Minutes for the Terrell County ISD School Health Advisory Council (SHAC) for January 19, 2022

Members in attendance: Violita McDonald; virtual attendance: Letty Arredondo, Frannie Rodgriguez, and Kristy Billings.

Others in attendance: Laura Rubio (virtual)

Meeting was called to order at 3:38pm.

The minutes from the last meeting are not available at this time due to participants unable to access them because of school closure.

Nurse McDonald reviewed the goals for the meeting. She introduced guest speaker Laura Rubio, who is the cafeteria coordinator at TCISD. Nurse McDonald also listed the topic areas that Mrs. Rubio would be discussing (list is on agenda).

Mrs. Rubio began by giving an overview of the SHAC assessment from 8/31/2020 and the next Triennial Assessment for 2023. Her biggest concern was if the documentation is being shared for administrative review. Nurse McDonald said that this concern and changes to required posting had been discussed at the prior meeting. The SHAC website has been recently updated and the documentation from 8/31/2020 has been provided. Mrs. Rubio also explained that there is a need for a wellness plan for the wellness policy. She has provided one to Nurse McDonald for the Council to review. Mrs. Rubio also stated that she feels the wellness plan is moving in the right direction.

Other concerns Mrs. Rubio had were if SHAC was sharing information with the community. She said that this would be done on the school website, and she knows that the information has been posted.

Mrs. Rubio explained how she does her menu planning. She must follow the guidelines set for selling foods. They must meet the healthy snack guidelines. She wants us to share any concerns. She would appreciate both positive and negative feedback. Nurse V did compliment the set up that Mrs. Rubio currently uses for the breakfast program. She stated that, “Mrs. Rubio runs the cafeteria program like a well-oiled machine”.

Mrs. Rubio said that she is limiting Jr. High students to 1 ala carte item to stay within policy. She does sometimes allow High school students to have two. For the smart snack competitive food sales, Mrs. Rubio said she plans to communicate with staff and sponsors to ensure they understand the guidelines for selling food at school. She explained that we only get 6 exemption days for selling food not on the smart snack list, and these days are usually reserved for concession stands.

Mrs. Rubio asked if there were any areas of concern from the council. Nurse McDonald to ask if the policy limits for compliance were determined by number of calories. Mrs. Rubio explained that calories were a part of it, but it also includes sodium limits, and they also must be whole grain foods. Nurse V asked if it would be possible to add a vending machine on campus with items from the healthy snacks list. Mrs. Rubio replied that it could be an option. Mrs. Rubio said that next year the cafeteria lunch program may be reimplemented. Nurse V said she was pleased because she worries that some students may not be getting 3 meals a day. She likes that the students will at least have access to two healthy meals while at school. Mrs. Rubio does have concerns about the students having less time for breakfast because they would have to walk to the cafeteria for break. She worries that this would mean less time for the students to eat their breakfast. She asked that the council consider offering suggestions for helping the breakfast program run smoother. When asked is she needed more time, Mrs. Rubio said it could be more time or maybe staggering breakfast times. This is an item the council can discuss in the future.

The treasurer report is not available because our treasurer (L. Arredondo) was home sick and unable to get the information.

Letty Arredondo made a motion to adjourn the meeting. Kristy Billings second the motion. All voted in favor. Meeting adjourned at 4:00pm.