



New Braunfels ISD School Health Advisory Council

Wednesday December 7, 2016

NBISD Education Center

Present: Tabitha Drake, Kristin Martinez, Kelly spencer, Lauren Ryder, Ivonne Carreon, Michael Carreon, Nancy Pappas, Jennifer Hernandez, Michelle Kanz, Krystal Batteen Snider, Lesli Burk, Mary coronado, Cheri Polk, Karen Schwind, Kelly Zolnierek, Jennifer Ford, Catherine Vanderbrook.

1. Medicaid update: Dr. Ivonne Carreon and Michael Carreon

River Valley Pediatrics (located above Resolute Fit at hospital) Explained [Texas Health Steps](#), requires Medicaid students to receive exams and immunizations on a scheduled basis. Includes 2 dental visits per year and and annual eye exam. When a child loses Medicaid coverage it is a 30 day wait to get reinstated. Their office is bilingual. Importance of well child checks was stressed. The office takes almost all medicaid HMOs, only Molina is not. Will take medically fragile patients until 25. No wait for new patients. Patients are seen that day or next day.

2. SOW Healthy Update: Nancy Pappas

In addition to the Gardening program, the SOW Healthy Non profit Coalition provides: SART-sexual assault response team. Team set up at Resolute right off emergency room. The SANE nurse meets with the victim and does all the documentation necessary. The goal is to have the victim only recount the story one time. Law enforcement, SANE, and advocate try to meet all at the same time. Also partners with the children's advocacy center.

3. It's Texas Time <https://itstimetexas.org/communitychallenge/>

These are free resources in the community. There are free online health coaches available as well.

4. Breakfast in the Classroom

- a. [Breakfast Facts from USDA](#)
- b. [Breakfast in the classroom factsheet](#)
- c. [School Breakfast Program leads to Fewer Absences.](#) Garland ISD
- d. [Breakfast in the Classroom Guide](#)

Any school qualifies if 80% of students are free and reduced. Grants are also available. It would be great to investigate how to get this implemented at individual campuses.

5. New Community Resource: Virtual Healthy Schools

- a. Our colleagues in the CDC School Health Branch have launched the [Virtual Healthy School](http://www.cdc.gov/healthyschools/vhs/index.html), <http://www.cdc.gov/healthyschools/vhs/index.html> an interactive tool that shows how components of the Whole School, Whole Community, Whole Child (WSCC) model can be integrated into schools. It provides information about epilepsy and training programs for school staff, in addition to other health conditions and services, physical activity, health education, and other important school-related topics.

6. Walking School Bus (WSB) Toolkit

- a. The Safe Routes to School National Partnership has developed the [WSB Toolkit](#). It is a step-by-step guide designed to help educators, parents, and community members plan and organize a WSB using adult volunteers as leaders. January may be a good time for schools to implement a WSB, as adults may be more eager to exercise then.
- b. A [walking school bus \(WSB\)](http://saferoutespartnership.org/sites/default/files/resource_files/step-by-step-walking-school-bus.pdf) http://saferoutespartnership.org/sites/default/files/resource_files/step-by-step-walking-school-bus.pdf is a safe and fun way for children to get physical activity as they travel to and from school with adult supervision. Each “bus” walks along a set route with one or more adults leading it, picking children up at designated stops along a predetermined route and walking them to school. The process is reversed in the afternoons on the way home from school. It is that easy. You may find that families are already doing this with their children and would be delighted to help more students get to school in this healthy, safe, and fun way!

7. [Whole Class Rewards that Aren't Food](#)

8. [Child Abuse Prevention Calendar](#) These are available in amounts of 100.

The Prevention and Early Intervention Division's **2017 parenting tips calendar** is now available. This free family resource is filled with helpful tips for parents and caregivers of children of all ages. It is **available in English and Spanish**. The calendar is endorsed by the Texas Pediatric Society and is a great resource for families participating in early childhood programs. Take a look for yourself at HelpandHope.org. Place your order online at <http://www.printmailpro.com/dfps/>.



Happy Holidays to All! See you in the New Year! [The Twelve Ways to Health!](#)

Next Scheduled SHAC meeting Wednesday February 8, 2017 NBISD Ed Center