



**Laredo ISD School Health Advisory Council Meeting Dates for**

**2016-2017 School Year**

**Thursday, September 29 @10:30-12 noon- Meeting Rooms**

**Thursday, October 27 @10:30-12 noon - Meeting Rooms**

**Thursday, November 17 @10:30-12 noon - Meeting Rooms**

**Thursday, January 26 @10:30-12 noon - Meeting Rooms**

**Thursday, March 23 @ 10:30-12 noon - Meeting Rooms**

**Thursday, April 27 @ 10:30-12 noon - Meeting Rooms**

**Thursday, May 18 @ 10:30-12 noon - Meeting Rooms**

***\*Note: SHAC Meeting days are subject to change***



**Please join us for a  
Laredo Independent School District  
School Health Advisory Council  
(SHAC) Meeting**

*Date: Thursday, September 29, 2016*

*Time: 10:30 am – 12 pm*

*Location: LISD Performing Arts*

*Center Meeting Rooms*

*2400 San Bernardo Ave.*



**Favor de asistir a la junta del  
Concilio de Salud de las Escuelas  
del Distrito Escolar Independiente de  
Laredo (SHAC)**

*Fecha: jueves el 29 de septiembre del 2016*

*Hora: 10:30 am - 12 pm*

*Lugar: Cuartos de Juntas del  
Centro de LISD Performing Arts  
2400 San Bernarda Ave.*



**Please join us for a  
Laredo Independent School District  
School Health Advisory Council  
(SHAC) Meeting**

*Date: Thursday October 27, 2016*

*Time: 10:30 – 12:00 P.M.*

*Location: Laredo ISD Performing  
Arts Center Meeting Rooms*

*2400 San Bernardo Ave.*



**Favor de asistir a la junta del  
Concilio de Salud de las Escuelas del  
Distrito Escolar Independiente de  
Laredo (SHAC)**

*Fecha: Jueves 27 de Octubre del 2016*

*Hora: 10:30 – 12:00 p.m.*

*Lugar: Cuartos de Juntas del  
Centro de L. ISD Performing Arts*

*2400 San Bernardo Ave.*



**Please join us for a  
Laredo Independent School District  
School Health Advisory Council  
(SHAC) Meeting**

*Date: Thursday, November 17, 2016*

*Time: 10:30 – 12:00 P.M.*

*Location: LISD Performing Arts  
Meeting Rooms*

*2400 San Bernardo Ave.*



**Favor de asistir a la junta del  
Concilio de Salud de las Escuelas del  
Distrito Escolar Independiente de  
Laredo (SHAC)**

*Fecha: Jueves 17 de noviembre del 2016  
Hora: 10:30 - 12:00 p.m.  
Lugar: LISD Performing Arts Meeting  
Rooms  
2400 San Bernardo Ave.*



**Please join us for a  
Laredo Independent School District  
School Health Advisory Council  
(SHAC) Meeting**

*Date: Thursday January 26, 2017*

*Time: 10:30 – 12:00 P.M.*

*Location: LISD Performing Arts  
Meeting Rooms*

*2400 San Bernardo Ave.*





**Favor de asistir a la junta del  
Concilio de Salud de las Escuelas del  
Distrito Escolar Independiente de  
Laredo (SHAC)**

*Fecha: Jueves 26 de Enero del 2017*

*Hora: 10:30 - 12:00 p.m.*

*Lugar: Cuartos de Juntas del  
Centro de LISD Performing Arts*

*2400 San Bernardo Ave.*



LISD School Health Advisory Council (SHAC)  
Laredo ISD Performing Arts Meeting Rooms  
2400 San Bernardo Ave.  
10:30 a.m. – 12:00 p.m.

## SHAC AGENDA FOR OCTOBER 27, 2016

- I. Welcome/Review of Minutes
- II. Showcase Students- Javier Coronado, Assistant Athletic Director
- III. SHAC Attack Trivia- Robert Cuellar, CNP Director/SHAC Chair
- IV. Healthy Snack Demonstration- Chef Rey Lopez, CNP Chef/Area Supervisor
- V. Preventing Domestic Violence- Melissa M. Vasquez, MS  
Legal Advocate, SVC Coordinator Casa de Misericordia
- VI. Breast Cancer Awareness- Laura Nanez, American Cancer Society
- VII. Overview of School Meals-Child Nutrition Program
- VIII. Announcements/Adjourn (Next meeting scheduled for *Thursday, November 17<sup>th</sup> at 10:30 a.m. – 12:00 p.m. at Jesus Martinez Performing Arts Ballroom*)

### SHAC MINUTES for September 29, 2016

Mr. Cuellar welcomed all to the SHAC meeting at 10:30 am and asked for a moment of silence for the passing of Mrs. L Cortez. He then introduced Ms. Laura McCoy a new co-chair for the SHAC.

Ms. Maggie Martinez welcomed parents, students and faculty

Mr. Cuellar asked the students to introduce themselves and what school they represent.

Mr. Cuellar did the presentation of SHAC's Mission Statement and asked audience if they had any questions.

Mr. Cuellar introduced Mr. Javier Coronado Asst. Athletics Director. Mr. Coronado talked about fitness gram –Philosophy of Health and wellbeing of students and promote healthy eating habits, exercise, not only in school but in their daily life style. He also explained the Fitness Gram for students where they are tested to see their ability in fitness and keep score of each exercised performed. Mr. Coronado asked the students if they had any questions and there were several questions of students and students were very interested in this topic.

Mr. Cuellar introduced Mr. Basilio Salas who is the coach in charge of the LISD swimming team. Mr. Salas explained the program how they do the practice, training and enrollment on this program. This program for now is only from 9<sup>th</sup> grade to 12<sup>th</sup> grade but will be implementing a swimming team in the future for elementary students.

Mr. Cuellar introduced Ms. Graciela Lopez Health Services Coordinator and she explained the importance of getting the flu shot to all students. How important it is to wash your hands, cover your cough to avoid spreading the virus. Told the parents to talk to their school nurses to sign the consent form to get the flu shot and not to send their son/daughter to school until they have a doctor's excuse. They have to remain home for 24 hours before they return to school.

Mr. Cuellar asked students and parents on topics they would like to discuss next meeting and if they had any questions or suggestions for the program and the following are their concerns- students of high school complained about school menus, on the portion size, food and food had no taste. Students were saying the food portions were too small and they were athletes that need more food because it affected their performance in sports. Other concerns mentioned were on Flu shots.

The following topics parents want to discuss is **Early Release** of students that they are not advice when students will be released early and principals only put up a sign on entrance of building. How to treat a child with **ADHD**, being tardy, absent and early release. If student is out on sick leave how many days they have to turn in homework. If they need to provide a doctors excuse even if they make the appointment by phone. How to **cope with student depression or family issues**

Other announcements were made by Ms. Maggie Martinez and Mr. Cuellar of activities that are coming up this coming month like the boys and girls basketball tournaments 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> grade at the high school gyms. Mr. Cuellar announced there will be a Suggestion Box next meeting to write down any topics or concerns parents might have.

Mr. Cuellar thanked everyone in attendance and meeting ended at 11:43 am.



LISD School Health Advisory Council (SHAC)  
LISD Performing Arts Meeting Rooms  
2400 San Bernardo Ave.  
10:30 a.m. – 12:00 p.m.

SHAC AGENDA FOR NOVEMBER 17, 2016

- I. Welcome/Review of Minutes
- II. Showcase Students- Javier Coronado, Assistant Athletic Director
- III. SHAC ATTACK Trivia- Robert Cuellar, CNP Director/SHAC Chair
- IV. "A Diabetic Doesn't Live Here" - Graciela Lopez, Health Services Coordinator
- V. Drug Awareness- Cindy Lopez & Victor Oliveros, Substance Abuse Coordinators
- VI. Healthy Eating during the Holidays- Genoveva Ramirez, CNP Coordinator/Menu-planner
- VII. Announcements/Adjourn (Next meeting scheduled for *Thursday, January 26<sup>th</sup> at 10:30 a.m. – 12:00 p.m. at Laredo ISD Performing Arts meeting rooms*)

May each of you have a Blessed Thanksgiving, Merry Christmas & Happy New Year!!



## SHAC MINUTES for October 27, 2016

Mr. Cuellar welcomed everyone to SHAC meeting at 10:46 am motioned to start meeting by Mr. Ramon (Sanchez/Ochoa), second by Maggie Soto (Milton/Nixon). Mr. Cuellar reviewed SHAC minutes for September 29, 2016. Motion to approve minutes by Sandra Morales (Ligarde Elementary), second by Jessica Garza (A. Pierce Elementary).

Mr. Cuellar welcomed new SHAC members, and Introduced Coach Denise Moreno. Coach Moreno showcased two students. Mia Gomez is a student at Martin High School, she a Junior, and a member of the JROTC. Carlos Ramirez is a Senior at Cigarroa High School.

Mr. Cuellar introduced Chef Rey Lopez, CNP Chef/Area Supervisor, demonstrated how to make "Ants on a log". A healthy snack that parents can me at home using raisons or cranberries, peanut butter, and celery. Attendees were able to sample "ants on a log", and recipe was given to as well.

Mr. Cuellar introduced Melissa M. Vasquez, MS, Legal Advocate, SVC Coordinator at Casa de Misericordia. Spoke about Domestic Violence, and services offered at Casa de Misericordia. She stated that 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States. 1 in 4 woman (24.3%) and 1 in 7 men (13.8%) aged 18 and older have been victims of domestic violence in the United States. Ms. Vasquez spoke about types of protective orders available in Texas, such as Magistrate's Order of Emergency Protection, Family Violence Protective Order, and Sexual assault/stalking/trafficking Protective Orders.

Mrs. Lopez RN introduced Laura Nañez, American Cancer Society, she is a breast cancer survivor of 14 years. Ms. Nañez shared her story with SHAC audience. She also spoke about the different resources available from the American Cancer Society. National Cancer Information Center hotline 1-800-227-2345 this contact can be used for any questions, she states it also serves as a support system for cancer patients and their families. Road to Recovery assists with transportation to appointments, Hope Lodge assists with out of town needs, such as hotel, gas, etc. for those patients needing to travel out of town for treatment.

Mr. Cuellar spoke about Child Nutrition Program High School Lunch Menu Nutrition Standards. He highlighted the Healthy, Hunger-Free Kids Act of 2010. High school lunch menus follow USDA nutrition Standards/Guidelines, analyzed for calories, saturated fat, Trans. fats, and sodium. Only offer low fat (1% white) milk or Fat Free (Skim) flavored and unflavored milk. Mr. Cuellar spoke in detail about portion size requirements and the variety of foods available: Students now have a salad bar option and can choose to double up on fruits or vegetable at no charge to them.

Mr. Cuellar thanked everyone in attendance, motion to close meeting by Ms. Reyes and second by Ms. Maggie Martinez meeting adjourned at 12:10 pm



LISD School Health Advisory Council (SHAC)  
Laredo ISD Performing Arts Meeting Rooms  
2400 San Bernardo Ave.  
10:30 a.m. – 12:00 p.m.

## SHAC AGENDA FOR JANUARY 26<sup>TH</sup>

- I. Welcome/Review of Minutes- Robert Cuellar, CNP Director/SHAC Chair
- II. Showcase Students- Javier Coronado, Assistant Athletic Director
- III. SHAC ATTACK Trivia- Robert Cuellar, CNP Director/SHAC Chair
- IV. Presentation on *People with Disabilities Awareness & Sensitivity Training Needs* by Cecilia Gutierrez & Rebecca Morales, members of the Mayor's Blue Ribbon Committee for People with Disabilities
- V. Presentation on *Sex Education* by Graciela Lopez, Health Services Coordinator, Denise V. Moreno, PE/Swimming Coach, & Aldo Molina
- VI. *Wellness Policy* Update by Genoveva Ramirez, CNP Coordinator
- VII. Announcements/Adjourn (Next meeting scheduled for *Thursday, March 23<sup>rd</sup> at 10:30 a.m. – 12:00 p.m. at Performing Arts Ballroom*)

## SHAC MINUTES for November 17, 2016

Mr. Cuellar welcomed everyone to SHAC meeting at 10:34 am motioned to start meeting by Ms. Pat Campos, second by Fr. Paul Frey. Mr. Cuellar reviewed SHAC minutes for October 27, 2017. Motion to approve minutes by Fr. Paul Frey, and second by Ms. Morales (Bruni Elem.)

Mr. Cuellar welcomed new SHAC members, and introduced Coach Sylvia Barrera, Director of Athletics. Coach Barrera showcased students Alejandra Pizaña, and Jury De Anda. Alejandra Pizaña is a junior at Cigarroa High School, where she participates in Robotics, Computer Apps UTI, and SHAC. Alejandra plans to go to college and finish her career as a computer engineer and later move to Ohio. She states her school promotes health and wellness by having a salad bar, and the campus nurse going to classes to check on students. Jury De Anda is a senior at Cigarroa High School, where she participates in Superintendent Advisory Committee, Law Enforcement, JROTC, Cross Country, and Track. Jury states she wants to join the army after graduating from High School. Her school promotes health and wellness by having classes for freshman that teach the consequences of consuming drugs, and having hand sanitizers accessible at the cafeteria entrance.

Mr. Robert Cuellar had SHAC audience participate in SHAC Attack Trivia activity. Members of audience were asked several questions from last month's SHAC meeting, mission statement, what SHAC acronym stands for, and others. Audience members have "True" & "False" flash cards that they raise up depending on what they think the answer is. Mr. Cuellar then announces the answer and clarifies correct response.

Mrs. Grace Lopez spoke to group about November being Diabetes Awareness Month. She introduced student Jessica Orozoco, Senior at Cigarroa High School, and a member of the Silver Rose dance team. Jessica is a student with Type 1 diabetes she spoke to SHAC audience about her diagnosis and how it has impacted her life. Although she has had to make changes to her daily life style Jessica continues to be involved in extracurricular activities in her school. She stated the difference between Type 1 Diabetes, and Type 2 Diabetes, as well as, symptoms of both. Mrs. Grace Lopez introduced Anissa Ramirez, Junior at Nixon High School. Anissa's younger sister was diagnosed with Type 1 diabetes at age 4. Anissa spoke about the changes her family has made in order to help her sister with her diagnosis. She has learned to administer insulin, count carbohydrates, and check her sister blood sugar with a glucometer. Anissa also stated that her sister does not let type 1 diabetes stop her from participating in sports, dance, gymnastics, and other activities.

Mrs. Laura McCoy introduced Cindy Lopez and Victor Oliveros, Substance Abuse Coordinators, spoke about substance abuse prevention program. Program consists of 10 lessons that are taught during 5<sup>th</sup> grade PE. Lessons consist of students setting goals, communication techniques, refusal strategies, making a good decision, dealing with peer pressure, and better ideas. The lessons consist of games, and small group activities.

Mr. Robert Cuellar introduced Genoveva Ramirez, CNP Coordinator/Menu planner. Mrs. Ramirez spoke about ten tips to healthy eating during the holiday season.

Mr. Cuellar spoke about upcoming activities, such as, Elementary Honor Choir Christmas Concert on November 30, 2016, Christmas Parade/Tree lighting on December 2, 2016, Food Expo on December 2, 2016, and Parental Involvement meeting on December 3, 2016.

Mr. Cuellar thanked everyone in attendance, motion to close meeting by Ms. Maggie Martinez and second by Coach Sylvia Barrera meeting adjourned at 11:43 am.