



*Home of the New Braunfels Unicorns!*

## **NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT**

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New Braunfels ISD School Health Advisory Council  
Wednesday April 18, 2018  
NBISD Education Center

Members present: Mark Sardelich, Fancy Flores, Jerrica Guerrero, Jennifer Ford, Cheri Polk, Darla Myers, Tabitha Drake, Karen Schwind, Nicole Gill, Jacob Duncan, Nicole Haecker, Ashley West, Catherine Vanderbrook.

1. Many thanks for your service and interest in the health of our New Braunfels Community!
2. Introductions
3. **Carton 2 Garden, Ashley West.** [www.carton2garden.com](http://www.carton2garden.com).  
LSECC: Wings of Life was the project name. 335 students participated. We don't know if there have been winners or not. The students grew beans and peas and sunflowers.  
Voss Farms: Mrs. Stults was the IDEA lab employee who got all of it organized and implemented. Every student was able to participate. See attached photos.
4. **NBISD Summer Feeding Program** Ashley and Catherine reported that the summer feeding program will continue for anyone who can make it to a summer site during summer school dates. Lone Star June 4-28 7-7:30, lunch 11-11:30. NBHS June 11-28th 7:30-8 and 11:30-12. You do not have to be enrolled in NBISD to participate. The only requirement is that you need to be 18 years of age and under. You may show up at either location. The dates are Monday through Thursday during the summer school sessions. Publicity at campuses will occur during the month of May. Suggestion was made to place the announcement on the billboard/marquis at each campus. Discussed possibility of placing flyers at each campus. Also, April 30-May 4 is school lunch Hero week. Please say thank you to your cafeteria workers.
5. **Campus Reports** Campus fundraisers are a highlight for students. Incentives work! Golf tournament and 5K runs were done at NBHS for project graduation. Frustration was voiced over not being able to communicate information to the students easily. Memorial has active PE classes, Tiger Rock has guest hosted. They have new planters that are maintained by the students. Mental health: middle school and high school juniors were

presented with Signs of Suicide. Elementary schools are participating in restorative discipline. (See attached Campus reports)

6. **Gardening in NBISD:** Jennifer Ford, Voss Farms. Texas Farm Bureau grant was matched. Voss planted carrots and students got to pull them and taste them. Tomato plants and swiss chard are also planted. Comal County Master Gardeners have also been very helpful. Lamar had a huge garden last year so the produce was harvested and incorporated into the summer school feeding program. All NBISD campuses have gardens in progress. (See campus report for details)
7. **SHAC Board Report** – recommendations for 2017/18 goals for 2018/2019  
Recommended asking the boards to consider 20 minute recesses. Also recommend having one “healthy” fundraiser. Fancy Flores has recommendations from Texas SHAC that she will forward on to us. We would like to recommend to the board that students not be allowed to bring sodas to school during the school day. We will also recommend to the board that the CATCH curriculum includes info on e cigarettes.
8. ‘Sexual Health and Wellness’ Parent meeting May 3, 2018 6:00 pm. at the Ed Center
9. Juice serving at breakfast - topic presented by Mark Sardelich. Discussion included offering water instead of juice for breakfast. Nutrition services indicated that a proposal was presented to NBISD and it was denied due to increased cost and budget. A pilot project was conducted at Memorial Elementary with juice offered twice a week. Nutrition Services offered to create educational materials regarding beverage consumption. Also, parents will be notified in August 2018 to prepare account requests restrictions through food services.
10. Next meeting Fall 2018

Upcoming:

**11. Finish Healthy and Strong So Your PTA Can Carry On Webinar**

Thursday, April 19, 2018, 12:00 - 1:00 pm CST, Presented by Karen Burnell  
Texas PTA Healthy Lifestyles Liaison [Register here!](#)

Finish healthy and strong so your PTA can carry on! Whether you're a new or current Healthy Lifestyles Chair, or you simply want to learn more about Healthy Lifestyles, next week's [webinar](#) will feature a little bit for everyone — with coordination tips, information about School Health Advisory Councils (SHACs), and new programs

and PTA perks to support your Healthy Lifestyles initiative now and into the next school year!

## **12. Gardening Interventions to Increase Vegetable Consumption Among Kids**

The Community Preventative Services Task Force (CPSTF), appointed by the director of the Centers for Disease Control and Prevention (CDC), provides evidence based findings and recommendations about community preventive services, programs, and other interventions aimed at improving population health. One of their gardening interventions, meant to provide kids with hand on experiences in outside gardens, micro farms, container gardens, and other alternative gardening methods can lead to increased willingness to consume fruits and vegetables among kids. Learn more about the intervention and review promotional materials by [going online](#).