

**NEW BRAUNFELS ISD  
HEALTH ADVISORY COUNCIL  
October 7, 2003 8AM  
Education Center**

1. Update on CATCH Program—Molly Florke and Peggy Maxwell.  
McKenna funded the training program at T bar M for the campuses involved.  
Molly - Gave an update of the training day: 65 in attendance at the training (Memorial, MI, Seele, Carl Schurz, NB Middle school--Comal - Hoffman, Goodwin, Canyon Int. Comal Elem. Canyon Middle).  
2<sup>nd</sup> step - Establish some baseline data with an assessment questionnaire.  
Spring to do more assessments. This will provide data to use in applying for funding. Classroom teachers, foodservice and P.E. questionnaires will be given.  
McKenna will be providing training concerning Diabetes for CISD & NBISD nurses on 10-23-03.  
Ideas for project - McKenna is willing to put together a County cookbook with a section for children's recipes.  
CATCH Champions will be having monthly meetings to share ideas with each other.  
Peggy Maxwell - Sent out a wish list to P.E. teachers asking what they would like to have in their grab bag. (Class set for campuses).  
She discusses compiling a cookbook of healthy recipes and using the revenues from cookbook sales.  
Reflections - Molly/Peggy - meet to keep the enthusiasm up.  
Gwen - Thanked McKenna for helping with funds.  
Requested Peggy to come up with a time that would be ok for the majority of the CATCH Champions.  
Dorothy Overman - asked if PTA is involved with program - for monetary purposes.

Molly - important for PTA to be part of the outreach part of the program. Also, talked about possibilities of a grant to help fund.

Sue Hanner - discussed having a CATCH booth at the area fairs in town. To help get out the word to parents, which is our main catch at our campus.

Gwen - Texas legislation mandates all school districts have curriculum implemented addressing health issues (overweight, diabetes, heart disease) by 2007. The CATCH program is approved for this purpose.

## 2. Update on CATCH—Report from Nutrition Services—Brent Hoover.

Information was given on what food services are already doing. Crystal rewrote the menus and added more nutritional items. New brochures are being printed with the new menus. The yogurt plate is the most popular. Wraps are also popular. Promotions are run once a month and the child gets a "gift" when they go through the meal line. "Spike" is the mascot for food services and he gives nutritional information to the kids. Some resources available for schools - tapes that feature Spike and are available to teachers to use at their campuses. Shared nutritional analysis on some foods offered. They want to become more vocal in sharing nutritional information and using "Spike" to present the information. Complaint from several campuses - students are buying more "a la carte" items and are not eating their meals. Questions asked - could we at least limit how many items that children are allowed to purchase. Brent mentioned that principals can make that call and discuss with staff what options they would like to have available to students.

## 3. Update on CATCH—Report from School Champions

ME-Sherry Rose

MI-Cheryl Patterson

Seele-Renee Brietzke

NBMS-Nancy Wierman

CS-Gwen Mills

### **Renee Brietzke (Seele) - CATCH THE PRIDE**

HEB Buddy came and did a program on the food pyramid and food groups. They provided bags of goodies and trail mix for students. They also showed the

packages of foods they used to make the mix so students could see what they used. Healthy living and nutritional ideas for students were presented.

Teachers are also excited about what is going on and want to get involved.

**Cheryl Patterson (MI)** - Today is the start of the fun and fitness program. They will meet one day a week and promote lifetime fitness. The art, P.E. and other teachers work with students after school. They want to document the student's BMI and share that knowledge with parents. Diabetes walk and have parents come to walk with their students and maybe collect monies and send to the Diabetes association.

**Nancy Wierman (NBMS)** - We are just getting started. We are planning PTA involvement, information on the Web site and a wellness day during P.E. classes.

**Gwen Mills (Carl Schurz)** - After Thanksgiving, the students will "walk to the north pole". The students may walk during P.E. and recess. If they make it before the end of the semester, Santa will come and see the students. A neighborhood walk is being discussed for a Spring PTA meeting. November 25 will be a campus fitness day. All areas of the campus will do activities concerning health and fitness.

**Sherry Rose (ME)**- There first CATCH meeting is planned.

The meetings for this school year are scheduled as follows:

Wednesday, December 3, 2003

Education Center Library

8am.

Dr. Rosalyn Bratcher will be discussing new legislation that affects all School Health Advisory Councils.

Wednesday, February 4, 2004

Education Center Library

8am

Wednesday, April 7, 2004

Education Center Library

8am

Submitted by Nancy Wierman

