

**NBISD SCHOOL HEALTH ADVISORY COUNCIL (SHAC)**  
**NBISD Education Center 430 W. Mill St. New Braunfels, TX 830-643-5700**

**Wednesday, October 13, 2010**

**8:00 am – 9:30 am**

Present; Monica Dockery, Karen Schwind, Aymee McMaken (NBHS student) Robin Beckman, CS parent; Lesli Burk, Cheri Polk, Crystal Byrom, Jennifer Krause, Sharon Levett, LE parent; Ramon Chapa Jr., NBHS parent; Margie Irizarry, NBHS parent.

ITEM	DISCUSSION	ACTION
Annual SHAC report to School Board	Prepared by KSchwind, was presented to NBISD School Board at 5/17/10 Meeting.	Reviewed, Report available on website.
Employee Wellness- Karen Schwind	Flu vaccine for all NBISD employees offered through October 2010. Current campaign for YMCA individual or family membership through this October 8-22, 2010	
Parent Academy - Lesli Burk	First Parent Academy Tuesday October 19 <sup>th</sup> at 5:30-07:30pm at Carl Schurz Elementary, Topics to include bridging the gap between home and school, New car seat laws, Neighborhood Watch, Children and Poisons, Medicaid and CHIP sign up and information, Kid print, Emergency Preparedness and MORE! See flyer.	Flyer available in English and Spanish. Open to parents of students in any school.
Food Service-Crystal Byrom	Healthier Menu Platform	Powerpoint presented, "Go for Gold" Program. Many compliments shared with positive changes to menu items and variety. Discussed possibility of farm to school program. Powerpoint link for website.
Medicaid/CHIP Update	by Ramon Chapa Jr.	Reviewed ways to connect families with Medicaid/CHIP. To attend first parent academy and assist with sign up.
TETN summary	K Schwind summary from Sept/Oct2010 TETN presentations: Coordinated School Health	To send TETN schedule to SHAC. Topic for year, coordinated school health.
Other items for discussion	Recess	Parents identify removal or recess as problem with minimizing activity. <ul style="list-style-type: none"> <li>• Many students have recess at end of the day when they need a break mid day.</li> <li>• Recess withheld as punishment for not completing homework</li> <li>• No recess for entire class based on behavior or no homework of a few students.</li> <li>• Subs tend to withhold recess more.</li> </ul> To brainstorm options for next meeting
Meeting Schedule 2010/11	<b>Next Meeting: Wednesday 12/8/10, 8:00am</b> Wednesday 2/9/11 Wednesday 4/13/10 All 8:00 -9:00 am at the NBISD Ed Center unless notified of change.	Please recruit parent members for the SHAC. KSchwind to attend November city PTA meeting to discuss SHAC.

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**Wednesday, December 8, 2010**  
**8:00 am – 9:00 am**

Members Present: Jennifer Krause, NBISD FoodService; Belinda Martin, ORMS parent; Aymee McMaken, NBHS '12; Ramon Chapa Jr, NBHS parent&CHIP rep; Crystal Byrom, NBISD FoodService; Robin Beckman, CS parent; Monica Dockery, NBMS School Nurse; Margie Irizarry, NBHS parent; Gwen Mills, Comal County Public Health; Sherry Hardwick, parent; Robert SanMiguel, Toothtime Community Outreach; Wendy McMullen, CS Principal; Susan Snyder, ORMS parent; Karen Schwind RN, NBISD Health Services Coordinator. Replied unable to attend: Beth Matulich RN, CS School Nurse; Cheri Polk RN, NBHS School Nurse; Cathy Fischer, ME&NBHS parent, Sherry Rose, KRE PE teacher.

ITEM	DISCUSSION	ACTION
Campus request for Growing up film to 4 <sup>th</sup> grade girls and 5 <sup>th</sup> grade	SHAC discussion, Currently presented to 5 <sup>th</sup> graders, Change in recommendation by SHAC to DEIC and BOT?	Feedback from group and emails from campus principals support some form of maturation education in 4 <sup>th</sup> grade. <b>Sub group to meet 1/13/11 at Carl Schurz at 8:30am . All levels of films will be viewed and evaluated. All welcome!</b>
Employee Wellness- Karen Schwind	YMCA individual or family membership available to al NBISD employees and families at discounted rate. Health Matters to come to campuses for an annual health screening Included will be metabolic profile, lipid panel, complete blood count, thyroid stimulating hormone, hemoglobin A1c and prostate cancer screen (PSA).	Health Matters to provide screening for NBISD employees in January. Dates to follow.
Parent Academy - Lesli Burk	First Parent Academy Tuesday October 19 <sup>th</sup> at 5:30-07:30pm at Carl Schurz Elementary, Great Presentations, could have had more attendees. Next Parent Academy in winter.	Wendy McMullen reported that this was very successful. Excellent information presented re family and student safety. Members expressed interest in additional safety programs and plans for NBHS. Next parent academy date to be announced.
Food Service-Crystal Byrom	Gold Standard Menu continues at Elementary and Secondary Campuses	Updates for Spring menu to be available soon. Complements for providing carbohydrate counts for our campus nurses to assist our students with diabetes.
City PTA presentation	KSchwind presented SHAC powerpoint to City PTA at November meeting. Please recruit parent members for the SHAC	

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TETN summary	Next TETN presentation is Friday Jan 14, 2011 8:30 am - 11: 30 am in NBISD Exec Board Room. Topics to include Fitness Assessment Strategies, Campus Improvement Plan goals and objectives and Coordinated School Health, Nutrition Services.	KSchwind to forward agenda as soon as it's available. Link for TEA: <a href="http://www.tea.state.tx.us/index2.aspx?id=2812&amp;menu_id=2147483656">http://www.tea.state.tx.us/index2.aspx?id=2812&amp;menu_id=2147483656</a> Link for DSHS: <a href="http://www.dshs.state.tx.us/schoolhealth/csh.shtm">http://www.dshs.state.tx.us/schoolhealth/csh.shtm</a>
Community Resources	Gwen Mills, Comal County Public Health	Shared information regarding Weekly bulletins and information from the Children's Hospital of Philadelphia. Link: <a href="http://www.chop.edu/">http://www.chop.edu/</a> Comal County Client Choice Food Pantry. Beginning after Mar 2011, information and details to follow from the food bank.
Medicaid/Chip update	Ramon Chapa, Jr. Medicaid, CHIP representative	Decrease funding anticipated with State and Federal reductions. Medical providers not available in New Braunfels, is one in Seguin. Please continue to support Children's Health.
Community Dental Information	Robert San Miguel, Toothtime Community Outreach	Shared information about dental health, screening and prevention services to schools.
Recess Issues	See attachment for summary.	Discussion attached. The consensus of this discussion is that recess should be offered consistently across the campuses and should be a healthy practice. W. McMullen to share at administrator meeting.
Meeting Schedule 2010/11	Wednesday 4/13/10 All 8:00 -9:00 am at the NBISD Ed Center unless notified of change.	<b><u>Next Meeting:</u></b> <b><u>Wednesday 2/9/10, 8:30am (New time!)</u></b>

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**Thursday, January 21, 2010**

**9:00 am – 10:00 am**

**Attendees: Beth Matulich, Elizabeth Dick, Sherry Hardwick, Sharon Levett (co-chair), Lauren Snow, Cheri Polk, Karen Schwind (co-chair)**

ITEM	DISCUSSION	ACTION
H1N1 Clinic	To be held at McKenna Event Center 1/27/10, For All Comal County Residents, age 6 mos and older, 2p – 7p. See flyer for more info	Flyers distributed. Stress that flu season can last indefinitely.
NB Love Your Heart Week	McKenna Event Center. See flyer	Flyers distributed.
Change in Lice Policy	KSchwind, nursing	Periodically a review is done by either TASB or TEA. Our policy was determined to be out of compliance. TX state guidelines recommend that kids are sent home for lice but not for nits. Lice are not communicable disease. Nursing will send a letter to parents stating what the new policy is. We are no longer going to do mass screenings. A parent recommends that the flyer has info for parents about how to check for nits, what products to be used for treatment, etc. Make sure the letter catches parents' attention that it is a new policy. The policy will have to be included in the handbook. Communicating this part of our goal at at the beginning of the school year. Sherry Hardwick volunteered to help write a letter.
School Health Survey	KKenney and KSchwind	Kathy and Karen are working on it today. Sent out to superintendents and covers all health information. Addresses sex ed, health ed, physical ed etc. (amount of minutes for PE, what is the policy on vending machines, etc)
Trial Salad Bar at CLE	CByrom - Aramark	CLE Publicized in paper. Fruits and veggies are FREE to kids. Kids have to complete the meal before they can go up and get additional servings of the fruits and veggies. One more campus will be added this year and 3 more next year. All food is presented in baggies and the kids just grab and go. Kids with sack lunches may access it too. It facilitates the kids making good choices regarding healthy food.
Growing Up Film 5 <sup>th</sup> grade	BMatulich, Updated version of the same film that has been approved by the SHAC in the past. Changes include new clothing, hairstyles, music, etc. No changes in content.	Updating the film. The new copy was previewed and the dialogue is exactly the same, but the kids are dressed the way kids dress now. The decision was made to purchase the new version and show it next

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		year. If budget allows, we will purchase more than one copy for campuses to share. Girls watch the film with girls and boys watch with boys. We like to have the film available for the week for parents to view. What is the possibility of changing the film for girls to 4 <sup>th</sup> grade, since girls are starting menses earlier? Board approval would be needed.
Nutrition Service Questions, S. Levett	<ul style="list-style-type: none"> <li>• Use materials to promote lunch program to teachers such as a nutrition comparison sheet that compares school foods to restaurant food</li> <li>• Include information on menu for go/slow/whoa for side dishes also. Also have an indicator for vegetarian options.</li> <li>• Can we have a public tasting event put on by the vendors like what Comal ISD recently did?</li> <li>• Hat's off for the improvements on the menu</li> <li>• More "go" foods</li> <li>• More vegetarian options</li> <li>• Italian month was very well received and included many "go" pasta items</li> <li>• The salad bar pilot program sounds great – How is it going? When can we add more schools?</li> <li>• The kids loved the Ace's lucky tray day – How about only "go" foods on that day to get them to try something new?</li> <li>• Have all bread items whole wheat including buns and breadsticks</li> <li>• Veggie lasagna was not visually appealing, but a great idea – find product with more tomato sauce or have cheese lasagna</li> <li>• Yogurt plate with a half P,B &amp; J for the elementary menu</li> <li>• Hot dogs – can we have lean turkey dogs?</li> <li>• Would like to see more pasta dishes, chicken fajita tacos, bean burritos, chicken alfredo, turkey or chicken over rice</li> </ul>	Use materials to promote the lunch program to the teachers so teachers are educated on the better nutritional value of the school lunch program as compared to local restaurants. In turn the teachers would then promote to the kids. Make menu changes that signify which foods are vegetarian. Slow, go, whoa for side dishes as well. Pasta will be switched to whole grain next month or shortly thereafter. Will consider more ways to identify GO-SLOW-WHOA in cafeteria. Check into having all bread items be whole wheat. Food services are working on having an open house for the general public to introduce parents to the food items. Looking into a yogurt tray that has a meatless sandwich with it. Hot dogs are Turkey dogs. Find a way to mark the menu for parents so they know that the hot dogs are Turkey. Food service is trying to change the chocolate and strawberry milk to skim to cut back on the fat. Check into the possibility of creating a separate line for students purchasing milk. Could there be more options for teachers? Is there a way to order the morning of instead of the day before?
SHAC Website	Suggestion to be formatted like AISD <a href="http://www.austinisd.org/schools/shac/nc.phtml">http://www.austinisd.org/schools/shac/nc.phtml</a>	Volunteers or suggestions, please send to KSchwind or SLevett
Next Meeting	<del>March 18<sup>th</sup> – Time? 2 suggestions for 8:00am</del> <del>May 13<sup>th</sup> – Time? Additional Meeting/s Needed</del>	Next Meeting <b>March 17<sup>th</sup> Wednesday 8AM</b> May meeting 12 <sup>th</sup> at 8AM Additional meetings as needed

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Wednesday, February 9, 2011  
 8:30 am – 9:30 am

**Present: Kathleen Greer, TX Ag and Life Extension Service; Amyee MaMaker, NBHS student; Kathy Kenney, NBISD; Lesli Burk, NBISD; Cheri Polk, NBHS; Monica Dockery, NBMS; Beth Matulich, CS; Crissy Clark; parent and CIS, Sherry Hardwick, parent; Belinda Martin, ORMS parent; Sharon Levett, parent; Karen Schwind, NBISD.**

ITEM	DISCUSSION	ACTION
Campus request for Growing up film to 4 <sup>th</sup> grade girls and 5 <sup>th</sup> grade	Presentation by subcommittee, S. Hardwick. Summary attached.	4 <sup>th</sup> grade films recommended for boys: <b>Whats a Hygiene?</b> For Girls: <b>Just Around the Corner for Girls</b> . These are in addition to the current 5 <sup>th</sup> grade films Growing Up for Boys and Girls. Submitted by KSS to VPursch for agenda for next DEIC meeting.
Worth the Wait - Suzie Dionne	Training for all teachers, nurses, SHAC at McKenna Event Center, Tuesday 2/15/11, RSVP to Suzie at Suzie Dionne <abstinence@sbcglobal.net>	All are welcome. Schedule attached.
Parent Academy - Lesli Burk	Next Scheduled academy ???	No parent academy meetings scheduled.
Food Service-Crystal Byrom(absent) Questions posed by Sharon Levett.	Spring menu, discuss timelines and school lunch program changes that are coming as a result of the recent Federal mandates.	More whole wheat foods being consumed. Portion sizes a concern for 5 <sup>th</sup> grade students v kinders. Per Sharon Levett: going to email questions to Crystal about concerns and options available for those families during holidays and days off . 6 cents per meal from federal budget allocated now.
Influenza Update		Flu is on the rise. Use of hand hygiene, covering coughs and hand sanitizer is still recommended.
Walk Across Texas, Kathleen Greer		Walk Across Texas: <a href="http://walkacrosstexas.tamu.edu">walkacrosstexas.tamu.edu</a> Great program for your campuses or families. Available community wide.

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Legislative Update	Contact representatives if needed	Be aware of the new legislation being passed. School related legislative topics include budget cuts to ISD's, student allergies, epi pens in schools, Medicaid. Contact your representative. <a href="http://www.legis.state.tx.us">www.legis.state.tx.us</a> Additional information about legislators can be found at <a href="http://www.nbisd-tx.net/education/components/faq/faq.php?sectiondetailid=10609&amp;">http://www.nbisd-tx.net/education/components/faq/faq.php?sectiondetailid=10609&amp;</a>
TETN summary	To be available on line soon. Last scheduled 2/2/11, KSS unable to attend	The link for the TETN 2/1/11 webinar is at <a href="http://www.actionforhealthykids.org/Texas">www.actionforhealthykids.org/Texas</a> team page. Mark your calendar for <u>March 9</u> - Promoting School Health and Involving Others <ul style="list-style-type: none"> <li>• An apple a day is not enough on YouTube</li> <li>• Ron Rychel and Sherri Rose are reviewing the current coordinated school health program. We are looking at a district wide training this spring to update CATCH.</li> </ul>
Walk Across Texas, Kathleen Greer		Walk Across Texas: <a href="http://walkacrosstexas.tamu.edu">walkacrosstexas.tamu.edu</a> Great program for your campuses or families. Available community wide.
Request for SHAC goal setting for the 2011/12	KSchwind asks for leaders to assist in goal setting for the next school year.	We need to get parents to organize together and get some goals for the SHAC committee since this is designed to be a parent lead committee
Meeting Schedule 2010/11	Wednesday 4/13/10 8:30 am	All 8:30 -9:30 am at the NBISD Ed Center unless notified of change.



**NBISD SCHOOL HEALTH ADVISORY COUNCIL (SHAC)**  
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**Wednesday, April 13, 2011**  
**8:30 am – 9:30 am**

Present: Crystal Byrom, Food service; Kendall Helvey, Foodservice; Jennifer Krause; Foodservice; Gwen Mills, Comal County Public Health; Belinda Martin, parent, ORMS; Monica Dockery, NBMS; Sharon Levett, parent, LE; Karen Schwind, NBISD; Wendy McMullen, CS; Beth Matulich, CS; Crissy Clark, CS & CIS; Margie Irizarry, NBHS; Kathy Kenney, NBISD; Lesli Burk, NBISD. Unable to attend, Aymee McMaken, Sherry Hardwick.

ITEM	DISCUSSION	ACTION
Campus request for Growing up film to 4 <sup>th</sup> grade girls and 5 <sup>th</sup> grade	KSchwind presented to DEIC, then to board report, To start with 4 <sup>th</sup> grade girls this school year.	4 <sup>th</sup> Grade girls will see <u>Just Around the Corner for Girls</u> , 4 <sup>th</sup> grade boys will see <u>What'saHygiene</u> .
CATCH	District wide training scheduled 6/3/11 at KRE	Campus principals to designate campus team. To Include members of food service staff, physical education, counselors, nurses and teachers.
Health Fair - County Line Elementary	Was 4/2/11. Successful! Many families attended	Organized and sponsored by CLE PTA. Many vendors present. NB Police Dept did child fingerprints and a Flash drive was given to each family to store personal data for children
Food Service-Crystal Byrom	<ul style="list-style-type: none"> <li>• Spring menu</li> <li>• Discuss timelines and school lunch program changes that are coming as a result of the recent Federal mandates.</li> <li>• Competitive Foods</li> <li>• Concerns and options available for those families during holidays and days off .</li> </ul>	<p>Wheat items are still on the menu. Calzones are at Oak Run, not at elementary due to poor sales. Meal numbers were down by 600 but are coming back up. New bill is out, not sure yet how it will affect us. Question was raised about milk but we only serve 1% milk and nonfat milk so it won't affect us anyway. Afterschool snacks are being served for tutoring. Greatly appreciated! Q; about summer holiday meals: refer families to food bank. Talked about possibility of posting on Monday mail. Discussed SHAC recommendation to district of putting in campus handbook a note about parents providing food to their own child only as opposed to bringing food for other children at lunch.</p> <p>Health refresher course for teachers at beginning of year to include cafeteria staff. Review choking maneuver.</p>
Worth the Wait Training		New to NBISD science teachers attended as well as Belinda Martin, Sherry Hardwick SHAC parents.



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Mental Health and Suicide Prevention	Parent sent email requesting what our district provides for mental health and/or suicide prevention.	Is topic addressed in health curriculum?? Julie Estes is STUCO sponsor. She will see what she can do. Is going to try to get flyer up in bathrooms and hallways.
Legislative Update	<a href="http://www.legis.state.tx.us">www.legis.state.tx.us</a> Additional information about legislators can be found at <a href="http://www.nbisd-tx.net/education/components/faq/faq.php?sectiondetailid=10609&amp;">http://www.nbisd-tx.net/education/components/faq/faq.php?sectiondetailid=10609&amp;</a>	New law proposes re: epinephrine being available to campuses. Won't affect us since we already have it. Peanut butter may become a banned substance.
TETN summary	KSchwind presented 3/9/11 re: school health. 4/6/11, Bullying topic.	
SHAC goals 2011/12	Need volunteer parents. Also need co-chair and recorder for 2011/12 school year.	Many thanks to Sharon Levett for being co-chair the past 2 years and to Cheri Polk for recording and publishing summaries. You don't have to be a parent; you may be a representative as a community member.
2010/11 Board Report	Draft: changes, updates?	All agreed, few additions made
Meeting Schedule 2011/12	Wednesday's?? 8:30?? To be announced	Next year meetings will be in months of October, December, February, and April.