



*Home of the New Braunfels Unicorns!*

## NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT

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New Braunfels ISD School Health Advisory Council

Wednesday January 30, 2019

NBISD Education Center

Present: Jennifer Ford, Chasity Rocha, Lesli Burk, Jacob Duncan, Catherine Vanderbrook, MaryHelen Phillips, Tabitha Drake, Cheri Polk, Karen Schwind, Jenna Elder, Katelin Manley, Clay Gillentine.

1. Welcome and Introductions.
2. NBISD Board of Trustees Appreciation, Planting Seeds of Success. Incorporated herbs grown in the gardens at campuses and student lessons as part of the Board of Trustees Gifts. Gift baskets were created for each board member along with an Herb Bouquet.
3. Garden Report: Mary Helen Phillips Comal County Master Gardeners.
  - a. Virtual Tour of Gardens, LSECC, WSE, ME See Powerpoint slides

The students are really loving the tasting from the gardens. The whole school at Lone Star goes out once a month to see the garden. The PTA moms are great with this project. Lots of food has been donated to the food bank through this program. They have implemented Veggie Mania as a project for the students to research on various vegetables. Spring gardens will be upcoming. There was a training last weekend for parents and teaching staff for NBISD and CISD. Three NBISD schools were represented. There were about 25 people who turned out. Mary Helen is hoping for a garden tour going through each campus so people can see the full range of what our campuses are doing. Discussed seeing two campuses at the March meeting. Insect Expo is also coming up for 4th graders on 2/26 and 2/27 at the McKenna Events Center.
4. Nutrition Update: Catherine Vanderbrook. See attached Powerpoint. Chef Ashley is back so contact her for events to be scheduled. Valentines Day the food service is offering strawberry milk instead of cookie or ice cream. Pizza parties (meeting the child nutrition requirements) will be going on at Lone Star. Breakfast carts are still working progress. Also wanted to let you know that free and reduced lunch is still available even during a federal shutdown.
5. Child Sexual Abuse Awareness Workshop: Cheri Polk. Shared highlights from a workshop presented by Barabara Marek at Region 13 this past Saturday. Attended by 3 NBISD nurses.
6. Student Physical Education and Activity Requirements: Jennifer Ford
  - a. Texas mandates at least **135 minutes** of moderate or vigorous structured physical activity per week in elementary school (grades K-5, or K-6, depending on the district), but it does not require daily recess.
  - b. NBISD [Board Policy](#):

1. [EHAB](#) (LEGAL) Basic Instructional Program Student Welfare - Elementary
  2. [EHAC](#)(LEGAL) Basic Instructional Program Student Welfare - Secondary
  3. [FFA](#)(LOCAL) Wellness and Health Services
- c. Texas Education Code: <http://ritter.tea.state.tx.us/rules/tac/chapter103/ch103aa.html>
7. Screen time at school: Jennifer Ford Parents are concerned that kids are not getting enough physical activity and are stuck on their ipads too much. Leslie Burke states that parents have access to reports that show how much screen time their students are on the apps that are being used.
  8. Walmart Grant Apply for a Grant to Improve Your Community
    - a. [Visit the Community Grant Program webpage for a complete list of eligibility requirements and areas of funding.](#)
  9. [Cliff Bar Small Grants](#) – *Deadline: February 1, 2019*. Approximately \$7,000. These grants are awarded for general organizational support as well as funding for specific projects.
  10. Camping at School: [https://tpwmagazine.com/archive/2019/jan/ed\\_3\\_campus/index.phtml](https://tpwmagazine.com/archive/2019/jan/ed_3_campus/index.phtml)
  11. [PTA Rally Day](#) Monday Feb 25th. [PTA Legislative Priorities](#)
  12. 2018 2019 meeting schedule:
    - a. March 27, 2019 8:30 - 9:30 am Propose meeting at a campus, location at Memorial Elementary to tour the garden and then will travel to WSE and County Line