



*Home of the New Braunfels Unicorns!*

## **NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT School Health Advisory Council 2017/2018 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   | 5. Counseling, Psychological, and Social Services |
| 2. Physical Education | 6. Healthy School Environment                     |
| 3. Health Services    | 7. Health Promotion for Staff                     |
| 4. Nutrition Services | 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](#).

### **2017/2018 Meeting Dates**

September 27, 2017  
November 27, 2017

February 28, 2018  
April 18, 2018

### **Members:**

\*Amy Payne, Parent Co-Chair  
 Karen Schwind, Co-Chair  
 \*Andrea Owen  
 Ashley Erben  
 Ashley West  
 \*Bethany Ramos  
 Clay Gillentine  
 Catherine Vanderbrook  
 \*Charmane Barton  
 \*Christy Gunter  
 Cheri Polk  
 \*Cindy Shown

\*Darla Myers  
 +Dave Heefner  
 \*Emily Briggs  
 +Fancy Flores  
 \*Isabel Guzman  
 \*Jennifer Ford  
 \*Jennifer Hernandez  
 \*Jenifer Hanson  
 Jerrica Guerrero  
 \*Kelly Zolnierck  
 \*Kristen Beeghley  
 \*Kristin Rush

+Krystal Snider  
 \*Lauren Ryder  
 Lesli Burk  
 \*Lori Hickson  
 \*Mark Sardelich,  
 +Mary Helen Phillips  
 McKinzie Kincannon NBHS student  
 Nicole Haecker  
 \*Nikki Gill  
 Jacob Duncan NBHS student  
 \*Rosa DeLaTorre  
 \*Tabitha Drake Eavenson

\*parent representative  
 +community representative

## **Summary of SHAC Accomplishments 2017/2018 School Year**

### ***SHAC Membership includes:***

- Parents, Elementary and Secondary representation, High School Students
- Community members and professionals
- NBISD employees, including Food Service, Curriculum, Student Services and School Nurses (RN's secondary and elementary campuses represented,) NBISD Medical Director and a NBISD School Board Member.

### ***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 past four years to assist our schools in creating comprehensive and sustainable change around wellness. Campus champions from each NBISD campus have participated in one training this school year in October 2017. For additional information visit: [Alliance for a Healthier Generation](#) or [Healthy Schools Program](#).
- 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) Based on the E-cigarette Health Education Senate Bill 489, we adopted the youth e-cigarette prevention program "[CATCH My Breath](#)" sponsored by CATCH and a grant from CVS Health. This program will be presented to middle and high school students.
- Submitted the Annual Report of Immunization Status in December 2017 to the Department of State Health Services. This includes immunization status for all students and the 150 who have a conscientious exemption for immunizations.
- 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.
- Continued training for Food Allergy and Anaphylaxis Policy and training for all NBISD staff required by all staff via an Eduphoria e-course.
- Wellness and Sexual Health parent informational meeting to be held May 3, 2018. Middle School and Ninth Grade student education scheduled during May 2018.
- Youth Mental Health First Aid course offered for NBISD employees June & August 2017 and 2018. All secondary staff participated through the 8 hour YMHFA course during this school year. Substitutes were supported through a grant from Communities in Schools. Three additional summer 2018 courses are offered for those who did not attend during the school year.
- 'CPR for Students' as required by HB 897, for all 9<sup>th</sup> – 12<sup>th</sup> grade students. All students complete this course during Health or upon high school enrollment.
- The [Wellness plan](#) prepared by a SHAC sub-committee, was adopted by the SHAC during the November meeting. This plan outlines the implementation of the health and

wellness policy [FFA Local](#).

- Kick the Flu vaccination program for students to receive flu vaccine at school. All campuses participated with parent permission required for vaccine participation on October 31, 2018. A total of 1561 students participated in this program.

### ***Contributions of Nutrition Services for the 17-18 School Year***

- Participated in the TDA 2017 Local Products Challenge to serve more locally grown produce in breakfast and lunch.
- Participated in the National School Breakfast Week & National School Lunch Week where schools with the most participation received School Garden Kits.
- Discovery Days and Farm Fresh Fridays implemented to help promote local and different types of fruits and vegetables to encourage healthy eating habits.
- Continue to offer free fruit and vegetable sides to Elementary students through the Fruit & Vegetable carts.
- District Chef performed cooking demos for students to promote healthy eating.
- District Chef involved in the school garden programs with all campuses and community partners.
- District Chef held sampling events to promote program and gain student feedback regarding new products.
- Monthly menu promotions provided at all campuses; FUEL for secondary schools and Special Events and ACE Giveaways for elementary schools; increase participation and introduce new products to students.
- Community involvement to increase Summer Feeding program.
- Promoted holiday meal and end of year cookout events to help increase family participation and student participation.
- Added healthier options to concession menu for football games.
- Added new menu items from prior year student feedback.
- Added healthier a la carte options from SHAC feedback like fresh fruit cups, parfaits and bento-boxes.

### ***Nutrition Services Goals for the 18-19 School Year***

- Implement "share tables" at Elementary level to help improve plate waste and help provide additional servings of food to students who are still hungry after meal service.
- Increase scratch cooking to help increase participation.
- Try new food concepts at high school level to increase participation.
- Increase community involvement by working with local New Braunfels Food Bank.
- Add "clean label" a la carte products to a la carte menu - no artificial colors or flavors and non-GMO ingredients.
- Add healthy beverage educational signs for the cafeteria.

### ***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***

- '[NB Strong](#),' NBISD employee website updated frequently. Programs such as Weight Watchers at work, Zumba, and other exercise options at individual campus locations.
- Vaccination program for employees offered in October and November 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, support service and the Education Center for convenience of employees. The November clinic took place at the Ed Center.
- Offered participation in the Gold's Gym, Orange Theory, Pure Barre, Club Pilates Baptist Health Link and YMCA for individuals or family memberships.
- TRS/ Aetna Wellness program participation for all members. Fall program 'Harvest your Health' and spring program 'Shake the Sugar.'
- Health Matters Health Screening offered to all employees in April 2018. 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, transportation and the Education Center.
- NBISD team for the American Heart Association Heart and Stroke Walk, Landa Park on May 12, 2018.
- Mobile Mammography brought to NBISD
  - Employee Back to School Expo August 22, 2017

### ***Community Connections***

- Collaboration with Communities in Schools for middle and high school student to participate in the 'Signs or Suicide' program. Students participating and resulting responses requiring follow up:
  - New Braunfels HS: 510 students participated, 53 students or 18% critical responses
  - ORMS: 302 students participated, 43 students or 21% critical responses
  - New Braunfels MS: 330 students participated, 49 students or 15% critical responses
- American Heart Association continued and/or introduced student to age related school activities with Jump Rope for Heart taking place at all elementary campuses.
- Lessons are taking place while gardens are growing at ALL of the NBISD schools. The Comal County Master Gardeners, Agrilife Extension Service and SOW Healthy Coalition provide community collaboration to make these gardens possible. Professional Development for teachers offered June and August 2017, and a drip irrigation course in March 2018.
- NBISD representative to the Comal County Mental Health Task Force who has been working during this 2016/17 school year to increase access to mental health services in the community. NBISD representation in forming the Mental Advocacy Partners (MAP).
- Suicide planning event – Community wide to take place on September 15, 2018 at the McKenna Event Center.
- In collaboration with Law Enforcement and the NB Fire Department, participate in the

‘Integrated Response Committee,’ Civilian Response to Active Shooter Events (CRASE) and Control the Bleed training for nursing staff and assistant principals.

- 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 2018/2019 School Year**

- Recommend the addition of a PE/Health/Wellness curriculum coordinator for NBISD.
- Continue the Healthy Schools Program coordinating with CATCH at each elementary and both middle school campuses.
- Continue to support the Healthy Lifestyles Chairperson through each campus PTA.
- Continue implementation of Wellness Plan throughout NBISD.
- 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 2018/2019
- 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 2018/2019**

- ✚ Implement all aspects of the [Wellness plan](#), with focus in increased recess time for elementary students and outside PE for secondary.
- ✚ 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.
- ✚ Since this is the first year without the Healthy Schools Program, continue to build a philosophy of health at each campus creating comprehensive and sustainable change around wellness.
- ✚ Consideration of Breakfast in the Classroom program as a trial at a title one campus.
- ✚ Continue with Civilian Response to Active Shooter Events (CRASE) and ‘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.
- ✚ Strive to identify healthy fundraising alternatives for campuses and PTA’s.

#### **Contact information or questions?**

Please contact the NBISD Health Services Coordinator with questions or comments:

- ☐ Karen Schwind, BSN, RN, NCSN, 830-643-5783 or [kschwind@nbisd.org](mailto:kschwind@nbisd.org)

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