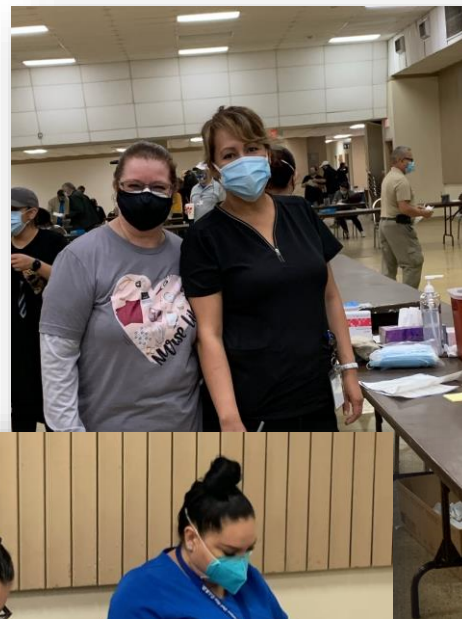
AREAS OF DISCUSSION: SCHOOL HEALTH UPDATES

Current screening statistics:

CAMPUS NAME:	DATE SCREENINGS BEGAN:	REQUIRED NUMBER OF VISION/HEARING SCREENINGS NEEDED:	NUMBER OF VISION/HEARING SCREENINGS PERFORMED:
DRHS	Nov-20	8	4
DRFS	Nov-20	Only new students & case studies	21
		62	
DRMS	Dec-20	349	271
SFMMS	Dec-20	Only new students & case studies	8
NORTH HEIGHTS	** Nurse Vacancy	173	4
LONNIE GREEN	Nov-20	210	110
LAMAR	** Nurse Vacancy	136	5
GARFIELD	Nov-20	195	132
CHAVIRA	Sep-20	295	166
CALDERON	Oct-20	144	138
BUENA VISTA	Jan-21	242	187
BOBBY BARRERA	Dec-20	114	87
CTE	-	-	-
BLENDED/SGLC	-	-	-
CARDWELL	Sep-20	213	194
DISTRICT TOTAL	-	2,158	1,247

AREAS OF DISCUSSION: SCHOOL HEALTH UPDATES

COVID-19 Vaccine Clinics





Child Nutrition Presentation

SHAC Meeting 3/5/21





Overview of the CN Program

- National School Lunch Program

- The National School Lunch Program (NSLP) is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.

- School Breakfast Program

- The School Breakfast Program (SBP) provides reimbursement to states to operate nonprofit breakfast programs in schools and residential childcare institutions. The Food and Nutrition Service administers the SBP at the federal level. State education agencies administer the SBP at the state level, and local school food authorities operate the program in schools.

Current Year vs. 'Normal' Year

- This school year the USDA and TDA have extended certain waivers that we are using due to Covid 19. This has been to help make sure that children are being fed even though schools have been online. In a regular year these would not be available.
 - Non-Congregate Meal Service for Seamless Summer Option (SSO)
 - Meal Pattern Flexibilities for all CNP
 - Parent Meal Pick-up without Child Present
 - Weekend/Holiday Meal Service for All CNP



Child Nutrition is Regulated by the USDA

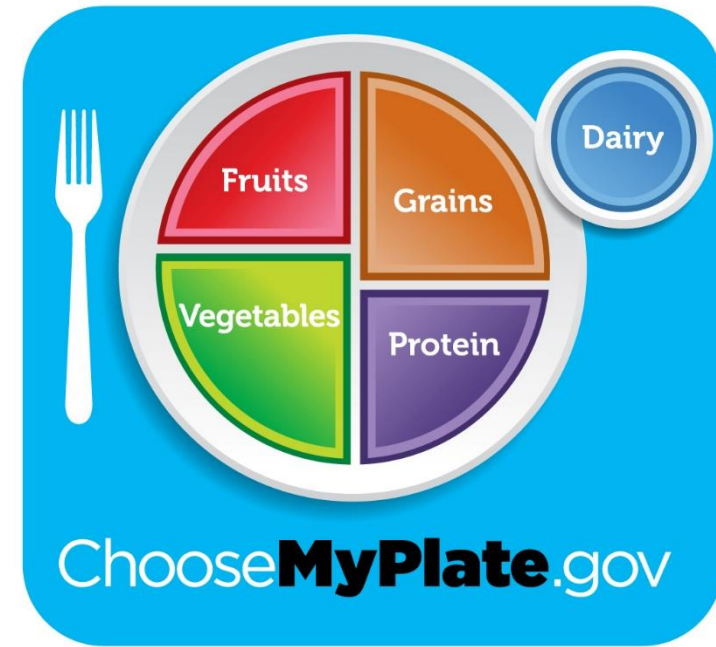
- School district Child Nutrition Programs are contracted by the Texas Department of Agriculture to the school districts
- Program guidelines are set at the federal level and enforced at the state level
 - Nutrition Guidelines
 - Procurement of products
 - Allowable expenses
 - How and when meals are served





Compliance

- Serve Only Menus
 - Breakfast & Lunch Grab & Go Menus
 - Curbsides and Bus Stops
- Reimbursable Meals
 - Need to take everything being offered
 - Need to offer minimum of 3 components one of them being 1 c. Fruit



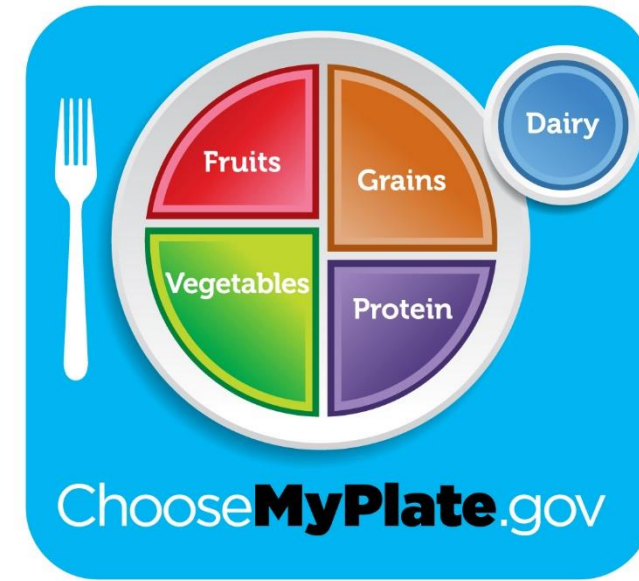
Breakfast

- 1-2 oz Grain
- 1 c. Fruit
- 1 c. Milk



Compliance

- My plate illustrates the five food groups that are the building blocks for a healthy diet
- Offer vs. Serve Menus
 - Lunch In-person Menus
- Reimbursable Meal
 - 3 out of the 5 components
 - 1 out of those 3 has to be $\frac{1}{2}$ c. of fruit or vegetable



Lunch

- 2-3 oz Protein
- 1-2 oz Grain
- $\frac{1}{2}$ c. Fruit
- $\frac{1}{2}$ c. Vegetable
- 1 c. Milk



Promotions so far

BLAST OFF!
WITH A HEALTHY SCHOOL BREAKFAST
March 8 - 12, 2021

MONDAY
Blast off Breakfast Bar

TUESDAY
Wafflerama Breakfast

WEDNESDAY
Outer Planetary Parfait

THURSDAY
EGGstraterrestrial Breakfast Taco

FRIDAY
Supernova Sandwiches

SFE
SFE
SFE

This institution is an equal opportunity provider



In the works

We are planning a safe and fun way to start these programs again as they are an integral part of the student experience in learning about healthy eating.

Farmers Market

Eat Your Alphabet

Roving Chef

Taste Testing

**Student Menu
Committee
Meetings**

School BBQs

Catering

Career Fair



Lunch



Breakfast

Lunch

◀ Tue, Mar 2 ▶

Veggies & Pulled Chicken w/ Whole Wheat Roll & Seasoned Rice



Seasoned Mashed Potatoes



Fresh Baby Carrots



Fresh Orange



Juicy Pineapple Tidbits



1% Low Fat White Milk



SCHOOL MENUS NOW AT YOUR **FINGERTIPS!**

DOWNLOAD THE NUTRISLICE APP FOR

FREE!



Nutrislice App

Check menus online via the Nutrislice app for your school menus online.

Health Ambassadors for a Ready Texas



About HART

The Texas Department of Agriculture (TDA) recognizes that student leaders have a powerful voice for improving health and wellness on school campuses. TDA developed Health Ambassadors for a Ready Texas (HART) to inspire and recognize exceptional Texas high school students as they champion healthy lifestyles for their peers.



HART Ambassadors:



Increase awareness of healthy eating and Texas agriculture among their peers.



Collaborate with school nutrition teams to implement healthy living activities.



Promote the National School Lunch and School Breakfast Programs.



Provide state officials with feedback and recommendations for improving school nutrition programs.

Eligibility:

At the time of application, students must be enrolled 9th, 10th, or 11th grade, attend a Texas high school participating in the National School Lunch Program, and have an email account.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.



Food and Nutrition Division
Health Ambassadors for a Ready Texas



Updated 02/25/2021
www.SquareMeals.org

The deadline for students to apply is Friday, April 9th.

About Health Ambassadors for a Ready Texas (HART):

The Texas Department of Agriculture (TDA) recognizes that student leaders have a powerful voice for improving health and wellness on school campuses. TDA developed Health Ambassadors for a Ready Texas (HART) to inspire and recognize exceptional Texas high school students as they champion healthy lifestyles for their peers. HART connects ambassadors and their school nutrition teams with resources and support for promoting healthy eating, Texas agriculture and school nutrition programs.



Southwest Foodservice Excellence

We support the district as an entire team, with:

- Superior, fresh-from-scratch food
- More menu choices and recipes
- 5-Star onsite support, including education and community programs to fuel healthy lives



NEXT STEPS

Selection of SHAC Chair and Co-Chair

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.





SFDRCSID

SCHOOL HEALTH ADVISORY COUNCIL



3/5/2021