

NBISD SCHOOL HEALTH ADVISORY COUNCIL (SHAC)
NBISD Education Center 430 W. Mill St. New Braunfels, TX 830-643-5700

Wednesday, October 12, 2011

8:30 am – 9:30 am

Present: Cheri Polk, Jennifer Krause, Beth Matulich, Sharon Levett, Kathy Kenney, Ramon Chapa Jr., Blanca Martinez, Sherry Hardwick, Suzie Dionne, Crytal Byrom, Karen Schwind.

ITEM	DISCUSSION	ACTION
CATCH (Coordinated Approach to Children's Health)	District wide training 6/3/11 at KRE, CATCH committees on all elementary campuses. Reports from campus CATCH Champions (KS)	New enthusiasm for CATCH program. Old calendars have been located. Karen is looking at trying to make them available to put online for family activity ideas. Campus reports given for elementary schools. (attached)
Menu Issues	Discuss menu and food changes including fewer whole grain products and more entrees having a lower nutrient density. (SL) Go-Slow-Whoa clarifications. Only on Elem menus?(KS)	Lots of discussion about the healthy food menu options. Crystal went over the fact that she has to work within a budget and adheres to using as many healthy choices as she can incorporate but knows that the kids won't eat many of the healthier options, specifically the cut chicken. The WHOA foods are scored on fat content primarily so what may appear to be a good option is otherwise a slow food when another condiment is added to it.
NBISD Nutrition Website Request	Request for NBISD website to include nutritional information for menu choices and publicize to the schools so parents can access more information for menu choices.(SL)	Crystal Byrom reports this is in progress.
Emailed Concerns from parents/cafeteria monitor	Concerns: White foods, white bread, no whole wheat products, 2 slices cinnamon toast breakfast in addition to cereal. Mushrooms and Onions in lasagna and spaghetti (NW)	All cereals served are low sugar content. The bread slices are there purely to add calories for kids who need them.
FMNV (Foods of Minimal Nutritional Value)	www.squaremeals.org . Latest guidelines for what foods and how prepared. Students may not be given FMNV by teachers, lunch monitors, office, etc.	Kathy Kenney to present issue to administrators and principals.
PTA Healthy Lifestyles and SHAC	SHAC involvement by NBISD PTA Council to include appointing a representative from each PTA. (SL) http://www.txpta.org/programs/healthy-lifestyles	Sherry Hardwick to give Karen contact info on PTA person

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Worth the Wait Update	Suzie Dionne to address Worth the wait issues	Suzie to contact Christie Lawson re:9 th grade center. Next teacher training to be in January 2012. (submitted info attached)
Legislative Update	Changes from 82 nd Legislative Session affecting school health (KS)	Follow up next month
TETN summary	Year of the Whole Child TETN 9/7/11. Upcoming 12/7/11,2/1/12, 4/4/12 (KS)	
Coordinated School Health	Member requests the SHAC evaluate all 8 components of coordinated school health (SH)	Volunteers requested
SHAC goals 2011/12	Need volunteer parents to devise goals. Another meet time?(BM)	Beth Matulich to coordinate with parents interested. Parent request to co-chair SHAC.
Meeting Schedule 2011/12	Wednesdays 8:30-9:30am 12/7/11, 2/1/12, 4/4/12	Next meeting 12/7/11 8:30 am. Please invite any NBISD parents interested in SHAC and health related issues.

CATCH Reports to SHAC 10/12/2011

Seele CATCH

Nurse Goles made a power point about go slow and whoa foods that was shown on morning announcements, Next week we are starting a new "catch" game. There are slips of paper in the cafe and when staff sees a student eating a GO food they write down their name and draw a winner each week. On the announcements! View Powerpoint Go Slo Whoa

Memorial CATCH:

PE is incorporating the CATCH games. Posters with portion sizes and healthy food and snack choices are in the cafeteria and nurses office. Kick ball games initiated by adult during 5th grade recess. Watch DOGS 2 times a week assigned to recess activity. Health/nutrition activity each grade once per month. October = Handwashing

Walnut Springs CATCH -- Playground open in the morning before School.

County Line Elementary CATCH: We had our CATCH kickoff today during TEAM TIME with the whole school in the gym. The teachers performed a skit as I read a story about two students. Our school nurse also talked about what CATCH is.

Lamar CATCH

Starting the 2nd nine weeks we hope to have something on announcements every morning like a quick exercise and a healthy tip. Also, plan to start a school wide wall with examples of go food...

Klein Road Elementary CATCH

KRE had a CATCH kickoff week. Each day the kids learned new facts about health and CATCH through the morning announcements. We have the go, slow, and whoa symbols on our menu choices each month. Kara enforces the children must bring healthy snacks into the classroom- no whoa choices. Mrs. Gaona began a morning walking club. We will continue discussing the importance of healthy choices in two weeks with red ribbon week.

Carl Schurz CATCH (Berh Matulich report to SHAC meeting)

Go – Slow – Whoa bulletin board in cafeteria. Family Fitness walk on 10/28/11. Announcements with health related topics.

CATCH WEEK for County Line is October 10th-14th

The children are encouraged to pack from home or pick from the cafeteria colorful fruits and veggies that match the designated color group each day. The staff and students are encouraged to wear something to match the color of the day.

Our teachers will teach a CATCH lesson during CATCH week. There will be other lessons throughout the year.

- Monday RED
- Tuesday ORANGE
- Wednesday GREEN
- Thursday YELLOW
- Friday RAINBOW

We have a display case in the front of the school that shows CATCH. Our nurse also has a bulletin board. We are going to have the GO, SLOW and WHOA signs in the cafeteria. We will also do some things on our school announcements. SEE photo below from our skit! It was so much fun! Mary has been so awesome to work with and we are such a good team.



Lone Star Elementary CATCH

Date	Activity	By	Taught by	students or staff reached??	Comment
9/26/11	Team meeting: Laura Dietert, Lisa Schmidt, Deanna Callahan, Casey Sauls, Ashley Erben, Brande Schriewer	Laura Dietert	Team	N/A	Catch Coordination folders and curriculum given. Gr 1-2 to Erben, Gr3-5 to Schriewer
9/27/11	Why CATCH PE? Letter sent via email to teachers/staff	Casey Sauls	sent by Casey Sauls	All Staff	
9/27/11-5/25/12	Catch Visual Aids posted in gym, cafeteria, nurse's office	Casey Sauls, Laura Dietert	Casey Sauls, Laura Dietert	All Students	Posters in gym, cafeteria and nurse's office. Vocabulary posted in gym. Spanish posters in PreK.
8/22/11-5/25/12	Keep 100% of the students active for 50% of the during PE	Casey Sauls	Casey Sauls	All Students	
8/22/11-5/25/12	The expectation that each student is physically active each school day & each school week will include 135 minutes of Physical Education	Casey Sauls	Casey Sauls	All Students	
8/22/11-5/25/12	Reward students & encourage being active with extra PE classes (Sauls Stars) instead of unhealthy rewards.	Casey Sauls	Casey Sauls	All Students	Natural endorphins from exercise
8/22/11-5/25/12	Providing opportunities for staff to improve their personal fitness levels w/free Tai Chi classes twice a week after school	Casey Sauls	Casey Sauls	All Staff	
8/22/11-5/25/12	Staff encouraged to model the importance of drinking water	Casey Sauls & Laura Dietert	Casey Sauls & Laura Dietert	Entire school	Through email
9/28/11-5/25/12	CATCH program presented to students through PE. CATCH vocabulary reviewed.	Casey Sauls	Casey Sauls	All Students	
9/28/11-5/25/12	"Suggestion Box" in Gym to present the TEKS in a manner desired by present student population	Casey Sauls	Casey Sauls	All Students	
10/3/11	CATCH Team meets with staff & teachers to introduce team and encourage participation in CATCH program	CATCH Team	CATCH Team	All Staff	Done at faculty meeting
8/22/11-5/25/11	Play CATCH sanctioned games like "Rock, Paper, Scissors Tag" PE	Casey Sauls	Casey Sauls	All Students	

8/22/11-5/25/11	Shifted PE warm ups from strictly "exercises" to a few stretches with emphasis on warm up games	Casey Sauls	Casey Sauls	All Students	
	Watch and discuss "Whatsa Hygiene"	L Dietert & L Schmidt	L Dietert & L Schmidt	Grade 3-5	Emphasize good hygiene and healthy eating
11/9/11	Handwashing lessons done by class through the Texas Agrilife Extension Service	Laura Dietert	Kathleen Greer & Martha Joyce	All Students	
9/29/11 & 10/3/11	Lice videos and Dairy foods education	Casey Sauls	Casey Sauls	All Students	
	Running Club for 4th and 5th graders afterschool	L.Schmidt w/City Parks & Recreation	N.B. Parks & Recreation	4th -5th graders	Provide students the opportunity to be involved in an independent activity at no cost. Emphasis will be on healthy recreation using neighborhood resources.

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Wednesday, December 07, 2011

8:30 am – 9:30 am

Present: Sherry Hardwick, Heather Heywood, Lesli Burk, Dorothy Overman, Robin Beckman, Blanca Martinez, Gwen Mills, Crystal Byrom, Kathy Kenney, Beth Matulich, Cheri Polk, and Karen Schwind.

ITEM	DISCUSSION	ACTION
Worth the Wait survey and follow up	Survey results distributed and collected data anonymous, attached	Survey results from teachers of health and biology support WTW. Next year the 9th grade will get more components added during the advisory period. We will form a subcommittee to decide when/how to implement. Interested members include Dottie Overman, Heather Heywood, and Cheri Polk. Upcoming training to be announced soon.
Meningococcal Vaccine requirement for college entry 1/1/2012	Parent notifications and potential clinic at NBHS	State law mandates all entering Freshman have a current MCV prior to admission. NBHS clinic this spring. Care Van and/or County Health Department possibilities. Parent notification with report cards.
Breakfast issues	Students who arrive late, crackers as breakfast. Cut off time extension? Brown Bag Breakfast? I'm wondering if Food Service has access to a reasonably priced protein bar that is tasty and has at least 5 grams of protein. The granola bars are not the best option for breakfast since they are primarily carbs.	Crystal Byrom will contact principals about times for breakfast serving and about the brown bags to go.
Lunch issue (submitted 12/7/11)	Email received: The lunch menu has become more frustrating for me with the multitude of fast-food type options, but until our district puts a higher priority on nutrition by providing enough funding to allow for meal counts to drop until healthier foods become the norm after a year or more of reduced meal counts, then I'm not sure what else can be done.	C. Byrom to contact SL about lunch concerns.
Athletics in Middle School, Stretch and Showering (submitted 12/7/11)	Email received: I won't be able to make it in the morning but if possible and it falls within SHAC perimeters, I think there are issues with middle school girl athletics that should be addressed at a	Middle school girls not having enough time stretching and showering. The issues will be addressed. K. Schwind contacted Coach Caniford and Coach Fowler. They explained that student stretching occurs after exercise, and that warm up occurs prior to exercise

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	future meeting. Those areas are stretching and time for showering and dressing after gym class. Apparently these two things are not occurring.	and is part of each day's athletic routine. Individual issues are encouraged to be addressed with the coach or teacher with specific concerns.
Texas Health Steps and Star and Star Plus Program	Information by Blanca Martinez, Case Manager with Maximus Enrollment.	Contact 210-304-5802 Her office will help enroll students with Medicaid and get immunizations and dental visits. They can help with gas money or transportation assistance. In March, students need to declare a dentist, just as you would declare a doctor. Women's Health Insurance is available for those qualifying annual exam and BCPs
TETN summary	Year of the Whole Child TETN today. Upcoming 2/1/12, 4/4/12 (KS)	
SHAC goals 2011/12	Need volunteer parents to devise goals. (BM)	Need for increase enrollment on the SHAC. B. Matulich is willing to help come up with goals for the committee, based on the Texas Department of State Health Services guidelines
TSHAC	Upcoming annual conference in Austin (late January)	To be in Austin, dates to follow.
Meeting Schedule 2011/12	Wednesdays 8:30-9:30am 2/1/12, 4/4/12 Should we try an evening meeting?	Next meeting 2/1/11 , 8:30 am at the Education Center.

Worth the Wait Survey Summary

NBHS, NBMS and ORMS teachers: November 2011

1. Please select your campus and the grade(s) you teach:

Answered question: 13

Skipped question: 0

	Response %	Response Count
NBHS	15.4 %	2
NBMS	46.2 %	6
ORMS	30.8 %	4
6th	23.1 %	3
7th	30.8 %	4
8th	30.8 %	4
9th	7.7 %	1
10-12th	7.7 %	1

2. I participated in the 'Worth the Wait' program training:

Yes: 61.5 % Response = 8

No: 38.5 % Response = 5

Date of Training:

2007
2004 ish
November 2010
Spring 2008
January 2007
September 2005
Spring 2011

3. Please list 'Worth the Wait' program strengths:

- Guest speakers strategies to say no
- It is abstinent based.
- Scripted, kid-friendly lessons
- As long as it stays up to date.
- Appropriate content per grade level. Easy to comprehend and factual.
- Curriculum is research based and lessons are prepared. Speakers can provide students with valuable, real world facts
- Resources: handouts, power points, guest speakers. Guest speakers are extremely valuable. Guidelines the program puts in place are very helpful. Addressing emotional needs materials are powerful.
- Discussions on STD's and the symptoms - Lesson on sexual harassment - the kids learned a lot about what sexual harassment really is and the law.
- Lesson on the negative consequences of drugs and alcohol

Worth the Wait Survey Summary

NBHS, NBMS and ORMS teachers: November 2011

4. Please list the 'Worth the Wait' program weaknesses:

- It is abstinence based and does not teach protection methods for sexually active teens. The scared straight method has a good impact on some of the students. I know we have students who are oblivious to these types of happenings, but seeing first hand what would happen would solidify their choice to be abstinent.
- n/a
- Does not address birth control options and relies entirely on the effectiveness of the abstinence.
- Students need to know that although condoms are not 100% effective in the spread of STDs and prevention of pregnancy, they should still use them if they plan to have sex. There is too much emphasis on them not being effective, which may give kids the wrong idea that they are useless in stopping STDs and pregnancy.
- Some parts are too long to complete in the time frame allotted

5. Currently the program is taught in May, please check below if you would suggest an alternative time of year

August	0.0%	0
September	0.0%	0
October	0.0%	0
November	0.0%	0
December	14.3%	1
January	0.0%	0
February	0.0%	0
March	0.0%	0
April	0.0%	0
May	100.0%	7

6. Please rate the speaker presentations
answered question 10
skipped question 3

	Very effective	Somewhat effective	Somewhat Ineffective	Ineffective	Rating Average	Response Count
District Attorney Representative	57.1 %	42.9 %	0.0 %	0.0 %	1.43	7
Community Physician	70.0 %	30.0 %	0.0 %	0.0 %	1.3	10
Crisis Center Representative	66.7 %	33.3 %	0.0 %	0.0 %	1.33	9
Options for Women	55.6 %	44.4 %	0.0 %	0.0 %	1.44	9

Worth the Wait Survey Summary

NBHS, NBMS and ORMS teachers: November 2011

Comments regarding speakers

- We really appreciate and enjoy the presenters!
- District Attorney presentation was more effective in the past, but a licensed attorney has not been available in the past couple of years like before. Other presenters have not been able to provide certainty regarding legal matters.
- Thank you to community members who donate their time and experience.
- I have questions about some of the data and research that the Options for Women speakers have presented. It doesn't seem to jibe with what is presented by federal government data and bureaus.
- Some of the physicians give better speeches than others.

7. Have you witnessed any bias in the course materials or presentations? If yes, please give examples.

answered question 7

skipped question 6

- n/a
- No
- no
- No
- no
- Yes. The Options for Women presentation is biased. It only presents material that supports their philosophy. Example- The speakers mention that all women who get abortions suffer from depression afterwards. They tend to make generalizations and broad based statements like that and which cannot be substantiated.
- No

8. Please share your thoughts about other abstinence based programs you may be familiar with or have taught.

answered question 4

skipped question 9

- n/a
- Not familiar with any others
- Have not taught or had experience with others. I used to teach Elementary school.
- no prior experience

9. Comments/Suggestions

- n/a
- For the first few or anatomy lessons girls be with girls and boys be with boys. I know this is not supposed to be taught this way, but the 6th graders learn this information better when they aren't embarrassed.
- Make sure to include what a student should do if they suspect they have an STD and where they can go to get tested.
- I think the doctor's presentations and the district attorney presentations are valuable and fact based without being preachy. Give the kids the correct information so they can make informed choices.

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Wednesday, February 1, 2012 Happy New Year!
8:30 am – 9:30 am

Present: Monica Dockery, Beth Matulich, Cheri Polk, Lorraine San Miguel, Shawna Del Hierro, Lesli Burk, Kathleen Greer, Robin Wright, Melinda Martin, Heather Heywood, and Karen Schwind.

ITEM	DISCUSSION	ACTION
SHAC Goals and Vision	Beth Matulich	TX School Health Advisory assessment was used to evaluate the SHAC for our district. Community and school values were considered. Goals and objectives were kept basic. We want to get more parents. Fitness assessment data will be updated at end of year. TRAT 2 DC will be evaluated. Screenings and referrals are done. Academic rates and attendance rates are also looked at. These are all parameters that will be used to identify needs. Belinda asked about the chance for postural grids to be implemented. She will follow up with Karen to get info on charts. I will get her the contact info for NBMS and ORMS campus video people.
TSHAC info re: physical Activity as Punishment	Handout. Review	See district website for full information. See handout from Karen in regard to recess punishment.
Fit Kits: PTA initiative	NBISD – Karen Schwind. See Powerpoint	NBISD asked to be part of the Fit Kids Initiative. KSchwind attended training. Parents welcome to participate in March and July 12 trainings. Collaborative between Austin and San Antonio areas. This would create a healthy lifestyles chair that would be the liaison for each committee. See ppt for a list of very creative ideas that other schools have adopted. Begin pilot program for the 2012/2013 school year and partner with PTA. Need PTA and parent help!
Worth the Wait curriculum update WTW name changed to 'Wellness and Sexual Health.'	Robin Wright	WTW Conference 1/25/12 at Scott&White. Attended by: R Wright, 9 th grade science teacher Rachel Harris. 9 th grade center will implement secondary curriculum during advisory period. New curriculum is \$395 per grade level. The curriculum still uses pledge cards. The new curriculum has added components on bullying and suicide. Robin Wright will check into the possibility of doing video lessons at all grade levels of curriculum with Rosalinda. K.Schwind to attend with D.Overman 3/28/12 Medical Training.
Meningococcal Vaccine	Cheri Polk	Care Van to come 2/15/12. See Website for more information. To also schedule ORMS and NBMS visits in spring. HPV, Hep A and MCV vaccines being offered.

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Parent Involvement Committee	KSchwind and LBurk	Karen spoke to the Committee in January about nursing and parent involvement in the schools.
Texas AgriLife Extension	Kathleen Greer	Walk Across TX still going on. Kickoff is March 1 st . Call Kathleen Greer for more info 830-620-3440 . Teams consist of 8 persons.
TETN summary	Year of the Whole Child	TETN today. Upcoming 4/4/12 (KS)
Meeting Schedule 2011/12		Wednesdays 4/4/12, 8:30-9:30am Last Scheduled meeting for 2011/12

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Wednesday, April 4, 2012
8:30 am – 9:30 am

ITEM	DISCUSSION	ACTION
	Present: C. Byrom, M. Dockery, B. Matulich, C.Polk, K.Schwind, S. Levett, L.SanMiguel, L. Burk, K. Greer, S. Hardwick, S. Dionne	Thank you to all SHAC members for participation this school year! Please contact KSchwind for member contact information if needed.
Nutritional Services Questions	<ul style="list-style-type: none"> • Discussion of possibility and steps to having salad bars in the schools. SL • Update on salad bar participation, etc. at trial school (Klein Rd.?). SL • Whole Grains is listed in the key for the menu, but not seen on the menu. Are there whole grains being used? SL • White flour products. Can we return to whole wheat flour? NW 	Aramark is easing in to whole grain. Within 2 years we will be completely whole grain. The cereal the schools serve is lower sugar than what you buy at the grocery store. New parameters are coming out for following nutrient standards. Training will be done over the summer. Salad bars aren't happening for elementary students. High school and middle school might get them. It's mainly a space issue which might be resolved with the opening of the 9 th grade center. You have to have someone supervising continually. The possibility of getting bags of fruit for elementary students was raised. Scratch cooking isn't available at elementary schools due to the fact that we have to have a central kitchen. Too much labor involved. Concern was voiced over the fact that 42% of free and reduced kids are getting their best meal at school and maybe the students aren't making the healthiest food choice. Idea presented about a travelling fruit stand/veggie bar where fruit/veggies would be available for a limited time only. Whole Grain list of current foods attached.
Posture	Report emailed from Belinda Martin: I have sent request to NBHS, Oakrun and Middle school for help with a posture, body mechanics "video" . I have gathered appropriate info. for the project. So, I will progress with project. I have had a few other obligations so I did not get as far as I had hoped with this but will continue to get it done.	
Fit Kids: PTA initiative	NBISD – Karen Schwind. Next meeting Friday 4/20/12. In New Braunfels! http://www.txpta.org/programs/healthy-lifestyles-fkc	Karen will attend and would love to have another representative. Please contact her if interested.

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Wellness and Sexual Health	WTW Conference 3/28/12 at Scott&White Attended by: Karen Schwind and Dottie Overman. NBISD has purchased new curriculum to implement 2011/12. New teacher training 3/29/12, 4 NBISD teachers and one nurse.	April 11 th NBMS, April 17 th ORMS parent meetings. Comal ISD is going to wait to put the contraceptive lesson in the 9 th grade lesson next year rather than include it in this year's 8 th grade curriculum. Each school is responsible to get opt out forms to the parents. Newsletter attached.
Vaccine Clinics 7 th grade and Seniors	Care Van to come to NBHS 4/19/12. See Website for more information. To also ORMS and NBMS to take place May 22 at each campus and August 16 th at ORMS..	Round 2 for NBHS. Hep A, HPV, and MCV available. Vaccines for Middle School: Tdap, Varicella, Meningococcal, HPV, (Gardasil)
CATCH reports	per campus, see below	HOSA students came to CS to do an antismoking program.
TETN summary	Year of the Whole Child TETN today. Today's Presentation 4/4/12 (KS) Topics to include: DSHS suicide prevention, meningitis, food allergies; TDA: Federal wellness, Summer lunch; TEA School Health Survey, Fitnessgram.	Link to TETN available Action for Healthy Kids
Meeting Schedule 2011/12	Report to NBISD School Board at April 16th meeting. Today is the last scheduled meeting for 2011/12. Next Meeting 2012/13 School Year.	Thank you for all your support. Special thanks to Beth for all her years of contributions and support. Also many thanks to Sharon for serving as co-chair and to Cheri for serving as secretary!

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Campus CATCH REPORTS

WSE: We had a Family Fitness Fun Day in the Fall and will be having our Spring one on April 27th. We encourage our kiddos to exercise with their families and invite them to walk with them on these days. I have done some fun CATCH activities this year. We have not done too much with our cafeteria though. It is a disappointment that they went back to the white flour recipes just to raise their sales.

CSE: March-“Marching On With CATCH”

March 5-9: “CATCH the Wind”: Friday, March 9 is Kite Day at Carl Schurz, which will be a fun way to get exercise and include our families in our CATCH program. CATCH is all about getting family/community involvement in wellness, so please encourage all to participate.

March 19-23: “CATCHY Ideas”: March is National Nutrition Month. Here are some ideas to help promote this: 1) Distribute paper plates and have students draw a GO meal 2) Have students create healthy posters or signs for hallways/cafeteria 3) Create CATCH flashcards with food pictures designating either “GO, SLOW, or WHOA Foods” and play Battle with them. GO cards beat SLOW and WHOA, and SLOW beats WHOA.

March 26-30: “Portion Distortion”: Talk with students about how portion sizes have increased significantly over the last 20years. Consider having a short lesson on reading food labels for portion size and take the portion distortion quiz at <http://hp2010nhlbih.in.net/portion/index.htm>. I will place a pamphlet with portion sizes in your boxes.

CSE: April-“CATCH Your Students at Their Best”

April 2-6: “A Healthy Diet + Physical Activity=Academic Achievement and Success”- Encourage students to be physically active throughout the day. Consider talking about how increased exercise improves circulation, and that helps the brain function more efficiently and enhances its ability to learn.

April 9-13: “Move to Improve”: Consider taking short activity breaks throughout the day to improve students’ concentration skills and classroom behavior. Just finding a few minutes here and there (while waiting in line, during a transition between subjects, or while getting ready to go to lunch) to get kids moving will greatly benefit them and prepare them to learn.

April 16-20: “Spring Family Fitness Walk”: Walking with your class and families will show others of our commitment to Catching Students at their best.

April 23-27: “CATCH Your Stress so it doesn’t catch you!”: Testing time and lots of after-school activities can be a stressful time for students and teachers alike. There are relaxation exercises that you can do to help with stress. One of the easiest ones is to **inhale** slowly and deeply through your nose, and then **exhale** slowly through your mouth. Also try tense and relax muscles slowly, starting at your toes and working your way up your body. The best ways to keep stress away it to have a balanced life. Make sure you keep your **SELF** in mind: **Sleep, Exercise, Leisure** (something fun), and **Food**.

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County Line Elementary:

Our campus had our CATCH kickoff in October during TEAM TIME. During team time our entire campus comes together in the gym. At our kickoff we had an awesome skit with our teachers promoting healthy habits and introduces the CATCH to the students.

Every month since our kickoff we choose one student from each grade level as our CATCH MVP with a different focus each month that includes healthy behaviors, healthy eating habits, being active, etc. During our April TEAM TIME our CATCH MVP will be students that demonstrates being safe like wearing bicycle helmets.

Our campus CATCH committee applied for the HEB Excellence in Education grant and the NBISD Education Foundation grant titled CLE Catch Get Moving. One of the items that our campus is requesting is 9 Square the Air. County Line Elementary was originally built to be a primary campus with smaller areas and playscapes. When the campus was converted to K-5 the outdoor areas were improved, but we still lack many things larger campus have. 9 Square in the Air can be used in areas with limited physical space.

Our CATCH committee has also provided lesson plans for our teachers. CATCH bulletin board in nurse's office. NEWSLETTER sent out to promote CATCH. Cafeteria monitors recognize students eating healthy each day. DISPLAY CASE to promote CATCH to parents and students.

Klein Road Elementary:

The walking club is something Mrs. Gaona, our PE teacher does with the kids. Instead of sitting in the gym and waiting for their teacher to pick them up, they are allowed to go outside and walk. Mrs. Gaona monitors and brings her music outside. She also has a bulletin board where she posts pictures of kids exercising. They bring her a picture and she posts it for a while- not sure exactly how long??

Field Day is a fun day of obstacle courses outside for the kids.

Lisa Graydon does fun give a ways in the cafeteria. I know she is always looking to promote good food choices.

Seele:

Dental teaching and screening of each class was completed. Lice presentation was done during morning announcements. Other topics for announcements included: All About soup morning and all about allergies. Our school also has a daily morning message from the CATCH Calendar: such as eat an apple for snack today or do 10 sit-ups and 10 jumping jacks.

Lamar Elementary:

Use of the Slow/Go/Whoa food Calendar, exercise tips for home, encourage outside activities (baseball, dance, volleyball, cheerleading...), using pedometers to keep track of steps, and using toe tokens as rewards for running,

NBISD SCHOOL HEALTH ADVISORY COUNCIL (SHAC)
NBISD Education Center 430 W. Mill St. New Braunfels, TX 830-643-5700
Wednesday, April 4, 2012
8:30 am – 9:30 am

Lone Star Elementary:

10/17/11	Drug free video and discussion	Lisa Schmidt	Lisa Schmidt	PreK, Kinder, 1st grades	Learn and ask questions about keeping your body drug free/healthy
10/19/11 & 10/21/11	Healthy choices video and discussion	Lisa Schmidt & Deanna Callahan	Lisa Schmidt & Deanna Callahan	2nd & 3rd grade	Encourage making good choices & having a healthy lifestyle
10/19/11 & 10/21/11	Drug Monster video and discussion	Lisa Schmidt & Deanna Callahan	Lisa Schmidt & Deanna Callahan	4th -5th grades	Empowering students with knowledge to make safe choices
11/21/11 & 11/22/11	Teaching the Circulatory system in PE using colored balls as blood cells and scooters to move themselves through the body and to the lungs to get oxygen and through the heart to be pumped to the body	Casey Sauls	Casey Sauls	All Grades	Creative way to learn how our body works and incorporating physical activity w/learning
2/9/12	Hand washing lessons done by class through the Texas Agrilife Extension Service	Laura Dietert	Martha Joyce	Grade 3-5	2/9/12

Memorial Elementary:

Oranges and apples passed as snacks via nurses office The watch dogs (DOGS: Dad’s of Great Students) utilized as playground help to motivate team sports (kickball/soccer), CATCH mascot came for visit to cafeteria, lunch trays with stars to motivate for healthy food choices, and soccer club agreed to give up sodas for 7 weeks and drinking only ice water at practices and games instead of sugary sports drinks. Memorial Elementary Staff in conjunction with Oakwood sponsored a soccer team, The Legends. Nurse Meredith Llerena is coach and transports the team to games and practices. The students have reacted positively to participating on the team, including improved attendance and improved educational progress.