

NBISD School Health Advisory Council (SHAC) Summary
NBISD Education Center 430 W. Mill St. New Braunfels, TX 830-643-5700
Wednesday February 4, 2015
8:30 am – 9:30 am

Members present: Lesli Burk, Kimberly Recio, Elizabeth Espinoza, Mary Coronado, Shannon Hanz, Judith Hunter, Micki Gill, Sharon Levett, Krystal Batteen, Michelle Kanz, Clay Gillentine, Ron Rychel, Catherine Vanderbrook, Cheri Polk, Karen Schwind, Nancy Pappas.

ITEM	DISCUSSION	ACTION
<p>Wellness Policy (update to follow) Karen Schwind & Clay Gillentine</p>	<p>Report and Discussion. Plan to proceed.</p>	<p>Current Draft: refer to Co Legal for details regarding cupcake distribution. Wellness Policy Review: Local policy cannot supersede the Texas Education Code in legal policy. Education code states parents can bring whatever they want, as long as the hours are compliant with law. The only change we can make is what is highlighted in blue on the paperwork handed out. The suggestion was made to have a newsletter handed out to principals or PTA, etc. to pass out to parents and encourage them to choose healthy options. There was discussion on having the healthy lifestyles council distribute the newsletter.</p> <p>The CATCH program will continue to be implemented K-8. The number of minutes of PE is already designated in another policy so it doesn't need to be listed here. The point was made that since there is PE time scheduled, we don't need to put recess into policy.</p> <p>Each campus wellness committee will have to meet at least once a semester to go over wellness goals. Each campus will provide a written report to the SHAC one time per semester.</p> <p>Nancy Pappas made the motion to accept the wellness policy and Crystal seconded the motion. The motion passed. See Wellness Draft attachment.</p>
<p>Campus Reports</p>		<p>KRE Jump rope for Heart Feb 20 Color Fun Run Feb 21 NBHS Water Bottle Stations see photo. ROTC walk/run club, UKC unicorn kinetic club Seele Walk a thon March 27th during school day Lone Star and Lamar both have walking clubs.</p>

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Community Health Summit Nancy	past and future	Friday Dec 4, 2015. topics to focus on Mental Health Issues
Lesli Burk, Bullying		February is teen dating violence awareness month. CIS is going to host a summit to discuss this issue. Each club will send one or two students as reps to the summit. The date is February 10th during 3rd period.
CPR AED First Aid requirement for NBISD employees, KSchwind&CGillentine		Current policy (preK,, UIL athletics, head band and coaches) <u>DBA Legal</u> Current practice (CATE) Plan for proceeding (staff who take students off campus?) discussion/should all teachers be CPR/AED certified? instructed? Suggest having all staff complete the itunesU emergency response course with Modules to include: CPR, AED and abdominal thrusts.
SOW Healthy	Resolute Health	Lonestar is looking into the preK curriculum. This is a school based garden. There is curriculum written through secondary, best level to implement is grades 3-4.
Health/PE coordinator	Lack of position in NBISD?	Ron Rychel will check into funding a position for a lead teacher, giving a stipend.
Next Meeting		Next meeting; April 1, 2015

WELLNESS

The District is committed to providing healthy and safe school environments for students, staff, and community members by teaching and promoting wellness as a healthy lifestyle. The primary focus is to protect and promote children's health, well-being, and the ability to learn by supporting skill development, healthy eating habits and physical activities.

The District school health advisory council shall develop school wellness goals and make recommendations to the Board.

The District shall follow nutrition guidelines that advance student health and reduce childhood obesity and shall promote the general wellness of all students through nutrition education, physical activity, and other school-based activities.

DEVELOPMENT OF
GUIDELINES AND
GOALS

The District shall develop nutrition guidelines and wellness goals in consultation with the local school health advisory council and with involvement from representatives of the student body, school food service, school administration, the Board, parents, and the public. [See BDF and EHAA]

NUTRITION
GUIDELINES

The District shall ensure that nutrition guidelines for reimbursable school meals shall be at least as rigorous as federal regulations and guidance and that all foods available on each campus are in accordance with the Texas Public School Nutrition Policy. [See CO]

1. Food or beverage products and all forms of candy will not be sold or given to students during the USDA defined school day as per the USDA Smart Snack regulations and/or the TDA Time and Place restrictions.
2. At the discretion of the school principal, the campus can have a maximum of three special events/ Holiday parties per year which may include smart snack approved items.
3. Students will have access to free, safe and unflavored drinking water during lunch at all campuses.

WELLNESS GOALS

The District shall implement, in accordance with law, a coordinated health program with a nutrition education component [see EHAB and EHAC] and shall use a health course curriculum that emphasizes the importance of proper nutrition and physical activity [see EHAA].

In addition, the District establishes the following goals for nutrition education through the CATCH (Coordinated Approach to Children's Health) programs, which are selected as the required coordinated school health programs in kindergarten through grade 8.

PHYSICAL ACTIVITY The District shall implement, in accordance with law, a coordinated health program with physical education and physical activity components and shall offer at least the required amount of physical activity for all grades [see EHAB and EHAC].

In addition, the District establishes a goal for physical education classes to regularly emphasize moderate to vigorous activity, while instilling the value of its importance.

**SCHOOL-BASED
ACTIVITIES**

The District establishes the following goals to create an environment conducive to healthful eating and physical activity and to express a consistent wellness message through other school-based activities:

1. Each campus shall have a coordinated wellness team that meets at least once per semester to address health and wellness issues and the implementation of the wellness policy on the campus.
2. Employee wellness education and involvement shall be promoted at suitable school activities.

**GUIDANCE AND
COUNSELING**

The District shall assist students in developing positive, decision making skills related to health and wellness in order to maximize educational opportunities, as well as to function, contribute, and compete in a changing world. See FFEA

IMPLEMENTATION

Assistance in implementing the wellness policy shall be provided to the schools from the department of health services, child nutrition, guidance and counseling, and health and physical education.

Each Campus Wellness committee shall provide a written report to the SHAC one time per semester. The SHAC shall report to the Board of Trustees a summary of wellness activity on an annual basis.



COMPETITIVE FOODS GUIDANCE FOR SCHOOLS



SCHOOL MEALS

WHAT ARE COMPETITIVE FOODS?

Competitive Foods are foods sold during the school day that are not part of the reimbursable meal and must meet required nutrition standards. The school day begins at midnight and ends 30 minutes after the official school day ends. You can review the nutrition standards by visiting www.SquareMeals.org/SmartSnacks.

There are no restrictions on foods given away including foods at events such as field days and birthday parties.

TIME AND PLACE RESTRICTIONS

WHAT CAN BE SOLD?

ALL foods sold at ALL grade levels must meet the nutrition requirements.

WHO CAN SELL COMPETITIVE FOODS?

A district may adopt, as part of its wellness policy, requirements about who, when, and where foods are sold during the school day.

In lieu of a district policy the following is in effect:

ELEMENTARY SCHOOL

Food service department *ONLY*

MIDDLE SCHOOL

The **food service department** may sell competitive foods from 30 minutes before the meal service period through 30 minutes after the meal service period on the school campus. *ONLY* outside of this designated time period, can individuals and groups sell competitive foods on the school campus.

HIGH SCHOOL

The **food service department** may sell competitive foods during the meal service period where reimbursable meals are sold or consumed on the school campus. *ONLY* outside of this designated time period and designated location, can individuals and groups sell competitive foods on the school campus.

COMPETITIVE FOODS GUIDANCE FOR SCHOOLS



WHAT ITEMS CAN BE SOLD AS FUNDRAISERS DURING THE SCHOOL DAY?

- Food items that meet competitive food nutrition standards such as pumpkin bread with whole grain-rich flour, air-popped popcorn, and trail mixes.
- Food items that are not intended to be consumed at school such as ready-to-bake cookie dough or ready-to-heat pizza.
- Districts may also elect to sell non-food items such as wristbands, wrapping paper, candles and magazines. Walk-a-thons, activity nights and car washes also add fun and exercise to fundraising efforts.

Fundraisers that include food items that do not meet the competitive food nutritional standards, and are intended to be consumed at a school, must be sold outside the school day.

Additionally, any foods sold by individuals and groups outside of the food service department must follow the time and place restrictions.

ARE THERE ANY EXEMPTIONS TO THESE REQUIREMENTS?

No, all foods sold during the school day by the food service department, individuals and groups must meet required nutrition standards.



TO LEARN MORE

Visit www.SquareMeals.org

Call TDA at (877) TEX-MEAL

This product was funded by USDA.

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