

New Braunfels ISD  
Health Advisory Council  
February 3, 2005 8am  
Education Center

- **“Bag A Breakfast” Pilot Program @ NBMS (Sue Hanner & Brent Hoover)**

At NBMS the students were not eating breakfast or were getting to school late and did not have time to eat. Sue Hanner suggested the program to address this issue. Items are available to the students until lunch. Various items (muffins, NutriGrain Bar, milk, juice) are offered to them. They get the items, put them into a bag and they can take the breakfast to their classroom. The breakfast count has increased—from 50 up to 100 students without any publication of the program. Nutrition Services will try to market this program in the future. Scott Stephens from Nutrition services talked about making the “Bag a Breakfast” program “cool”. A marketing campaign is planned for the future to give the parents a chance to experience the types of food that are offered.

- **Health Textbook Adoption Committee (Renee Brietzke & Lisa Deavours)**

Primary and Elementary

Renee Brietzke is chairing the district committee. Each primary and elementary campus has a committee to review approved texts and is composed of science teachers, PE teachers and CATCH committee members. Three texts are approved for adoption: Health & Wellness, Health & Fitness, & The Children’s Health Market. Health & Fitness is written by a group of authors. One of the authors wrote the CATCH program which primary and elementary campuses are integrating this year. Health and Fitness is the only text that has a PE program integrated in the text. Renee discussed some of the pros and cons about the 3 programs. Each campus committee is completing the state evaluation on each text. The district committee will meet again to review the evaluations and to make the final recommendation on February 17, 2005. She encouraged persons interested to come to the district meeting.

Secondary

Lisa Deavours reported that the State Board Of Education has adopted four books for school districts to review and choose between for their high school health education courses. The four textbooks are: McGraw Hill Glencoe Health (currently used), Meeks Heit Health and Wellness (published by Glencoe/McGraw Hill), Holt Lifetime Health and Thomson Delmar Essentials of Health and Wellness. A lot of controversy in the last year has surrounded these books and the content or lack of content in them. All four books promote abstinence as the only method that is 100% effective in preventing pregnancy and transmission of STD’s and HIV. The complaint about these books is that they fail to analyze barrier protection and other contraception methods in the prevention of pregnancy and transmission of STD’s. If the book does mention condoms or barrier protection, they lack statistical data and factual information to support the information given. All four of the books have supplemental material or include information just in the teacher edition that goes into more detail about contraceptives and other sensitive issues. In my research, I’ve read that the book publishers included sensitive issues in supplemental material so that school districts could have more control of what information was being taught in their school districts. Thomson Delmar Essentials of Health and Wellness is the only book that uses the word condom (page 436) and discusses different types of condoms in the prevention of STD’s. “Using an American-made latex condom or female condom creates a barrier between the two partners, preventing any pathogen from moving from one partner to the other. It should be noted that animal membrane condoms, novelty condoms, and foreign made condoms are not completely

effective in preventing transmission of HIV. These devices have pores large enough to allow HIV to pass through.” It does not give statistical data about condoms and does not include any more information in the entire book about any other form of contraceptive. The only STD’s or STI’s discussed in this book are Chlamydia and HIV. No other STD’s are discussed. Other issues in this book are discussed in great detail. For example, the beneficial uses of alcohol (page 391) on the circulatory system, the difference between light consumption of alcohol and moderate consumption (page 386). Tips for drinking responsible when you are older are mentioned on page 387. Cohabitation (page 527), tattoo removal and body piercing (page 89-90) are also addressed. This book in general discusses more controversial issues than the other 3 books. Teacher resources are much less than the other 3 books and must be downloaded from their internet site. The Worth The Wait program, adopted by the district, is to be taught from 6<sup>th</sup> grade through 12<sup>th</sup> grades. This program gives information in a factual presentation. Cheri Polk, NBHS Nurse, talked about all the information and the accurate facts that are presented. Both Lisa and Cheri highly recommend the Worth The Wait program and expressed the positive support of the program. Sue Hanner, NBMS nurse, expressed concern about the courses that the WTW program are being taught in at the middle school level since health is a required course at the 9<sup>th</sup> grade level. Sue Hanner discussed concern that NBMS students only get 2 weeks of WTW. Rosalyn Bratcher stated that TEK’s have to be taught in all courses. Dr. Bratcher will work with administration to assist teachers in integrating WTW program into the classroom setting. Dr. Bratcher related that health issues were integrated in health and science courses. They don’t teach health as a separate course at NBMS. Dr. Bratcher discussed working with teachers on integrating more of this into English and social studies. She also suggested integrating more of these issues into PE at the middle school level. Dr. Bratcher stated, “Students need to learn how to make healthy choices”. There has been some resistance from parents about giving this information. As they become familiar with the WTW program, parents have been more receptive. Most students learn from other peers and this information may not be correct. Our district is giving correct factual information to educate the students through the WTW program.

The next scheduled meeting is [Thursday, March 31, 2005 at 8 am at the Education Center.](#)

Submitted by G. Mills