

School Health Advisory Council

October 21, 2014

Attendees: Marisela Arocha, Katy Bowen, Diane Bullard, Tina Castellanos, Valentia Coleman, Julie Copeland, Melinda Cox, Mops Dayal, Debbie Freno, Sharon Glosson, Kristen Gruene, Sue Hernandez, Denise Jones, Lydia Keys, Kelly Lepaska, Karen Linnartz, Michelle Maxwell, Chief McCampbell, Angela McClure, Dennis Mergele, Deena Mullins, Melissa Munsell, Kimi-Lyn Murray, Rachel Naylor, Nora Oyler, Brigitte Perkins, Audrey Poole, Diane Rhodes, Cindi Romine, Tyler Shoemith, Sheri Sowa, Kate Swint, Lydia Therien, Steve Tovar, Katherine Velasquez, Carolyn Wheat

Speakers: Katy Bowen- Coordinator for School Nutrition Services, Sharon Glosson- Executive Director for School Nutrition Services, Rachel Naylor-Director for PE, Health & Athletics

Minutes Approval from May 27, 2014:

Corrections: On page 3, Churchill High School was the first school in the state and the other awards were in the nation.

First: Debbie Freno

Second: Karen Linnartz

All approve with corrections. Motion Carries.

Denise Jones and Rachel Naylor- Sub-Committee Assignments & Discussion

Rachel assigned sub-committees for each person on the Council. Sub-Committees met to introduce themselves and discuss initiatives for this school year. Sub-Committees are Safe & Healthy Schools, Nutrition, Fitness & Physical Activity, Classroom Health and Sex Education.

Katy Bowen, Nutrition Education & Wellness Coordinator for School Nutrition Services

North East ISD is leaps and bounds ahead of other districts in the area with regards to healthier campuses and the top-down support to create a healthier district as a whole. The Nutrition Curriculum created by Melissa Munsell and her team is phenomenal.

National School Lunch Week was celebrated this week. Our theme this year was “Get in the Game.” The idea was that eating a healthy lunch will help you in athletics and many other areas and help you stay focused on your goals. We offer samples throughout the week. This week was Jonathan apples and Calabacita. We focus on buying local foods and vegetables when possible.

We also have celebrity servers come in during this week such as principals, teachers, Executive Staff and School Board Members. On the first Friday of every month we do a Fun Food Friday. We have had beet sticks, red pears, kale and green grapefruit. We try to bring something different and random that they may not normally see. Our next Fun Food Friday is on November 7th where we will offer a Pomegranate Cider.

We also conduct Health Fairs throughout the year. We switched to sugar packets from sugar cubes this year since so many smaller kids had never seen sugar cubes before. We had about 30 Health Fairs last year.

This year we are also working on increasing participation at our salad bars since participation has been low this past year. We have developed “Cool Eats” which we are piloting at Johnson. We are offering yogurt trays, wraps and pre-packaged salads for a quicker option.

San Antonio Metro Health surveyed high school students in Bexar County and found that only 22% of students were getting 5 servings of fruits and vegetables every day. Also about 30% of high school were overweight or obese and 65% of adults were overweight or obese.

Breakfast is also one of our major campaigns. We notice that breakfast consumption drops drastically as students get into high school. We have grab & go breakfast carts at a few campuses and more are rolling out each year. We are also piloting a second-chance breakfast for athletes that actually need to come in a little bit later. Students who eat breakfast are more likely to pay attention, get better test scores and are at a lower risk for being overweight.

Last year, we had several NEISD schools win the Healthy School Award from Alliance for a Healthier Generation. Encino Park, Garner and Nimitz received the Bronze Award and Churchill High School received the Silver Award. Churchill was the first high school in the state to receive this award. North East ISD has had 22 schools honored with this award since 2010.

We just received a grant from the National School Lunch Program to put in cold bars at some of our campuses. These will allow us to offer more cold items and keep them at the correct temperature for longer periods of time.

SHAC Member Question: Has there been an increase in teacher participation at the salad bar?

Katy: Many teachers have loved the new salad bars and love the quick options.

Sharon Glosson, Executive Director for School Nutrition Services- SHAC Feedback

We would like to get a soft tally on the SHAC’s opinion about selling coffee on the high school campuses during the school day. School Nutrition will not sell the item but another campus organization may offer coffee for sale during the school day in between classes.

25 out of 36 SHAC members in attendance were opposed to offering coffee for sale to high school students during school hours outside of breakfast and lunch times.

Rachel Naylor, Director for PE, Health and Athletics- KSHAC Update

We are going to try to have one meeting this spring with the district KSHAC. The Mayor’s Fitness Council has received a grant and NEISD is a pilot district for them and we will receive funding soon.

Announcements & Events:

AHA Heart Walk: October 25th at 7:30 a.m. – www.SanAntonioHeartWalk.org

ADA Step Out to Stop Diabetes: November 8th at 7:30 a.m. -
http://stepout.diabetes.org/site/TR/StepOut/StepOutContent?fr_id=9902&pg=entry

Million Pound Challenge: Now – November 8th (Let’s beat HOUSTON!)

Kids Rock and Rock & Roll Marathon- December 6th