

# SAISD School Health Advisory Council

## SHAC Meeting Minutes



### Opening

The regular meeting of the SAISD School Health Advisory Council was called to order at 5:12 pm on May 23, 2023 at Central Office, 514 W. Quincy St. by Guadalupe Cornejo.

### Present Members

Raul Salazar, Guadalupe Cornejo, Gloria Davis, Dr. Kampol, Tiffany Venzir, Dana Robokowski, Janet Trevino, Jenny Arredondo, Alan Maurico, Laura Cabrera, Karina Salinas, Kendra Doyle, Anne Messbarger-Eguia (speaker), Kamilah Antoine (speaker), Amy Collins (virtual speaker), Tkisha Durst (guest), Martha Ybarra (guest), Lesbia Espinoza Pena (guest)

### Approval of Agenda

The agenda was unanimously approved as distributed.

### Approval of Minutes

The minutes of the previous meeting were unanimously approved.

Motion to approve by Janet Trevino, second to approve by Alan Maurico. Motion passed.

### New Business

#### Topic 1- CHEF Overview

CHEF's mission is to drive healthy eating among children and families by promoting nutritious food and home cooking as key ingredients in the recipe for life-long health and wellness. In the classroom, our teachers/coaches have been trained to teach simple cooking methods to promote overall well being, demonstrate portion control, promote wholesome food choices and decrease consumption of added sugars and highly processed foods, explore flavor development through the use of herbs and spices, include a variety of fruits and vegetables to increase beneficial colors and visual appeal to meals, and emphasize the health benefits of plant-based foods.

CHEF outcomes include improvements in student's nutrition knowledge: in understanding and retention of basic nutrition concepts and healthy lifestyle tenets, self-efficacy: confidence/competence to apply lessons learned in CHEF class at home, healthy eating behavior: adoption, implementation of, and fidelity to health eating practices such as increased fruit/vegetables/whole grain consumption, increased water consumption (decrease consumption of sugary beverages) and the regular practice of cooking/eating at home.

#### Topic 2- NEST

##### NEST, HAPPIER HUMANS THAT DO LESS HARM

NEST's K-12 curricula concentrates in helping youth build healthy relationships and reduce harm to themselves and others. Programs of NEST consist of lessons that increase belonging, emotional agility, accountability and gratitude among students. The three main principles are strength-based, youth-centering, and trauma-informed that aims to empower and celebrate children's inherent strengths over fear-based ideas. NEST maintains focus on children's voices, experiences, and perspectives, and encourage voice and choice for trauma victims while modeling mutual trust and respect.



# SAISD School Health Advisory Council

**Next Meeting Date**

June 22, 2023, 5:00 p.m., Central Office, 514 W. Quincy St. 78212

**Adjournment**

Motion to adjourn at 6:42 p.m. by Dana Robokowski, second by Alan Maurico

Minutes submitted: Laura Cabrera

Approved by: Raul Salazar