

New Braunfels ISD School Health Advisory Council 2014 2015

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.

2014-15 Meeting Dates

9/10/14 (**Wellness Policy Subcommittee)

10/8/14

12/4/14

2/4/15

4/1/15

Members:

**Sharon Levett, Co-Chair

**Karen Schwind, Co-Chair

Angie Moline

Andrea Owen CSE

Anna Suvaila

Avery Knott

Bethany Diaz ME

Blanca Martinez

Clay Gillentine

**Catherine Vanderbrook

Cathy Fischer CSE ORMS NBHS

**Cheri Polk

David Mesa CLE

Elizabeth Espinoza LSE

Emily Briggs CLE

**Fancy Flores

Gwen Mills

Heather Sollohub ME

Jamie Adcock

Jan Rodriguez KRE

Jennifer Ethridge

Jessica Baumann

Joanne Wilson NBMS

Joella Jones

Josh Simpson

Jennifer Ethridge

Judith Hunter LSE

Katie Kaufman NBHS

Kimberly Recio

Krystal Batteen

Lesli Burk

Lisa Gonzales

Lisa Zerda

Lourdes Keresztes CSE

Marc DuFrene SE

Mary Coronado

Melinda Barth KRE

Mercedes Cruz

Michelle Kanz

Monica Dockery

**Nancy Pappas

Natalie Lillibridge SE

Nic Rengstorf

Nikki Gill

Robert Campbell

Robin Beckman CSE ORMS

Ron Rychel

Rosa DeLaTorre

Shari Belmarez CSE ORMS

Shannon Hanz LE

Shawna Del Hierro

**Shayna Underwood

Sofia Moreno Castillo

Wendy McMullen

Whitney Mitchell

TJ Hapshie

Trish Benhne CLE

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Summary of SHAC Accomplishments 2014/15 School Year

SHAC Membership includes:

- ✓ Parents, Elementary and Secondary representation
- ✓ 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.
- ✓ Wellness Committee volunteers

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 2 trainings this school year, October 2014 and April 2015. For additional information visit: [Alliance for a Healthier Generation](#) or [Healthy schools program](#). NBHS has applied for a Bronze Level award with the Healthier Generation. Anticipate the winning announcement soon.
- ✓ 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) Utilized monthly calendar for health related suggestions and ideas. Campus reports available on the website. Continue 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.
- ✓ 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, this year required by all staff via an Eduphoria e-course.
- ✓ Worth the Wait training for new to NBISD science department teachers February 2015. A parent meeting and training during April 2015, with Middle School and Ninth Grade student education during May 2015.
- ✓ Youth Mental Health First Aid course offered for NBISD employees June & August 2015.
- ✓ Adopted [By Laws for the NBISD SHAC](#).
- ✓ Complete the 'CPR for Students' as required by HB 897, for all 9th – 12th grade students and those in middle school who took health curriculum this school year. From this point into the future, all students will complete this during Health.
- ✓ Proposal to NBISD administrators for updating the Wellness policy. Await TASB recommendations.

Contributions of Nutrition Services

- ✓ Implemented updated nutritional guidelines for the 2015/16 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.
- ✓ Continued to implement change in ALC and snack standards for 2014/15 SY
- ✓ Provided "hydrate" water station with fresh fruit flavored water for all students

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Healthy Lifestyle PTA Program

- ✓ All campuses except for the 9th Grade Center and the High School met the goal and had 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.)
 - Join your school's Campus Improvement Committee to provide a school health perspective
 - Assess your school's needs via surveys and SHAC meetings, plus feedback from school faculty, staff and administration, local PTA leaders, parents and students.
 - Learn about Coordinated School Health—visit the CDC website.
 - Create opportunities for parent engagement and education that fit your local needs, utilizing local assets (parents, businesses, local non-profits) as well as State and National PTA resources (Ready, Set, Achieve!)
 - Ensure that your school receives recognition: apply for the Local PTA Healthy Lifestyles Award
 - Be a positive force of collaboration, information and support in your school.

Employee Wellness

- ✓ Vaccination program for employees offered in November and January through Passport to 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). November Clinics were set up at all campuses, transportation and the Education Center for convenience of employees. The January clinic 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 2015. 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 2014
 - Education Center January 2015
 - Education Center June 1, 2015
 - Employee Back to School Expo August 18, 2015

Community Connections

- ✓ 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 in progress 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 has requested NBISD

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collaborate with other stakeholders such as the 4B Board to provide approximately \$40,000 to complete this walkway.

- Community Health Summit took place on December 12/5/14. Fourth grade students from Carl Schurz Elementary and Lone Star Elementary participated in health related lessons at McKenna Events Center. A Health Symposium was held for local physicians and nurses. NBISD RN's attended.
- ✓ YMCA is proposing options for bringing after school programs into our schools.
- ✓ Three NBISD campuses, CSE, LSE and LE will begin 2015/16 coordinating gardening curriculum with the Resolute Health SOW Healthy Gardening program.
- ✓ In collaboration with Comal County Office of Public Health our pre K families were offered the opportunity to attend preK immunization clinics during the weeks of registration.
- ✓ NBISD representative to the Comal County Mental Health Task Force who has been working during this 2014/15 school year to increase access to mental health services in the community.
- ✓ 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 2015/16 School Year

- Recommend the addition of a PE/Health 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, based on TASB recommendations.
- Support the concept of non-food fundraisers across the district, highlighting those campuses with successful exercise related fundraising.
- Implement updates nutritional guidelines from USDA/TDA for 2015-2016 SY
- 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.
- Investigate options for completing the County Line Memorial Trail to WSE.

Goals/Objectives for 2015/16:

- ✚ 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 third of four training years with the Healthy Schools Program at each campus creating comprehensive and sustainable change around wellness.
- ✚ Continue with the implementation the students for emergency response 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.
- ✚ 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 Update, based on TASB recommendations.
- ✚ Increase employee health and wellness education by implementing additional course offerings in the Edivate program.
- ✚ Continue to have a Healthy Lifestyle Chair at each campus that has a PTA and hold at least one Healthy Lifestyle event during the 2015-2016 school year.

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- ✚ Investigate options for Go for More Mobile stations at all elementary campuses to provide extra servings of fruits and vegetables for students at no cost.
- ✚ Implement the SOW Healthy Garden partnership with Resolute Health.
- ✚ 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 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@nbsd.org

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

