

**NEW BRAUNFELS ISD
HEALTH ADVISORY COUNCIL
December 3, 2003 8AM
Education Center**

Members present: Rosalyn Bratcher, Karon Preiss, Nancy Wierman, Sue Hanner, Gwen Mills, Ann Brunn, Molly Floerke, Peggy Maxwell, Kathleen Greer, Crystal Byrom, Karen Schwind, Renee Brietzke, Leticia Pena Martinez.

1. Dr. Rosalyn Bratcher—Update on legislation.
 - Handout distributed regarding health related legislation from the 78th Texas legislature. Discussion followed regarding daily exercise and activity and vending machines,

2. Kathleen Greer, Texas Cooperative Extension Service
Walk Across Texas Program
 - Adult and children in schools programs, handouts distributed. Eight week walking program. Kick-off will be 2/23-28/04, Start date 2/29/04. End date 4/24/04. Celebration will be 5/11/04 at Extension meeting room. Can be done with individual teams or school classrooms/grades/special groups.
 - <http://walkacrosstexas.tame.edu>
 - 20 minutes of physical activity equals one mile
 - Will be distributed to principals at meeting 12/5/03.

3. Update on CATCH—Report from School Champions
 - ME-Sherry Rose (no report)
 - MI-Cheryl Patterson (report sent) Fun and fitness program with 142 students after school. Introduced curriculum through art. Wurst run and Jingle bell run on campus.

Seele-Renee Brietzke-trying to introduce to PTA. Family fun night in January. Turkey Trot was done in special areas during collaboration time in November.

NBMS-Nancy Wierman - Met with PTA advisory council. Hope to have a community wide health fair.

CS-Gwen Mills- Fitness day campus wide proved very successful. CATCH meet monthly. "Walk to the North Pole" during PE classes until Dec. 19. "Catching" kids eating healthy in January. Plan for walk across Texas in Feb and March.

- Rosalyn suggested using channel 19 as a way of showing what's happening at school. Rosalyn also suggested to have a website link for sharing info about CATCH between campuses. She will look into this.

4. Diabetes program upcoming, 6 weeks, offered through the County Extension Service. Starting in January on Tuesdays from 6 - 8 pm. The program is free for the first 30 that sign up. Website for the wellness health hints newsletters--www.fcs.tamu.edu

Invite parents and PTA members from the schools to future meetings.

Scheduled meetings for next semester:

Wednesday, February 4, 2004

Education Center Library

8am

Wednesday, April 7, 2004

Education Center Library

8am

