



School Health Advisory Council Meeting

January 23, 2018

4:15 p.m.

Members Present:

Adrian Cabrera
Cherie Camacho
Edith Carreto
Brian Chavez
Athit Farias
Rhonda Ferrone
Rita Garcia
Melissa Gonzalez
Nancy Hernandez
Ana Holland
Michelle Lopez
Kristie Plattner
Kirstie Ramirez
Cindy Salazar - Collier
Paula Sanchez
Laura Stathopoulos
Connie Trevino

Lindsey Zimmerman

Members Absent:

Isabel Alaniz
Cindy Barrera
Julie Breedlove
Johnathan Bodden
Hannah Burleson
Stephanie Cadengo
Nicholas Camacho
Elisheba Casey
Robyn Dunkin
Dr. Lisa Garcia
Monica Garza
Ana Gonzalez
Tracey Kriehbaum
Henry LeVrier
Ralf Lopez

Abbie Mahan

Brenda Martinez
Esotarya Mitchell
Gabiella Murchison
Ana Laura Ochoa-Loera
Audrey Pena
Pablo Pena
Laura Perez
Agustina Reams
Hugo Rivera
Gabriela Sanchez
Dina Silva
Craig Smith
Mayra Trujillo

Others Present

Yaslin Hernandez
Brenda Pulido

- I. Welcome
Mrs. Holland welcomed the School Health Advisory Council (SHAC) members to the meeting.
- II. Driscoll Health Plan: My Plate Presentation
Lizbeth Shanholtzer provided an overview of the various services provided by the Driscoll Health System before providing a brief lesson on *My Plate*. She also distributed a child's *My Plate* and pamphlets in English and Spanish to all members. Mrs. Shanholtzer offered her services to all campuses and was willing to provide presentations to parents and students.
- III. *CATCH My Breath* Update
Yaslin Hernandez and Brenda Pulido provided an overview of the *CATCH My Breath* program to members, as well as an update on the implementation of the program at the high school. The girls also shared how they utilized the *CATCH My Breath* program as their speaking platform for their DECA competition, in which they excelled and had earned a place at the state competition.
- IV. *It's Time Texas Community Challenge* Update
Mrs. Holland provided an update on the status of the District in the *It's Time Texas Community Challenge*. She also provided a review of how to register, how to upload a selfie, and how to download and use the Teach Healthier app. Cindy Salazar-Collier from *It's Time Texas* shared that many teachers had not registered or uploaded their teacher pledge. The students discussed the possibility of registering high school students. Information was presented about the *Point Isabel ISD Healthier Taste by the Sea Community Health Fair* mid-point check-in on February 8, 2018 from 4:30 – 6:30 p.m. Mrs. Holland explained the format for the event included the distribution of information and food samples by local restaurants and organizations, followed by a Yoga session.
- V. Next Meeting: April 10, 2018
- VI. Adjournment