

New Braunfels ISD School Health Advisory Council
2011 2012

Sharon Levett, Co-Chair
Karen Schwind, Co-Chair

Robin Beckman
Crystal Byrom
Ramon Chapa Jr.
Shawna Del Hierro
Monica Dockery
Suzie Dionne
Kathleen Greer
Sherry Hardwick
Heather Heywood
Margie Irizarry

Lesli Burk
Kathy Kenney
Jennifer Krause
Blanca Martinez
Beth Matulich
Dorothy Overman
Cheri Polk
Belinda Martin
Gwen Mills
Lorraine San Miguel

Session 1 : October 12, 2011 at 8:30 AM to October 12, 2011 at 9:30 AM

Location: Education Center - Library Room

Session 2 : December 7, 2011 at 8:30 AM to December 7, 2011 at 9:30 AM

Location: Education Center - Historical Room

Session 3 : February 1, 2012 at 8:30 AM to February 1, 2012 at 9:30 AM

Location: Education Center - Library Room

Session 4 : April 4, 2012 at 8:30 AM to April 4, 2012 at 9:30 AM

Location: Education Center - Library Room

The School Health Advisory Council (SHAC) represents various components in our district and community. The most effective SHACS develop plans that address all eight components of a coordinated school health program as listed:

1. Health instruction,
2. Healthy school environment,
3. Health services,
4. Physical education,
5. School counseling,
6. Food service,
7. School site health promotion for faculty and staff; and,
8. Involvement with parents and the community. Most importantly, SHAC members should be committed to quality health programs for children. Please consider attending a SHAC meeting.

New Braunfels ISD School Health Advisory Council

Vision Statement: New Braunfels ISD will have healthier 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.

Goals/Objectives for 2011/12:

- To 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.
- 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.
- To provide assistance and support to the District to ensure that the eight components of a Coordinated School Health Program are being addressed:
 - ✓ Health Education
 - ✓ Physical Education
 - ✓ Health Services
 - ✓ Nutrition Services
 - ✓ Counseling, Psychological, and Social Services
 - ✓ Healthy School Environment
 - ✓ Health Promotion for Staff
 - ✓ Family/Community Involvement

Summary of SHAC Accomplishments and Recommendations 2011-2012 School Year

- SHAC Membership includes:
 - Parents, Elementary and Secondary representation
 - Community members and professionals
 - NBISD employees, including school nurses (RN's)

- Coordinated School Health:
 - Implemented the Coordinated School Health on Elementary Campuses through participation in the CATCH Curriculum. (Coordinated Approach to Children's Health) Utilized monthly calendar for health related suggestions and ideas.
 - Completed the Annual School Health Survey with submission to TEA (March 2012)
 - Completed State Mandated Programs including Vision, Hearing, Spinal Screening, the Texas Risk Assessment for Type 2 Diabetes in Children and the fitness assessment.
 - Continue 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)
 - Worth the Wait training for new to NBISD science department teachers.

- Contributions of Nutrition Services
 - Go, Slow and Whoa menu identification.
 - District wide reminder to all principals to avoid competitive foods brought from home to campus during lunch. Also reminder to teachers and staff foods of minimal nutritional value, or FMNV cannot be given to students as a reward. (includes candy)
 - Recommendation to return to whole wheat products being served in the cafeteria. (This year resulted in a return to white wheat breads, buns, and crusts due to decrease in revenue.)
 - Discussion to pursue ways to increase breakfast participation.
 - Suggestion to increase dark green vegetables, salads and fruits possibly with a traveling salad/fruit bar.
 - Anticipate change in nutritional standards for the 2012-13 school year.

Summary of SHAC Accomplishments and Recommendations 2011-2012 School Year

- Posture and Body Mechanics
 - Plan to initiate posture awareness for the secondary schools during the 2012-13 school year.
- Worth the Wait Curriculum
 - Recommended continuation with the Scott and White 'Worth the Wait' program, now titled 'Adolescent Wellness and Sexual Health.' Refer to prior Board Document dated 4/13/12 and 2011-12 Scope and Practice.
- Fit Kids Initiative:
 - NBISD chosen to participate in PTA Fit Kids initiative with districts along the I-35 corridor.
 - Karen Schwind participating as NBISD representative.
 - Hope for NBISD PTA participation to include Healthy Lifestyles Leader at each campus level.
 - FitKids Collaborative Website: <http://www.txpta.org/programs/healthy-lifestyles-fkc>
- Employee Wellness
 - Offered participation in the YMCA for individuals or family memberships.
 - Weight loss challenges per campus and at Education Center.
 - Vaccination program for employees offered in October, January and May through Passport Health to update all immunizations as part of the TRS/BC BS Wellness program. Vaccines included: influenza, Tdap, (Tetanus) Shingles, Hepatitis A and B series, Meningococcal, Pneumonia, Vitamin B12, and Zostavax, (Shingles)
- Upgrade to Health Services Website:
<http://www.nbisd.org/default.aspx?name=health.index>
- SHAC Meeting Summaries may be viewed at:
<http://www.nbisd.org/default.aspx?name=health.shac>