



Home of the New Braunfels Unicorns!

NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT

New Braunfels ISD School Health Advisory Council

Wednesday November 29, 2017

NBISD Education Center

[NBISD SHAC website](#)

1. Introductions, Present: Mark Sardelich, Jerrica Guerrero, Rosa DelaTorre, Lesli Burk, Christy Gunter, Jennifer Ford, Cheri Polk, Ashley Erben, Catherine Vanderbrook, Ashley West, Karen Schwind, Jennifer Hernandez, Emily Briggs, Clay Gillentine, Kristen Rush, Amy Payne, Mae Barajas, and Krystal Snider.
2. Carton 2 Garden, National School Breakfast Week , Discovery Days and Farm Fresh Fridays. Ashley West. <https://kidsgardeninggrants.limequery.org/371919?lang=en>
www.carton2garden.com.

Go to Carton2Garden and it will walk you through all the steps. Power points attached for programs. Much discussion about limiting cereal option to students to limit sugar consumption. Catherine Vanderbrook will make nutritional regulations available: <http://www.squaremeals.org/> Suggestion was made to do more food tastings on the healthy foods, smoothies and oatmeal with fruit. Get PTA involved. Agrilife will help partner as well. Compromise was discussed as to having water bottles included in the lunches on MWF, taking juice away. Karen discussed the need to follow the policy that is set. Catherine is going to visit with business office and administrators/principals. Wellness Policy: [Legal](#), [Local](#), [Wellness Plan](#)

3. Submitted question: Can Nutrition Education and Programming be done for all schools. Ashley West discussed current programs and options for future programs. Krytal with Agrilife is willing to collaborate on the educational programs.

4. Submitted questions: Do we have any topics on mental health resources referral points for our counselors? What policies do we have on these things?
Counselors were asked to attend, but were unable to do so. The district has a list of resources available at no cost. We also have a specific Crisis Intervention guideline for students who are threatening themselves, are doing self injury, and a mental health crisis intervention plan. All secondary staff are going through the Youth Mental Health First Aide course with a licensed professional counselor. The secondary students are also getting training in signs of suicide.

The district has hired 3 behavior specialists to work with the counselors, administrators and teachers. The district is promoting Restorative Discipline- re-teaching expectations and practicing what that looks like.

Amy spoke about the STEPS program which provides a life coach for parents who need help. This is at no cost. Stepsforlife.org. Regarding specific mentoring programs, Lamar has a Coach Dad program and currently several campuses have Watch dogs. (Voss, WSE) Lesli Burk discussed the SAFE grant available for our students age 6-12 as a wrap around program providing assistance to families in need.

Dr. Emily Briggs reminded all that The Comal County Health Department is offering free influenza vaccines for persons age 4 and up – free flu vaccines.

5. Parents for Healthy Schools: A Guide for Getting Parents Involved from K-12
Parents play an important role in supporting the health and well-being of children and adolescents at school. This [guide](#) provides an overview of a healthy school environment with a focus on the school nutrition environment and services, physical education and physical activity, and managing chronic health conditions in schools; an overview of the framework for engaging parents in school health; and suggestions for how to use multiple resources.

6. Next meeting Scheduled for 4/18/18

Upcoming:

7. **TX SHACs in Action - Social Emotional Learning**: Wednesday, March 28, 2018; 11:30 am - 12:30 pm. Presented by Texas Action for Healthy Kids.
8. **School Nutrition Association Second Annual Virtual Expo**: Tuesday, February 6 - Friday, March 16, 2018. Previously recorded. Live sessions on a **variety of topics** are available. Presented by the School Nutrition Association.

9.

CDC Provides Schools with Framework to Keep Students Physically Active

Opportunities for physical education and physical activity in school can help students build lifelong healthy habits. School districts and schools can use CDC's Comprehensive School Physical Activity Program (CSPAP) framework to help children and adolescents get the recommended 60 minutes of daily physical activity. The CSPAP framework shows schools how to increase physical activity before, during, and after school and improve students' overall health.

[Increasing Physical Education and Physical Activity: A Framework for Schools](#)— The CSPAP framework is a multi-component approach for planning and organizing activities for school physical education and physical activity. This document gives details on the five components of the CSPAP framework—

1. [Physical Education](#)
2. Physical activity during school: [Recess](#) and [Classroom](#)
3. [Physical activity before and after school](#)
4. [Staff involvement](#)
5. [Family and community engagement](#)

[Comprehensive School Physical Activity Programs: A Guide for Schools](#)—This guide highlights a step-by-step process to develop, implement, and evaluate a CSPAP. The CSPAP framework can be included in local wellness policies or school improvement plans.

New CDC Web Pages – New CDC Healthy Schools [web pages](#) provide an overview of physical education and physical activity in schools and the CSPAP framework, as well as links to youth physical activity facts, youth physical activity guidelines, and a toolkit that highlights strategies schools, families, and communities can use to support youth physical activity.

Recess Strategies – CDC and SHAPE America have created several [tools](#) for schools to use when developing a recess plan, including a customizable template and a promotions kit with social media messages, infographics and more.

[Parents for Healthy Schools](#) – A set of resources for schools to use to engage parents in positively changing the school environment in physical activity.