



*Home of the New Braunfels Unicorns!*

## **NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT**

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New Braunfels ISD School Health Advisory Council

Wednesday March 27, 2019

Memorial Elementary Garden Room

**Many thanks for your service to the School Health Advisory Council this school year! We hope you will join us in the fall for the 2019-2020 School Year!**

Members present: Tabitha Drake, Frank Morales, Clay Gillentine, Cheri Polk, Rosemary Lambert, Nicole Haecker, Katelin Manley, Jenna Elder, Lesli Burk, Brandi Steptoe, Jennifer Ford, Leona Scull-Hons, Cathering Vanderbrook, Kristen Boggess, Brittany Rogers and Karen Schwind.

1. Welcome and Introductions. Many thanks to Nicole Haecker for hosting our meeting and garden tour and to David Lewis for allowing us to tour the gardens at WSE.
2. Frank Morales with Centro Med: federally qualified health center They have medical, dental, and mental health practitioners. New facility on Union Ave. They operate on sliding scale and certain insurances. Mr Morales also stated that his physicians HIGHLY recommend use of sunscreen.
3. Water Safety, Brittany Rogers: Schlitterbahn reps spoke to availabilities of swim lessons and water safety programs. They would like to reach as many people as possible via schools ie PTA, health fairs, gym classes, etc. Please contact 832-341-4038 or [brogers@schlitterbahn.com](mailto:brogers@schlitterbahn.com) for more info.
4. Nutrition Information: Online resources: [http://www.nbisd.org/page/nutr\\_index](http://www.nbisd.org/page/nutr_index) Child nutrition has a webpage that posts monthly menus, policies and procedures, etc. They have a new item that has a preference sheet which is another way for parents to control their child's account and what they can purchase.
5. Wellness and Sexual Health, Orientation for parents. Target ages grade 6-9 th. Tuesday, April 30, 2019 6:00 – 8:00pm. Education Center Board Room, 430 W. Mill St. Presentation and curriculum available to review.
6. Garden Tour with Rosemary Lambert, Master Gardener: Memorial Elementary and Walnut Springs Elementary
7. Resources from PTA Healthy Lifestyles: [communications@txpta.org](mailto:communications@txpta.org) > via e2ma.net
  - **Good Sports Equipment Grant** – Rolling deadline. Grants vary. Awards sporting equipment, footwear, and apparel up to six times over a two-year period.
  - **Action for Healthy Kids** – *Deadline: April 5, 2019.* \$1,000. Includes School Breakfast Grants, Game On Grants, and Parents for Healthy Kids Grants.
  - **Fuel Up to Play 60** – *Deadline: April 10, 2019.* Up to \$4,000. To jumpstart health choices on campus.
  - **Oliver Foundation** – *Deadline: April 15, 2019.* \$750-\$5,000. Provides a sustainable impact on children's nutrition and activity levels through innovative programs.
8. **Every Kid Healthy Week**
  - (April 22-26), presented by Action For Healthy Kids, brings focus on school wellness achievements and highlights spring events. Download a [toolkit](#) with social media posts, newsletter copy, and information to share through your Local PTA. Register by March 31 for possible prizes!

