



Home of the New Braunfels Unicorns!

NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT

New Braunfels ISD School Health Advisory Council Wednesday February 26, 2020 NBISD Education Center

Present: Ashley West, Jay Huffty, Tabitha Drake, Peyton Carter, Bill Barry, Morgan Luna, Amy Caberto, Dave Heefner, Jennifer Ford, Shaylyn Hoffman, Jennifer Singleterry, Nicole Gill, Christy Gunter, Clay Gillentine, Karen Schwind, Catherine Vanderbrook, Emily Briggs, Susan Belanger, Adeline Grant.

1. Welcome and Introductions
2. Bill Barry - Substance Awareness Coalition of Comal County
1414 West San Antonio St, NB. Phone- 844-629-6571 Ext 317, bbarry@connectionsnonprofit.org
 - a. 5 year grant. Underage drinking, marijuana, nicotine, opioid abuse. Goal is to change social norms in the community.
 - b. Connections has shelters in NB and Corpus, ages 5-18 yrs old. They can be at the shelter for days or it could be months. The shelter has Star Counselors that provide counseling for the kids and families if needed.
 - c. Program called Positive Action that will go out to schools and share about substance awareness.
 - d. Vaping started in China in 2003. Mr Barry shared about the chemicals in the pods and the diagnosis of popcorn lung. He shared that there are 11 different heavy metals in the cylinder used to heat the pod. This is not exhaled, therefore it increases in your lungs over time. One pod= 20 cigarettes!
 - e. Feb 6th a law was passed that flavored pods are illegal now. The only flavors available are Menthol and Nicotine. Major decrease in sales due to not selling flavor pods.
 - f. The new product is puff bars. They are disposable and come in multiple flavors!
 - g. Many new vapes come out in different disguises, ie inhale, watches, and drawstrings that can be used to vape.
 - h. He has spoken at Oakrun MS and NBMS but would love to present to the PTA's to help get the information out.
3. Child Nutrition Department updates Chef Ashley West
 - a. Nutrislice demonstration
 - b. Menu at your fingertips on website- nbisd.nutrislice.com
 - c. Demonstrated how to use the website, parents can stay up to date on what's going on, including kid friendly app with games.
 - d. School Breakfast Week- Mar 2-6th nationwide program, elementary level smart start it's an educational campaign on smart breakfast. Elementary campuses only serve juice on Tuesday and Thursday. Will have a raffle at secondary level. Grab and go options most popular with secondary schools.
 - e. Update on share tables- as of now all elementary campuses have the program.
 - f. Webinar on Breakfast after the Bell. There is a Second Chance breakfast in case a student arrives late.

4. Garden updates - Insect Expo-Feb, 25-27, 2020 providing hands-on, activity- oriented learning experience for fourth grade students. Twenty-five different stations for kids to rotate through and be educated. McKenna Event Center. Stop by! Several of the PTA moms shared about their school gardens.
5. Of interest:
 - a. There is Still Time to Plan for School Breakfast Week - Join the Texas Department of Agriculture in celebrating School Breakfast Week, March 2-6. The theme *Save the Day with a Healthy School Breakfast* challenges students and the school staff to suit up for success and be their own superhero and try new foods offered in the cafeteria. For more information and resources, visit www.SquareMeals.org/SBW today!
 - b. Apply for Healthy Choices Grant - Looking for funding for nutrition and physical activity opportunities? Apply for a Healthy Choices Grant. Level one grants are awarded for a single school year or a summer program. Level two grants are awarded for two-year or longer programs. Programs should focus on the prevention of childhood obesity. The deadline to apply is April 15. [View the webpage for more information](#)
 - c. [Webinar: Breakfast After the Bell](#)
6. Schedule of meetings: At 8:30 am at the Education Center, 430 W. Mill St. Second Floor Boardroom. Wednesday April 29, 2020

Nutrislice Online Menu

<https://nbisd.nutrislice.com/>

1. Go to website
2. Click on your school name
3. Click meal period
4. Click printer icon
5. Chose print options: location, meal period, date range
6. Click "fit to one page"
7. Unclick all options
8. Click on entrée and any other option you would like to see on your printed menu (Tip: entrée plus one other option will fit on one page)
9. Print
10. Tips and Tricks:

Nutrislice is linked directly to our menu software. All menu changes will be updated automatically.

Promotions/Field Trips/Grilling's/Special Events can be seen in Nutrislice

ACE, Farm Fresh Friday, Cookie Day etc. will be promoted in Nutrislice. Parents and community can be more aware of what we offer on a daily basis and can see when a special event will take place.

SCHOOL MENUS NOW AT YOUR FINGERTIPS!

- Easily view daily menu information
- Check out the nutrition and ingredients of each food
- Filter for allergen and intolerances
- Stay up to date on food specials and wellness content!

Our innovative and interactive site and mobile app make our menus more convenient and informative than ever before!

See your menus at:

<https://nbsd.nutrislice.com/>

Download the Nutrislice app for FREE

