



Home of the New Braunfels Unicorns!

NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT School Health Advisory Council 2021/2022 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](#).

2021/2022 Meeting Dates held in person

October 27, 2021

February 23, 2022

January 26, 2022

April 20, 2022

Members:

*Christina Matheson

*Vanessa Garcia

+Dave Heefner NBISD BOT

*Emily Briggs and Medical Director

~Bill Hathaway - Aramark

+Emma Etheredge- NBHS Student

*Jennifer Ford

~Brittany Rodriguez

+Jennifer Lankford NB Food Bank

*Jennifer Hernandez and Westside CC

~Jay Huffty

+Jesikah Gutierrez - Connections

*Krisiti Ellis

~Jessica Doerr - Aramark

+Lauren Schumacher

*Melissa Powell

~Karen Schwind, Co-Chair

+Lauren Schumaker Agri Life

*Natalie Lillibridge (parent co-chair)

~Kelly Spencer

+Lisa Lumpkin Head Start

*Schelli Avant and Dairy Max

~Lesli Burk

+Stephanie Shropshire CC Master Gardeners

~Lori Gruwell

*Parent representative

~Susan Belanger

+Community representative

+Baxter Boyd SACADA

~NBISD employee

+Catelyn Hatcher - NBHS Student

Summary of SHAC Accomplishments 2021/2022 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 (secondary and elementary campuses represented,) NBISD Medical Director and a NBISD School Board Member.

Coordinated School Health:

- Continue to implement the Coordinated School Health on Elementary and Middle School Campuses through participation in the CATCH Curriculum. (Coordinated Approach to Children's Health) including the youth e-cigarette prevention program "[CATCH My Breath](#)" sponsored by CATCH and a grant from CVS Health.
- Wellness and Sexual Health was postponed for this school year, based on the recommendation from the Board of Trustees since HB1525 requirements could not be met. Educational activities for elementary maturation presentations included for 4th and 5th grade students.
- Youth Mental Health First Aid course offered for NBISD employees and new hires.
- 'CPR for Students' as required by HB 897, for all 9th – 12th grade students. All students complete this course during Health or prior to high school graduation.

Wellness Plan review and approval: Updated version found at: [Wellness Plan, \(Revision 4/28/21\)](#)

Contributions of Nutrition Services for the 21/22 School Year

- Participated in Seamless Summer Option all year which allowed all students to eat at no charge
- The Child Nutrition department served 332,685 breakfasts and 909,235 lunches to students this school year
- Most of the school year was a struggle with nationwide supply chain issues, but made sure that each child had the opportunity to eat a nutritious meal
- Continued to offer healthier a la cart items that included whole grains, reduced sodium, and appropriate portion sizes.
- Rebranded the cafeteria at the High School to Rally Cafe offering more choices focused on today's youth

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.
- Mental health and wellness resources shared in weekly employee newsletters and on NB Strong webpage.
- Vaccination program for employees offered in October and April through Passport to Health to update all immunizations as part of the BCBS Wellness program. Vaccines included: Influenza, Tdap, (Tetanus), Hepatitis A and B series, Meningococcal, Pneumonia, Vitamin B12, and Shingrix, (Shingles). October Clinics were set up at all campuses, transportation, support service and the Education Center for convenience of employees. The April vaccine clinic was held at the Admin Center. A COVID clinic was held in partnership with Texas DSHS and Guadalupe County Emergency Management along with 2 testing sites held at Tree of Life.
- Offered participation in the Orange Theory, Pure Barre, Club Pilates, Baptist Health Link, YMCA, Motivation Station, Das Nutrition Haus and Das Rec for individuals or family memberships.

Community Connections

- Gardens are growing at some of the NBISD schools. The Comal County Master Gardeners and AgriLife Extension Service provide community collaboration and were unable to be on campuses this year. Professional Development for teachers offered August 2021 and February 2022, and a summer offering is in the planning for August 2022.
- NBISD student services representatives to the Comal County Mental Health Task Force to increase access to mental health services in the community. NBISD representation in continuing the Mental Advocacy Partners (MAP) and collaboration with Substance Awareness Coalition and the Suicide Prevention Council.
- Update to [Health Services Website](#), the [SHAC Website](#) and [the SHAC Meeting Summaries](#) may be viewed by selecting the above links.

Goals/Objectives for 2022/2023

-  Continue the Healthy Schools Program and evaluate health textbook options for both elementary and middle school age.

- ✚ Revisit Wellness and Sexual Health Curriculum in collaboration with the curriculum department.
- ✚ Continue to support the Healthy Lifestyles Chairperson through each campus PTA.
- ✚ Revisit existing garden plots and connect with champion teachers as well as Master Gardner's and AgriLife Staff.
- ✚ Continue implementation of [Wellness plan](#) throughout NBISD with re-evaluation, building a philosophy of health at each campus creating comprehensive and sustainable change around wellness.
- ✚ Support the concept of non-food fundraisers across the district, highlighting those campuses with successful exercise related fundraising.
- ✚ Increase parent /community membership and involvement on the School Health Advisory Council through active recruiting tools, ensuring that we are following a parent- majority membership.
- ✚ Update SHAC Bylaw's.

Contact information or questions?

Please contact the NBISD Director of Health Services with questions or comments: 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!**