



*Home of the New Braunfels Unicorns!*

## **NEW BRAUNFELS INDEPENDENT SCHOOL DISTRICT**

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New Braunfels ISD School Health Advisory Council  
Wednesday October 24, 2018  
NBISD Education Center

1. Welcome and Introductions. Present: Stephanie Shropshire, Katelin Manley, Jenna Elder, Nicole Gill, Alexandra Jackson, Jennifer Ford, Lesli Burk, Jerrica Guerrero, Tabitha Drake, Mark Kosmo, Julie Lile, Catherine Vanderbrook, Christy Gunter, Jacob Duncan, Cheri Polk, Dave Heefner, Clay Gillentine, Emily Briggs, Bethany Diaz, McKinzie Kincannon, Karen Schwind.
2. Report on Curriculum: Catch my Breath Youth e cigarette and tobacco curriculum. ['CATCH my Breath'](#) module to be taught in all health classes. (NBISD requires health)
3. Garden Report: Stephanie Shropshire in Mary Helen Phillips absence. Comal County Master Gardeners. October 29th there is a meeting at the Agrilife Building. They also have a new facebook page. Look for Comal County Youth Gardens and go through the steps to join as it is a private group.
  - a. Memorial Elementary (each month kids do 3 lessons through science classes that are centered around the garden), Walnut Springs (NBU provided water cisterns and soon the students will decorate them), Veramendi Elementary (getting a late start. Have 8 raised beds, 5 of which are infested with ants. They are trying to explore best options to get rid of them. They will contact Chris Brockman and Daryl Stoker. Have talked about planting pollinating beds in the ant infested areas. Discussion was had that Plant Haus and Maldonado's will possibly donate some supplies. ) Voss Farms (had issues with ants used cornmeal.)
  - b. Lone Star Early Childhood amazing new garden
  - c. Apply for a Grant to Grow Veggies at School  
Do you want to start a school garden? Annie's, a California-based organic food company, is awarding funding to eligible schools interested in starting school gardens. [Applications for the Grants for Gardens Program are due Nov. 1, so apply today.](#)
4. Influenza and Flu Vaccination - employees received vaccine the week of 10/15/18 at each campus site. Students will participate with Healthy Schools program on 10/31/18. NBISD website has information. <http://www.nbisd.org/page/health.index>  
<https://dshs.texas.gov/flu/> or [www.texasflu.org](http://www.texasflu.org)
5. Child Nutrition Update: Catherine Vanderbrook
  - a. Campus information- High School implemented a salad bar; changing to individual options for salad--club salad, vegetarian option, and chicken breast. Also added stuffed crust pizza. Food services have applied for a grab n go breakfast cart grant.
  - b. LSECC breakfast and lunch served. 90% of students accessing the lunch program, 92% accessing breakfast.

- c. Community meeting Comal County Services and Churches meeting-community collaborative that Catherine Vanderbrook will forward flyers on.
- d. Food services served over 3000 free meals through the summer lunch program.

6. Dairy Council, Football Stars Team Up for Healthy Youths

Do you want to improve physical activity and healthy eating opportunities in your school? The National Dairy Council, the National Football League and the U.S. Department of Agriculture want to help. They're offering grants to eligible schools that enroll in their "Fuel Up to Play 60" campaign, participate in the National School Lunch Program and have a registered program advisor. The application deadline is Nov. 7. [Visit the website for more information](#)

7. Protect Students from Sudden Cardiac Arrest

Sudden Cardiac Arrest is the leading cause of death on school campuses and the number one killer of student athletes. That's why it's vital for schools to have a Cardiac Emergency Response Plan. [Visit the Parent Heart Watch website to download the toolkit or get more information on implementing a cardiac emergency response plan.](#)

- Form Cardiac Emergency Response Team
- Implement Emergency Response Protocol
- Install & Maintain AEDs Properly
- Conduct Life-Saving Drills
- Share Plan With School Community

8. Webinar May Enhance Substance Abuse Education Plans

If your school is planning a coordinated education effort during National Drug and Alcohol Facts Week (Jan.22-27), the School-Based Health Alliance has the tools you need. The alliance is holding a webinar to help improve your school's substance abuse education efforts on Oct. 23 at 2:30 p.m. EDT. [Access the website to register.](#)

9. Dave Heefner discussed the potential for a community effort to bring mental health services to NBISD. This project is in it's infant stage currently. Also in progress are the Signs of Suicide program in secondary schools and recent participation in Surviving Life this past weekend at McKenna.

10. 2018 2019 meeting schedule suggestion:

Wed Nov 28, 2018	●	8 - 9am
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Wed Jan 30, 2019	●	8 - 9am
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Wed Mar 27, 2019	●	8 - 9am

\*\*\*\*\*Meeting times changed to 8:30-9:30\*\*\*\*\*