

New Braunfels ISD School Health Advisory Council
2012 2013

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

Shari Belmarez
Lesli Burk
Crystal Byrom/ Catherine Davis
Jamiee Chappell
Shawna Del Hierro
Rosa DeLaTorre
Monica Dockery
Suzie Dionne
Jennifer Ethridge
Kathy Fischer
Kathleen Greer
Sherry Hardwick
Margie Irizarry

Michelle Kanz
Kathy Kenney
Blanca Martinez
Beth Matulich
Dorothy Overman
Nancy Pappas
Cheri Polk
Ron Rychel
Belinda Martin
Gwen Mills
Lorraine San Miguel
Kyle Suerth

Meeting Dates 2012-13

10/17/2012
1/15/2013
2/13/2013
4/10/2013

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 2013/14:

- 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.
- 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.
- 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 2012-13 School Year

- SHAC Membership includes:
 - Parents, Elementary and Secondary representation
 - Community members and professionals
 - NBISD employees, including Food Service, Curriculum, Human Resources and 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. Campus reports available on the website.
 - Completed the Annual School Health Survey with submission to TEA (March 2013)
 - 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.
 - Introduced 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 April 2013. Parent meetings and training during May 2013 for Middle School and Ninth Grade center students.
 - Healthy Texas Week, April 4/8/13 – 4/14/13. District wide health related information shared with all staff. Campus activities included daily announcements and some had family fun walks that week.
 - Draft in progress to adopt ByLaws for the NBISD SHAC.

- Contributions of Nutrition Services
 - Food Service with change in Director and Assistant Director this school year.

- Go, Slow and Whoa menu identification continues.
- Introduced new nutritional guidelines for the 2012-13 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)
- Discussion to pursue ways to increase breakfast participation.
- Suggestion to increase dark green vegetables, salads and fruits salad/fruit bar. Toured the NBHS cafeteria at lunch. Observed colorful and healthy options offered to students. See attached April summary of minutes. Anticipate addition of tortilla bar at the Ninth grade center and potato bar at NBHS.
- Anticipate change in snack standards for the 2013-14 school year.

➤ Fit Kids Initiative:

- NBISD chosen to participate in PTA Fit Kids initiative with districts along the I-35 corridor.
- Karen Schwind, Sharon Levett and Shari Belmarez participating as NBISD representatives.
- 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

- Vaccination program for employees offered in November, 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). 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.
- Weight loss challenges per campuses.
- Health Matters Health Screening offered to all employees in April 2013. 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.

- 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.
- Update to Health Services Website:
<http://www.nbisd.org/default.aspx?name=health.index>
- The SHAC Website can be found at:
<http://www.nbisd.org/default.aspx?name=health.shac>
- SHAC Meeting Summaries may be viewed at:
<http://www.nbisd.org/default.aspx?name=health.shac>

Summary of Recommendations for the 2013-14 School Year

- Increase water availability for all students during the school day and during lunch.
- 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.
- Continue to pursue the Healthy Lifestyles Chairperson through each campus PTA.

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!