

# New Braunfels ISD School Health Advisory Council 2013 2014

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Sharon Levett, Co-Chair

\*\*Karen Schwind, Co-Chair

## Members:

Belinda Martin

Beth Matulich

\*\*Bethany Diaz

Cassie Sparkman

\*\*Cathy Fisher

Emily Briggs

Jamie Adcock

Jana Tavaraz

Jennifer Ethridge

Jessica Baumann

Joella Jones

Josh Simpson

\*\*Judith Hunter

Katie Kaufman

Kimberly Recio

Krystal Batteen

Lisa Zerda

Debra Mahone

Marc DuFrene

Martinez, Mary

Mary Coronado

Mercedes Cruz

Noelia Pilar Flores

Blanca Martinez

Catherine Davis

Cathy Fischer

Cheri Polk

Gwen Mills

Jennifer Ethridge

Kathy Kenney

Lesli Burk

Lorraine San Miguel

Michelle Kanz

Monica Dockery

\*\*Nancy Pappas

Nic Rengstorf

Anna Suvaila

Alison Mansell

Andrea Owen

Angie Moline

Annette Needle

Robert Campbell

Sofia Moreno Castillo

Wendy McMullen

Whitney Mitchell

Fancy Flores

Ron Rychel

Rosa DeLaTorre

Shari Belmarez

Shawna Del Hierro

Suzie Dionne

## Meeting Dates 2013-14

10/24/13

12/12/13

1/21/14 (\*\*Physical Activity and Fitness Subcommittee)

2/20/14

5/1/14

**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.

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## Goals/Objectives for 2014/15:

- ✦ 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.
- ✦ Continue the second of four training years with the Healthy Schools Program at each campus creating comprehensive and sustainable change around wellness.
- ✦ Implement the students for emergency response before graduating from high school. (HB 897)
- ✦ Implement lessons learned from [Playworks](#) training, funded by the Central Texas Consortium for a teacher representative to participate in 2 day training.
- ✦ Implement the Youth Mental Health First Aid Program and continue to offer training courses for any employees who are interested.
- ✦ 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.

## Summary of SHAC Accomplishments 2013-14 School Year

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

- ✓ Parents, Elementary and Secondary representation (Increase in parent participation this year!)
- ✓ Community members and professionals
- ✓ NBISD employees, including Food Service, Curriculum, Human Resources and School Nurses (RN's secondary and elementary campuses represented) and the NBISD Medical Director.
- ✓ Physical Activity and Fitness Planning Committee creation to meet HB 1018

### ***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 next four years to assist our schools in creating comprehensive and sustainable change around wellness. Campus champions from each NBISD campus have participated in 3 trainings this school year. January, February and May 2014. For additional information visit: [Alliance for a Healthier Generation](#) or [Healthy schools program](#).
- ✓ Continued to implement 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.

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Campus reports available on the website. Begin combining CATCH and Healthy Schools efforts.

- ✓ 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) CPR/AED training offered optionally for all employees. CPR/AED/First Aid required for all coaches and extracurricular sponsors.
- ✓ Revisited training for Food Allergy and Anaphylaxis Policy and training for all NBISD staff by Karen Schwind, Epinephrine Resource School Nurse selected and trained by the National Association of School Nurses.
- ✓ Worth the Wait training for new to NBISD science department teachers February 2014. Parent meetings and training during May 2014 for Middle School and Ninth Grade center students.
- ✓ Healthy Texas Week, April 4/7/14 – 4/13/14. District wide health related information shared with all staff. Health Matters Health screening conducted at all NBISD locations for employees. Campus activities included daily announcements and some had family fun walks that week.
- ✓ Christus Children's Hospital Mobile Vaccine Clinic offered to community at Lone Star Elementary, Walnut Springs and New Braunfels High School in October - January.
- ✓ Youth Mental Health First Aid course to be offered for NBISD employees summer 2014.
- ✓ Draft in progress to adopt By Laws for the NBISD SHAC.

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

- ✓ Go, Slow and Whoa menu identification continues.
- ✓ Implement updated nutritional guidelines for the 2014-15 school year.
- ✓ 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)A guide is being created to provide as a reminder
- ✓ Discussion to pursue ways to increase breakfast participation.
- ✓ Anticipate breakfast cart addition to NBHS.
- ✓ Implement change in ALC and snack standards for 2014-15 SY.

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

- ✓ NBISD PTA participation to include Healthy Lifestyles Leader at each campus level.
- ✓ [FitKids Collaborative Website](#)

## ***Employee Wellness***

- ✓ Vaccination program for employees offered in November, January and May through the Comal County Health Department to update all immunizations as part of the TRS/ BC BS Wellness program. Vaccines included: influenza, Tdap, (Tetanus)

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Shingles, Hepatitis A and B series, Meningococcal, Pneumonia, Vitamin B12, and Zostavax, (Shingles). November Clinics were set up at all campuses, transportation and the Education Center for convenience of employees. January and May clinics took place at the Ed Center.

- ✓ Offered participation in the YMCA for individuals or family memberships.
- ✓ Health Matters Health Screening offered to all employees in April 2014. 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 (Blue Cross) paid at 100%. Screening opportunities take place at each campus, support services, transportation and the Education Center.
- ✓ Mobile Mammography brought to NBISD, total of 52 employees participated
  - Education Center January 28, 2014
  - Walnut Springs Elementary April 15, 2014
  - New Braunfels High School April 16, 2014
  - Employee Back to School Expo August 18, 2014

## ***Community Connections***

- ✓ YMCA is proposing options for bringing after school programs into our schools.
- ✓ Active Living Coalition Coordinator and the Institute for Public Health and Education Research (TIPHER). NBISD representation with SHAC co-chair and parents. Hope to provide fitness opportunities for the students and families of our schools and communities. Ongoing projects include:
  - Sidewalk project surrounding Lone Star Elementary and neighboring parks to connect HEB soccer fields, Jesse Garcia Park, Eikel park, the Skate park and LSE school. The City of New Braunfels, 4B board and Safe Routes to schools program (SRTS) are all considering funding of this project.
  - Connecting the County Line Memorial Trail to Walnut Springs Elementary School. Tipher is contracting with Moeller & Assc. to have site design, engineering and easement work done as a contribution from the community transformation grant. TIPHER is working with parks on a time frame for work to be completed.
  - Community Health Summit took place on December 12/6/14. Fourth grade students from Carl Schurz Elementary and Lone Star Elementary participated in health related lessons at McKenna Events Center. In addition to lessons, they participated in Zumba class and received bicycle helmets donated by the American Academy of Pediatrics and the American Association of Family Practice Physicians. A Health Symposium was held for local physicians and nurses. NBISD RN's attended.
- ✓ Update to [Health Services Website](#), the [SHAC Website](#) and the [SHAC Meeting Summaries](#) may be viewed by selecting the above links.

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## **Summary of Recommendations for the 2014-15 School Year**

- Continue the Health Schools Program coordinating with CATCH at each campus.
- Continue to pursue the Healthy Lifestyles Chairperson through each campus PTA.
- Consider the recommendations of the Physical Fitness Planning Subcommittee (see attached)
- Review and update NBISD Wellness Policy.
- Support the concept of non-food fundraisers.
- 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.

## **Contact us?**

Please contact the SHAC Co-Chair with questions or comments:

- Sharon Levett, parent, 830-237-5889 or levettsharon@gmail.com
- Karen Schwind, BSN, RN, NCSN, 830-643-5783 or kschwind@nbisd.org

Thank you for your support of the health of NBISD!