

NBISD SCHOOL HEALTH ADVISORY COUNCIL (SHAC)
NBISD Education Center 430 W. Mill St. New Braunfels, TX 830-643-5700
Thursday, December 3, 2009
4:00pm- 5:00pm

Attendees:

Kathleen Greer, Heather Heywood, Elizabeth Dick, Beth Matulich, Sue Hanner, Kathy Kenney, Cheri Polk, Karen Schwind

ITEM	DISCUSSION	ACTION
Meet & Greet	Everyone introduced themselves and their positions within the district and community.	
New Legislative Guidelines	<p>The new SHAC requirements for 2009/2010 school year was received by each member and reviewed.</p> <p>Appoint parent as chair or co-chair</p> <p>SHAC responsibility's to encourage coordination of CATCH program was discussed.</p> <p>Health Education and the notice to parents</p> <p>Regarding health classes in regard to graduation requirements.</p> <p>The committee also discussed the possibility and interest in combining SHAC meetings between NBISD and CISD.</p>	<p>5 SHAC committee members approved by NBISD School Board.</p> <p>A parent co-chair was appointed – Sharon Levitt. Cheri Polk will take minutes and Heather Heywood will publish the minutes. Meeting times were also discussed and to facilitate a better turn-out, the next meeting will be held at 9am.</p> <p>Kathy Kenny is to check w/CIC to see if new teachers are being oriented to CATCH. The possibility of new hires being trained thru summer was also discussed and Kathy will look into this possibility, maybe during the 18 hrs of staff development.</p> <p>Check to see if a written notice goes home to parents regarding the Worth the Wait program. It was also proposed the possibility of a paragraph being put in the student handbook was discussed.</p> <p>At this time NBISD will continue to require health as a graduation requirement</p> <p>Karen Schwind to check to see if CISD would be interested.</p>
Review of 08/09 discussion topics	<p>Go Slow & Whoa</p> <p>Immunization changes</p> <p>iHealth – Channel 98</p> <p>Darkness to Light – Sexual Abuse prevention program</p> <p>Training for nurses last year</p> <p>2 new program through Texas Agrilife Extension Service –</p>	

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Thursday, January 21, 2010

9:00 am – 10:00 am

Attendees: Beth Matulich, Elizabeth Dick, Sherry Hardwick, Sharon Levett (co-chair), Lauren Snow, Cheri Polk, Karen Schwind (co-chair)

ITEM	DISCUSSION	ACTION
H1N1 Clinic	To be held at McKenna Event Center 1/27/10, For All Comal County Residents, age 6 mos and older, 2p – 7p. See flyer for more info	Flyers distributed. Stress that flu season can last indefinitely.
NB Love Your Heart Week	McKenna Event Center. See flyer	Flyers distributed.
Change in Lice Policy	KSchwind, nursing	Periodically a review is done by either TASB or TEA. Our policy was determined to be out of compliance. TX state guidelines recommend that kids are sent home for lice but not for nits. Lice are not communicable disease. Nursing will send a letter to parents stating what the new policy is. We are no longer going to do mass screenings. A parent recommends that the flyer has info for parents about how to check for nits, what products to be used for treatment, etc. Make sure the letter catches parents' attention that it is a new policy. The policy will have to be included in the handbook. Communicating this part of our goal at at the beginning of the school year. Sherry Hardwick volunteered to help write a letter.
School Health Survey	KKenney and KSchwind	Kathy and Karen are working on it today. Sent out to superintendents and covers all health information. Addresses sex ed, health ed, physical ed etc. (amount of minutes for PE, what is the policy on vending machines, etc)
Trial Salad Bar at CLE	CByrom - Aramark	CLE Publicized in paper. Fruits and veggies are FREE to kids. Kids have to complete the meal before they can go up and get additional servings of the fruits and veggies. One more campus will be added this year and 3 more next year. All food is presented in baggies and the kids just grab and go. Kids with sack lunches may access it too. It facilitates the kids making good choices regarding healthy food.
Growing Up Film 5 th grade	BMatulich, Updated version of the same film that has been approved by the SHAC in the past. Changes include new clothing, hairstyles, music, etc. No changes in content.	Updating the film. The new copy was previewed and the dialogue is exactly the same, but the kids are dressed the way kids dress now. The decision was made to purchase the new version and show it next

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		<p>year. If budget allows, we will purchase more than one copy for campuses to share. Girls watch the film with girls and boys watch with boys. We like to have the film available for the week for parents to view. What is the possibility of changing the film for girls to 4th grade, since girls are starting menses earlier? Board approval would be needed.</p>
<p>Nutrition Service Questions, S. Levett</p>	<ul style="list-style-type: none"> • Use materials to promote lunch program to teachers such as a nutrition comparison sheet that compares school foods to restaurant food • Include information on menu for go/slow/whoa for side dishes also. Also have an indicator for vegetarian options. • Can we have a public tasting event put on by the vendors like what Comal ISD recently did? • Hat's off for the improvements on the menu • More "go" foods • More vegetarian options • Italian month was very well received and included many "go" pasta items • The salad bar pilot program sounds great – How is it going? When can we add more schools? • The kids loved the Ace's lucky tray day – How about only "go" foods on that day to get them to try something new? • Have all bread items whole wheat including buns and breadsticks • Veggie lasagna was not visually appealing, but a great idea – find product with more tomato sauce or have cheese lasagna • Yogurt plate with a half P,B & J for the elementary menu • Hot dogs – can we have lean turkey dogs? • Would like to see more pasta dishes, chicken fajita tacos, bean burritos, chicken alfredo, turkey or chicken over rice 	<p>Use materials to promote the lunch program to the teachers so teachers are educated on the better nutritional value of the school lunch program as compared to local restaurants. In turn the teachers would then promote to the kids. Make menu changes that signify which foods are vegetarian. Slow, go, whoa for side dishes as well. Pasta will be switched to whole grain next month or shortly thereafter. Will consider more ways to identify GO-SLOW-WHOA in cafeteria.</p> <p>Check into having all bread items be whole wheat. Food services are working on having an open house for the general public to introduce parents to the food items. Looking into a yogurt tray that has a meatless sandwich with it. Hot dogs are Turkey dogs. Find a way to mark the menu for parents so they know that the hot dogs are Turkey. Food service is trying to change the chocolate and strawberry milk to skim to cut back on the fat. Check into the possibility of creating a separate line for students purchasing milk. Could there be more options for teachers? Is there a way to order the morning of instead of the day before?</p>
<p>SHAC Website</p>	<p>Suggestion to be formatted like AISD http://www.austinisd.org/schools/shac/nc.phtml</p>	<p>Volunteers or suggestions, please send to KSchwind or SLevett</p>
<p>Next Meeting</p>	<p>March 18th – Time? 2 suggestions for 8:00am May 13th – Time? Additional Meeting/s Needed</p>	<p>Next Meeting March 17th Wednesday 8AM May meeting 12th at 8AM Additional meetings as needed</p>

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Wednesday, March 17, 2010

8:00 am – 9:00 am

Attendees: Beth Matulich, Nancy Wierman, Health Heywood, Lauren Snow, Crystal Byrom, Robin Beckman, Kathleen Greer, Sharon Levett, Cheri Polk, Karen Schwind, Liz Dick and Kathy Kenney.

ITEM	DISCUSSION	ACTION
Drank or K2 Inhalants	Sue Hanner, video clip, http://www.khou.com/home/Kids-using-new-products-to-get-high-low-85043032.html http://abcnews.go.com/Health/MindMoodNews/sudden-sniffing-death-syndrome-kills-teens/story?id=10061805	S Hanner unable to attend. Video clip per KSchwind, Cheri Polk explained NBHS guidelines. Suggestion made to add info to report cards as an opportunity to notify parents in a talk sheet.
TETN summary	K Schwind suggested websites: Health and Academics http://www.cdc.gov/healthyyouth/health_and_academics/index.htm County Health Rankings http://www.countyhealthrankings.org/ Child Trends http://www.childtrendsdatabank.org/ Youth Risk Behavior Surveillance Survey (YRBS) National: http://www.cdc.gov/HealthyYouth/yrbs/index.htm State: http://www.dshs.state.tx.us/chs/yrbs/default.shtm School Health Index https://apps.nccd.cdc.gov/shi/Default.aspx Health Education Curriculum Analysis Tool https://apps.nccd.cdc.gov/shi/Default.aspx Physical Education Curriculum Analysis Tool http://www.cdc.gov/HealthyYouth/pecat/ CDC's Division of Adolescent and School Health (DASH) Training http://www.cdc.gov/HealthyYouth/DTrain/index.htm Next TETN: 4/7/10, 5/5/10 8:30-11:30 http://www.dshs.state.tx.us/schoolhealth/netlist.shtm .	Next mtg. April 7 th from 8:30-11:30 Go to dshs website to register and connect. School health index reviews each campus individually. Addresses physical ed, nutrition, school environment etc. See website for more info
WTW	Info sent from Suzie Dionne, presented by Heather Heywood.	Curriculum for WTW : 8 th grade misses WTW if they are taking health. KSchwind sent email to Ron Rychel to follow up to see if the entire WTW curriculum is being taught. Options For Women are trying to get STD testing. **Talking Points attached.
Nutrition Services	Crystal Byrom	<ul style="list-style-type: none"> • Icons have been added to the menu. • Tying to see if menu can be posted the week before. • Any possibility that they could make magnets to put near the actual food that show heart healthy? • Kudos to nutrition dept. on progress in recent changes.

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		<ul style="list-style-type: none"> • Checking into possibility of implementing salad bars at secondary level. • Guidelines in NBISD format to show to parents re: food brought to school. • Check into the possibility of putting notice on the cable channel about what food is allowed to be brought in to the classroom. Looking at putting the nutrition policy on the website as well.
Physical Education	Fitnessgram data - Sue Phillips	No report (had to return to campus)
Ala Carte Food Purchase	Nancy Wierman, WSE	Lone Star is only campus that doesn't have a policy on how many ala carte items a student may buy. Each campus sets guidelines for number of ala carte items purchased.
Employee Wellness	Cheri Polk	Email nurses on each campus to get count of how many employees would be interested in joining health club.
SHAC grant	K Schwind	Opportunity for \$72000 grant to be shared among the SHAC committees in the state of TX. \$4500 grants to 16 TX schools will be available. Deadline is 4-15-10. Possible ideas: Increasing SHAC involvement, Postage?, Information that can be shared with parents or students. Food for parent meetings for which we want good attendance might be offered. <i>Send ideas to Sharon Levett or Karen by 3/31/10. Help needed to complete application,</i> **SHAC grant application attached
Next Meeting	May 12 th – 8:00 am, Plan for fall meetings?	Next meeting 5/12/10 at 8:00 am in the Executive Board Room.

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Wednesday, May 12, 2010
8:00 am – 9:00 am

ITEM	DISCUSSION	ACTION
Present:	Beth Matulich, Gwen Mills, Lesli Burk, Ron Rychel, Sue Hanner, Ramon Chapa, Jr., Angela DeLeon, Chir Polk, Kathy Kenney, Karen Schwind	
Annual SHAC report to School Board	Prepared by KSchwind, to be presented to NBISD School Board at 5/17/10 Meeting.	Copy distributed to members
TETN summary	K Schwind summary from 5/05/2010 TETN presentation: DSHS info regarding SHAC: http://www.dshs.state.tx.us/schoolhealth/sdhac.shtm Safe Schools: http://www.tea.state.tx.us/index2.aspx?id=262 Texas Department of Agriculture: http://www.picktexas.com/ Promote Let's Move http://www.letsmove.gov Promote Healthier US School Challenge http://www.fns.usda.gov/tn/HealthierUS/index.html Promote Nutrition Education http://www.fns.usda.gov/tn/ http://www.mypyramid.gov , http://netx.squaremeals.org	
Worth The Wait	Info sent from Suzie Dionne, forwarded to NBISD Curriculum Ron Rychel.	Looking at incorporating more into biology. End of course exams influence decision. Currently 8 th grade has less info than HS. Counsel parents when making choices for student's course selections that 8 th grade course has less info than HS.
Medication recall	http://www.mcneilproductrecall.com/ Includes Tylenol, Motrin, Benadryl, Zyrtec	
Physical Education	Fitnessgram data - Leslie Burk	State compiles data and sends off to TEA. Every 3-12 grade student is tested. Ht, wt, bmi, push ups, pacer run. Parent has to request a release of info. Check into the possibility of putting a blurb in the report card with newest data results from fitness gram testing, hopefully showing improvement from last year.
Employee Wellness	Cheri Polk, follow up with survey	No news yet

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Parent Academy	Presented by Lesli Reimer	Plan for 2010/11 School Year. To be modeled after Round Rock. Sue suggested that judges order parents participate as part of students truancy sentencing. Pushing for a district wide approach. Ramon Chapa suggested using health fair with Holy Family.
Comal County Office of Public Health	Presented by Gwen Mills	Small turnout for shot clinics recently held.
Meeting Schedule 2010/11	Suggest September 2010, November 2010, January 2011, April 2011. Day of week? Time?	Wednesday mornings? Please reply with day and time preference.