

NBISD School Health Advisory Council
2010/2011

Sharon Levett, Co-chair
Karen Schwind, Co-chair

Robin Beckman
Heather Heywood
Aymee McMaken
Ramon Chapa
Kathleen Greer
Gwen Mills
Margie Irizarry
Crissy Clark
Belinda Martin
Sherry Hardwick
Susan Snyder

Lesli Burk
Wendy McMullen
Crystal Byrom
Kathy Kenney
Sherry Rose
Beth Matulich
Monica Dockery
Amy Marbach
Cheri Polk
Mary Coronado
Cathy Fischer

2010/11 Meeting Dates:

10/13/10

12/8/10

2/9/11

4/13/10

Summary of Highlights from the SHAC Meetings 2010/11

- Continuation of Coordinated School Health
 - Parent and employee to co-chair the committee
 - NBISD continues to utilize CATCH (Coordinated Approach to Children's Health) as the curriculum for Coordinated School Health
 - Completion of the School Health Survey with submission to TEA
 - Completed State Mandated Programs such as Fitnessgram, Worth the Wait, and Risk Assessment for Type 2 Diabetes in Children
 - Coordinated with Parent Involvement Campaign to offer a Fall Academy Safety Night and Spring Health Fair at CLE.
 - Institute AED demonstration, and Choking training for all staff during fall campus meetings
 - Suggest including suicide prevention in secondary health class.
 - Continued Worth the Wait training for new to NBISD science teachers SHAC parents (2) attended.

- Contributions to Nutrition Services:
 - Go for Gold Standard menu platform
 - Go Slow and Whoa menu identification
 - Wheat pasta and breads
 - Reminder for competitive foods to not be brought to campuses during lunch. Parents may provide their own child with lunch, but cannot provide students other than their own children.

- Maturation Program review
 - Request from district nurses and staff to provide appropriate maturation information for students prior to 5th grade growing up films.
 - Committee formed, reviewed multiple films.
 - Recommended Just around the Corner for Girls to be added at the 4th grade. Fourth grade boys would view Whatsahygiene. Presented and approved by SHAC and DEIC.

- Summary of Recess Talking Points
 - Consider a daily time of 15-20 minutes, especially on days that the student does not have PE.
 - Suggest administration discussion and provide consistency between elementary campuses.
 - Avoid using recess as punishment for homework not completed.
 - Consider Parent volunteers or Watch Dogs for recess monitoring.

- SHAC new member recruitment
 - Presentation to City PTA, suggest PTA ask for health related parent to represent each campus on SHAC
 - Membership recruitment also includes School Board members who are committed to the quality health programs for NBISD students and staff.

- Employee Wellness Activities
 - Influenza Vaccine clinics offered for all employees October 2010.
 - Optional campaign for YMCA individual or family memberships
 - Health Matters for health screening.

- Community Resources with shared information from Comal County, Community Dental Program, Medicaid/CHIP, AgriLife, and Worth the Wait Programs.

- Upgrade to Website: visit <http://www.nbisd.org/default.aspx?name=health.shac>

- SHAC Meeting Summaries may be viewed at <http://www.nbisd-tx.net/education/components/docmgr/default.php?sectiondetailid=6575&catfilter=2949#showDoc>

- Participated in TETN (Texas Education Telecommunication Network) Webinars, schedule attached. Karen Schwind presented the March 9, 2011 to the TETN Network, discussed how NBISD coordinates Health Services for the students.

TETN (Texas Education Telecommunication Network) SCHEDULE 2010-2011 School Year

★ *The Year of the Coordinated School Health* ★

The Texas Education Agency is offering a series of monthly training sessions on Coordinated School Health (CSH) for school staff, parent involvement groups and community members.

Each session will provide valuable information on the effective implementation and utilization of Coordinated School Health. Participants will walk away from each TETN with practical knowledge, useful resources, and answers to their toughest questions.

September 1, 2010 (Wednesday) 8:30 – 11:30 am *Theme: CSH 101*

- What is CSH?
- What does the Education Code Say?
- CSH Health on your Campus – Getting Started
Approved programs/District Developed
- TEA UPDATES

October 6, 2010 (Wednesday) 8:30 – 11:30 am *Theme: Where you are?*

- Getting Started
- Principal's Packet
- CSH Component #1 – Physical Education
- TEA UPDATES

November 3, 2010 (Wednesday)

8:30 – 11:30 am *Theme: Building Capacity*

- Organizational Capacity - Building a strong CSH team
- Advocacy strategies
- Utilizing Data
- CSH Component #2 – Health Education
- TEA UPDATES

January 14, 2011 (Friday) 8:30 – 11:30 am *Theme: Second Semester To-Do List*

- Fitness Assessment Strategies
- CIP (Campus Improvement Plan) – Goals and Objectives
- CSH Component #3 - Nutrition Services
- TEA UPDATES /Legislative Updates

February 2, 2011 (Wednesday) 8:30 – 11:30 am *Theme: SHAC Best Practices*

- SHAC Award Winners
- CSH Component #4 - Community & Parental Involvement
- Healthy Lifestyles, PTA
- Bullying Prevention and Response
- TEA UPDATES/Legislative Updates

March 9, 2011 (Wednesday) 8:30 – 11:30 pm *Theme: Promoting School Health and Involving Others*

- Forming Partnerships
- CSH Component #5 &6 – Staff Wellness and Health Services
- TEA UPDATES/Legislative Updates

April 6, 2011 (Wednesday) 8:30 – 11:30 am *Theme: Make it Great*

- School Health Survey Results
- CSH Component 7 & 8 - Healthy and Safe School Environment and Counseling and Mental Health Services
- TEA UPDATES/Legislative Updates

May 4, 2010 (Wednesday) 8:30 – 11:30 am *Theme: Planning for 2011-2012*

- Summer Retreat
- CSH – Year of
- TEA UPDATES/Legislative Update

To register please contact your Education Service Center - <http://www.dshs.state.tx.us/schoolhealth/netlist.shtm>

NBISD SHAC Needs YOU!

The School Health Advisory Council (SHAC) represents various components in our district and community. The most effective SHACS develop plans that address all eight components of a coordinated school health program as listed:

1. Health instruction,
2. Healthy school environment,
3. Health services,
4. Physical education,
5. School counseling,
6. Food service,
7. School site health promotion for faculty and staff; and,
8. Involvement with parents and the community.

Most importantly, SHAC members should be committed to quality health programs for children.
Please consider attending a SHAC meeting.

Please visit <http://www.nbisd-tx.net> or contact

Karen Schwind RN, BSN, NCSN, the NBISD Health Services Coordinator

at 830-643-5783 or email kschwind@newbraunfels.txed