



*Home of the New Braunfels Unicorns!*

## NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT School Health Advisory Council 2016/2017 Annual Report

**The School Health Advisory Council (SHAC)** represents various components in our district and community. Most importantly, SHAC members should be committed to quality health programs for children. The most effective SHACS develop plans that address all eight components of a coordinated school health program as listed:

1. Health Education
2. Physical Education
3. Health Services
4. Nutrition Services
5. Counseling, Psychological, and Social Services
6. Healthy School Environment
7. Health Promotion for Staff
8. Family/Community Involvement

**Vision Statement:** New Braunfels ISD will have healthy students, staff, and families through awareness, support, and implementation of our Coordinated Health Program.

**Mission Statement:** Our mission is to promote healthy lifestyle choices, create a climate of wellness and safety for students and families in the NBISD community, and to help the District ensure that local community values and health issues are reflected in the District's health education instruction. NBISD [SHAC ByLaws](#).

### 2016/2017 Meeting Dates

October 5, 2016  
December 7, 2016  
February 8, 2017  
April 5, 2017

### Members:

\*Marc DuFrene Co-Chair  
Karen Schwind, Co-Chair  
\*Andrea Owen  
\*Amy Payne  
Ashley West  
\*Bethany Diaz  
\*Bryon Turner  
Clay Gillentine  
Catherine Vanderbrook  
\*Charmane Barton  
Cheri Polk  
\*Cindy Shown

+Dave Heefner  
\*Emily Briggs  
+Fancy Flores  
\*Jennifer Ford  
\*Jennifer Hernandez  
\*Jenifer Hanson  
\*Kelly Zolnierck  
\*Kristen Beeghley  
\*Kristin Martinez  
+Krystal Batteen Snider  
\*Lauren Ryder  
Lesli Burk

\*Lisa Laubach  
Mary Coronado  
+Mary Helen Phillips  
Michelle Kanz  
+Nancy Pappas  
Nicole Haecker  
Rachel Gruwell, NBHS student  
\*Rosa DeLaTorre  
\*Sharon Levett  
\*Tabitha Drake  
Victoria Gonzales NBHS student  
\*Victoria Grissom

\*parent representative  
+community representative

## **Summary of SHAC Accomplishments 2016/2017 School Year**

### ***SHAC Membership includes:***

- Parents, Elementary and Secondary representation, High School Students
- Community members and professionals
- NBISD employees, including Food Service, Curriculum, Student Services and School Nurses (RN's secondary and elementary campuses represented) and the NBISD Medical Director and a recent addition of a NBISD School Board Member.

### ***Coordinated School Health:***

- Alliance for a Healthier Generation Healthy Schools Program is to help schools address the childhood obesity crisis. NBISD is one of the districts selected to participate during the past four years to assist our schools in creating comprehensive and sustainable change around wellness. Campus champions from each NBISD campus have participated in 2 trainings this school year, October 2016 and May 2017. For additional information visit: [Alliance for a Healthier Generation](#) or [Healthy Schools Program](#).
- Continued to implement the Coordinated School Health on Elementary and Middle School Campuses through participation in the CATCH Curriculum. (Coordinated Approach to Children's Health)
- Completed State Mandated Programs including Vision, Hearing, Spinal Screening, the Texas Risk Assessment for Type 2 Diabetes in Children and the fitness assessment.
- Continued to educate teachers and staff with AED demonstration on each campus and choking training for all staff, (how to help rescue someone who is choking) this year through a required online Eduphoria e-course. CPR/AED training offered optionally for all employees. CPR/AED/First Aid required for all coaches and extracurricular sponsors and preK staff.
- Revisited training for Food Allergy and Anaphylaxis Policy and training for all NBISD staff required by all staff via an Eduphoria e-course.
- Wellness and Sexual Health parent informational meeting to be held May 3, 2017. Middle School and Ninth Grade student education during May 2017.
- Youth Mental Health First Aid course offered for NBISD employees June & August 2016.
- 'CPR for Students' as required by HB 897, for all 9<sup>th</sup> – 12<sup>th</sup> grade students. All students will complete this during Health.
- Continue to evaluate the NBISD Wellness Policy based on TASB April 2017 recommendations. Formation of Sub Committee to create wellness plan this spring and summer.
- Kick the Flu vaccination program introduced for students to receive flu vaccine at school. All campuses participated with parent permission required for vaccine participation on October 18, 2016. A total of 1500 students participated in this program.

### ***Contributions of Nutrition Services***

- Implemented FUEL at all secondary schools to increase participation and introduce new flavors.
- District chef involved in gardens to promote healthy eating.
- Taste it Tuesday and Farm Fresh Fridays implemented to increase participation, bring awareness of local Texas Farms and encourage healthy eating habits.
- District chef demos cooking classes with students to promote healthy eating.
- Monthly promotions at all levels to increase student participation.
- Community involvement to increase Free and Reduced participation.
- Catering district wide for faculty and parent events.
- Changed menus to have more options for entrees.
- Added toast and hash brown to breakfast trays for more rounded meal.
- End of the year grilling at participating schools.

### ***Healthy Lifestyle PTA Program***

- Most campuses have a Healthy Lifestyle Chair appointed by their PTA Presidents.
- The Healthy Lifestyle Chairs have the following responsibilities as outlined by Texas PTA:
  - Create a Healthy Lifestyles Team. Include your Principal, Local PTA President, PE Department, Cafeteria Manager, Garden Director and parents.
  - Attend your District's SHAC meetings and know your District's Wellness Policy (found on school website.)

### ***Employee Wellness***

- Implementation of '[NB Strong](#),' NBISD employee website added this past fall. Programs such as Weight Watchers, Zumba, and other exercise options at individual campus locations.
- Vaccination program for employees offered in October through Passport to Health to update all immunizations as part of the TRS/ Aetna Wellness program. Vaccines included: influenza, Tdap, (Tetanus) Shingles, Hepatitis A and B series, Meningococcal, Pneumonia, Vitamin B12, and Zostavax, (Shingles). October Clinics were set up at all campuses, transportation, support service and the Education Center for convenience of employees. The May clinic will take place at the Ed Center.
- Offered participation in the Gold's Gym, Orange Theory and YMCA for individuals or family memberships.
- Health Matters Health Screening offered to all employees in March 2016. The blood screening includes the following: metabolic panel (checks vital organs), lipid panel (cholesterols), CRP for vascular disease, Hemoglobin A1c (diabetes), complete blood count, thyroid panel, and prostate cancer screen (PSA). This screening is a covered benefit under TRS Active Care (Aetna) paid at 100%. Screening opportunities take place at each campus, support services, transportation and the Education Center.

- Mobile Mammography brought to NBISD
  - Employee Back to School Expo August 2016
  - Employee Back to School Expo August 22, 2017

### ***Community Connections***

- Collaboration with River City Advocacy program. Counseling and support group schedules shared with a potential pilot program with our schools.
- American Heart Association continued and/or introduced student to age related school activities.
- Active Living Coalition Coordinator and the Institute for Public Health and Education Research (TIPHER). NBISD representation with SHAC co-chair and parents. This year we witnessed the completion of the County Line trail connection to WSE School. This effort was made possible by the contribution of the TIPHER grant and the City of New Braunfels.
- Lessons are taking place while gardens are growing at the following schools: County Line, Carl Schurz, Klein Road, Lamar, New Braunfels Middle, OakRun Middle, School of Choice and NBHS. Lone Star students are walking to Westside Community Center and are gardening there. Beginning this spring gardens include Memorial and Seele. The Comal County Master Gardeners, Agrilife Extension Service and SOW Healthy Coalition provide community collaboration to make these gardens possible. Professional Development for teachers offered June and August 2016 and throughout the school year on Saturdays.
- In collaboration with Comal County Office of Public Health our pre K families were offered the opportunity to attend pre K immunization clinics during month of registration in April. Back to school vaccine clinics are held in the summer and on the first day of school at the CCOPH.
- NBISD representative to the Comal County Mental Health Task Force who has been working during this 2016/17 school year to increase access to mental health services in the community. NBISD representation in forming the Mental Advocacy Partners (MAP).
- Collaboration with local physician and Nurse Practitioner regarding Return2Learn in addition to Ready-to-play for students who have experienced concussions and traumatic brain injuries.
- In collaboration with Law Enforcement and the NB Fire Department, participate in the 'Active Shooter Committee' and Control the Bleed training for nursing staff.
- Update to [Health Services Website](#), the [SHAC Website](#) and [the SHAC Meeting Summaries](#) may be viewed by selecting the above links.

### **Summary of Recommendations for the 2017/2018 School Year**

- Recommend the addition of a PE/Health/Wellness curriculum coordinator for NBISD.
- Continue the Health Schools Program coordinating with CATCH at each elementary and both middle school campuses.
- Continue to support the Healthy Lifestyles Chairperson through each campus PTA.
- Review and update NBISD Wellness Policy Plan, based on TASB recommendations.
- Support the concept of non-food fundraisers across the district, highlighting those

- campuses with successful exercise related fundraising.
- Continue to implement updates nutritional guidelines from USDA/TDA for 2017/2018
  - Provide teachers with tools to implement brain breaks that could be used during the school day for all grade levels and additional planned activity at recess.

### **Goals/Objectives for 2017/2018:**

- ✚ Increase parent /community membership and involvement on the School Health Advisory Council through active recruiting tools, ensuring that we are in compliance with a parent- majority membership.
- ✚ Continue to identify needs of our District by looking at various indicators including fitness assessment data, Texas Risk Assessment for Type 2 Diabetes in Children referral data, academic performance, attendance rates, and any other data that would give us a clearer picture of what our needs are.
- ✚ Since this is the fourth and final year with the Healthy Schools Program, continue to build a philosophy of health at each campus creating comprehensive and sustainable change around wellness.
- ✚ Consideration of Breakfast in the Classroom program as a trial at one campus.
- ✚ Continue with the implementation for emergency response for all students before graduating from high school. (HB 897)
- ✚ Continue with the Implementation of the Youth Mental Health First Aid Program and continue to offer training courses for any employees who are interested.
- ✚ Consider the Return2Learn pilot program if available.
- ✚ Continue with 'Control the Bleed' training to administrators and staff including purchasing of Bleed kits.
- ✚ Provide assistance and support to the District to ensure that the eight components of a Coordinated School Health Program (see page 1) are being addressed.
- ✚ Revisit the Wellness Policy Plan, based on TASB recommendations.
- ✚ Increase employee health and wellness education by implementing additional course offerings in the Professional Development Academy and Community Collaboration.
- ✚ Implement a Healthy Lifestyle Chair at each campus that has a PTA and hold at least one Healthy Lifestyle event during the 2017-2018 school year.
- ✚ Strive to identify healthy fundraising alternatives for campuses and PTAs.
- ✚ Implement the SOW Healthy Garden partnership at additional campuses.
- ✚ Begin to implement the Farm to School program with assisting campus gardens in composting by having food service donating produce scraps from their waste program.

#### **Contact us?**

Please contact the NBISD Health Services Coordinator with questions or comments:

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**Thank you for your support of the  
School Health Advisory Council and the  
Health of NBISD!**

