



NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT School Health Advisory Council 2015/2016 Annual Report

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. [NBISD SHAC ByLaws](#).

2015/2016 Meeting Dates

October 22, 2015
December 3, 2015
February 4, 2016
April 7, 2016

Members:

Sharon Levett, Co-Chair	Jan Rodriguez KRE	Nancy Pappas
Karen Schwind, Co-Chair	Jennifer Ethridge	Nicole Haecker
Allison Rickeron LSE, ORMS, NBHS	Jessica Baumann	Nikki Gill
Andrea Owen CSE	Joanne Wilson NBMS	Rachel Gruwell, NBHS student
Amy Paine, LE	Jenifer Hanson, NGC, ORMS	Ron Rychel
Bethany Diaz ME	Keri Kyle SE	Rosa DeLaTorre
Blanca Martinez	Krystal Batteen	Shannon Hanz ORMS
Clay Gillentine	Lauren Ryder, LSE	Shawna Del Hierro
Catherine Vanderbrook	Lesli Burk	Stae Malone LSE
Cheri Polk	Lisa Zerda	Whitney Mitchell
Connie Wheat KRE	Lourdes Keresztes CSE	TJ Hapshie
Elizabeth Espinoza LSE	Marc DuFrene SE	Tiffany Friske SE, ORMS
Emily Briggs CLE	Mary Coronado	Trish Benhne CLE
Fancy Flores	Melinda Barth KRE	Victoria Gonzales NBHS student
Gwen Mills	Michelle Kanz	

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.

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 2015 and May 2016. For additional information visit: [Alliance for a Healthier Generation](#) or [Healthy schools program](#). County Line Elementary and Walnut Springs Elementary received the Bronze Level award with the Healthier Generation for their campus wellness efforts! Congratulations!
- 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.
- Wellness and Sexual Health parent informational meeting held April 22, 2016. Middle School and Ninth Grade student education during May 2016.
- Youth Mental Health First Aid course offered for NBISD employees June & August 2015, Scheduled dates for June 5, 2016 and August 2, 2016.
- 'CPR for Students' as required by HB 897, for all 9th – 12th grade students. All students will complete this during Health.
- Installation of water bottle refill stations at NBHS, NBMS, ORMS, NGC, WSE, SE, and CLE with grants received and PTA support.
- Continue to evaluation the NBISD Wellness Policy based on TASB recommendations.

Contributions of Nutrition Services

- Implemented updated nutritional guidelines for the 2016/17 school year.
- District wide reminder to all principals to avoid competitive foods brought from home to campus during lunch.
- Discussion to pursue ways to increase breakfast participation.
- Continued to implement change in ALC and snack standards for 2015/16 SY
- Provided "hydrate" water station with fresh fruit flavored water for all students
- Fruit and veggies stations at all elementary campuses by the end of the year.
- District chef brought on board for 16-17 school year to improve quality, participation and student engagement in healthy eating.

Healthy Lifestyle PTA Program

- Most campuses have 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.)

Employee Wellness

- Vaccination program for employees offered in October through Passport to Health to update all immunizations as part of the TRS/ Aetna Wellness program. Vaccines included: influenza, Tdap, (Tetanus) Shingles, Hepatitis A and B series, Meningococcal, Pneumonia, Vitamin B12, and Zostavax, (Shingles). October Clinics were set up at all campuses, transportation and the Education Center for convenience of employees. The February clinic took place at the Ed Center.
- Offered participation in the Gold's Gym and 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 2015
 - Education Center February 2016
 - Employee Back to School Expo August 18, 2016

Community Connections

- Collaboration with River City Advocacy program. Counseling and support group schedules shared with a potential pilot program with our schools.
- American Heart Association continued and/or introduced student to age related school activities.
- Active Living Coalition Coordinator and the Institute for Public Health and Education Research (TIPHER). NBISD representation with SHAC co-chair and parents. A walkability study was completed in the Seele Elementary neighborhood. Ongoing projects include the Community Health Summit took place on December 12/4/16. A Health Symposium was held for local physicians and nurses.
- Partnering with the YMCA to provide BOK campus programs at SE and WSE.
- Three NBISD campuses, CSE, LSE and LE have been coordinating gardening curriculum with the SOW Healthy Gardening program. KRE and CLE are beginning campus gardens. Gardening related professional development offered in August, February and June.
- In collaboration with Comal County Office of Public Health our pre K families were offered the opportunity to attend preK immunization clinics during month of registration in April. Back to school vaccine clinics are held in the summer and on the first day of school at the CCOPH.
- NBISD representative to the Comal County Mental Health Task Force who has been working during this 2015/16 school year to increase access to mental health services in the community. NBISD representation in forming the Mental Advocacy Partners (MAP).
- Collaboration with local physician regarding Return2Learn in addition to Ready-to-play for students who have experienced concussions and traumatic brain injuries.
- In collaboration with Law Enforcement and the NB Fire Department, participate in the 'Active Shooter Committee' and Control the Bleed training for nursing staff.
- 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/Wellness 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.
- Continue to implement updates nutritional guidelines from USDA/TDA for 2016-2017 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.

Goals/Objectives for 2016/17:

- ✚ 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 fourth of our final training year with the Healthy Schools Program at each campus creating comprehensive and sustainable change around wellness.
- ✚ Continue with the implementation for emergency response for all students 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.
- ✚ Consider the Return2Learn pilot program if available.
- ✚ Continue with 'Control the Bleed' training to administrators and staff including purchasing of Bleed kits.
- ✚ 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 Professional Development Academy and the Edivate program.
- ✚ Implement a Healthy Lifestyle Chair at each campus that has a PTA and hold at least one Healthy Lifestyle event during the 2016-2017 school year.
- ✚ Strive to identify healthy fundraising alternatives for campuses and PTAs.
- ✚ Implement the SOW Healthy Garden partnership at additional campuses.
- ✚ 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:

- Marc DuFrene, 830-456-0776 marcd@ymcasatx.org
- Karen Schwind, BSN, RN, NCSN, 830-643-5783 or kschwind@nbisd.org

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

