



The Texas

# School Health Bulletin

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Department of State Health Services (DSHS) - Youth Focused Group

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[www.dshs.state.tx.us/schoolhealth](http://www.dshs.state.tx.us/schoolhealth)

## CALL FOR NOMINATIONS:

Texas School Health Advisory Committee (TSHAC)  
Texas Department of State Health Services (DSHS)

The Commissioner of the DSHS requests your assistance in identifying applicants for membership on the newly legislated TSHAC. The purpose of this committee is to provide assistance to the State Health Services Council in establishing a leadership role for the DSHS in the support and delivery of coordinated school health programs and school health services. The committee will meet at least twice during the next twelve months at the DSHS in Austin.

### Proposed categories of membership:

1. One representative from the Department of Agriculture appointed by the Commissioner of Agriculture (mandated by law);
2. One representative from the Texas Education Agency, appointed by the Commissioner of Education (mandated by law);
3. The School Health Coordinator from the Youth Focused-Group (mandatory);
4. Two (2) individuals representing school superintendents or other school administrators; and/or, school district board members.
5. One registered nurse with school district or school health administrative nursing experience;
6. Five (5) consumer members who are parents of school-age children with at least one parent of a child with special needs;
7. One physician, or physician's assistant, or nurse practitioner providing health services to school aged children;
8. One representative working in the school setting with certification in student counseling and guidance and/or safety;
9. Four (4) members representing organizations and/or agencies involved with the health of school children;
10. One representative working in the school setting with certification as a physical educator;
11. One representative working in the school setting with certification as a health educator; and,
12. One representative working in the school setting as part of the district's school nutrition services.

This is a two-year term beginning upon appointment. To qualify, an applicant must meet the definition of the position as described in the application packet; and, submit the application and two letters of recommendation no later than 1:00 p.m., **Friday, March 10, 2006**.

To download an application and/or for more information, go to [www.dshs.state.tx.us/schoolhealth/shadvise.shtm](http://www.dshs.state.tx.us/schoolhealth/shadvise.shtm); or, Contact Ellen Kelsey, Information Specialist, Youth Focused Group, School Health Program, at [ellen.kelsey@dshs.state.tx.us](mailto:ellen.kelsey@dshs.state.tx.us) or 512-458-7111, Ext. 2140. ★

## THE STIGMA OF CHILDHOOD OBESITY

Article courtesy of *Consortium To Lower Obesity in Chicago's Children* ([www.clocc.net](http://www.clocc.net))

### Can be devastating ...

- An obese child's quality of life is similar to the life of a child diagnosed with cancer, which has been determined as the lowest quality of life score.<sup>1</sup>
- Adolescents who are teased about their weight are 2 to 3 times more likely to have suicidal ideation and attempts, compared to adolescents who are not teased about their weight.<sup>2</sup>
- Obese children and adolescents are 4 times more likely to experience impaired school function when compared with healthy children and adolescents.<sup>1</sup>
- Obese children and adolescents have been found to miss an average of 4.2 days of school during the month.<sup>1</sup>



### Starts early ...

- Low self-esteem is not a characteristic in inner city obese African American children or obese preschool children.<sup>3</sup>
- Levels of self-esteem in preschool children do not differ between non-obese and obese children, but upon entering school these feelings change substantially.<sup>3</sup>

### Negatively affects school aged children and adolescents ...

- 4-11 year old children describe obese peers as "ugly", "selfish", "lazy", "stupid", "dishonest", "socially isolated" and subjects of teasing compared to their average weight peers who were described as "clever", "healthy", "attractive", "kind", "happy", "sociable", "popular" and a "desirable playmate".<sup>4</sup>

see *Stigma of Childhood Obesity* on page 7

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## Letter From the Editor

By Anita Wheeler, R.N., B.S.N., C.P.N.,  
School Nurse Consultant, Manager, School  
Health Program, Youth-Focused Group

### *New Year, New Opportunities*

It seems a short time ago that we were worried about what the new millennium would bring. Would it create havoc with banking, computers, and even things such as air travel, gas supplies and other essential services? We all wondered what differences the turn of the century would make in our lives. Here it is already 2006, halfway into the next decade and the clock keeps ticking away.

The year 2005 brought many new challenges to all Texans including: not one, but two hurricanes, school finance issues, as well as new mandates in our schools. Texas schools met the challenges by taking on leadership roles in developing solutions to meet the needs of students and staff. Such as, while schools were enrolling displaced students after Hurricane Katrina, nurses were working to locate resources for families while many were displaced by the hurricane themselves. The **Texas School Nurse Organization** has taken a leadership role in assisting schools by developing strategies to provide training required by House Bill 984 with a train-the-trainer model. It was the work of many individuals at the local, regional and state levels that brought about these solutions.

In 2006, there will be more opportunities to provide leadership and support for children both at the local and state level. Bills were passed this past legislative session to expand coordinated school health into middle school, to allow students to self-monitor their diabetes, and to authorize the formation of the **Texas School Health Advisory Committee (TSHAC)**. These bills will have an impact on the health of the children in our state for many years to come.

The **Department of State Health Services (DSHS)** was mandated to form the TSHAC and is in the process of developing rules and recruiting members. The task of the TSHAC is to provide a leadership role for DSHS in support for and delivery of coordinated school health programs and school health services. The legislation mandates representation from the **Texas Education Agency, Texas Department of Agriculture** and **DSHS**.

In the proposed rules, DSHS has outlined an expansion of the membership to include individuals from many stakeholder groups. This is an opportunity to assist in advising the DSHS State Health Council on issues that impact school health. We want to encourage all of our stakeholders to consider applying to serve on this committee as we move forward in providing programs and services to our "leaders of tomorrow". Your skills, experience and willingness to be agents of change are vital to providing the best information and advice to DSHS.

We, the DSHS School Health Program staff, wish you the best in the New Year and look forward to working beside you in making school health programs and services the best in the nation. ★

# CALL FOR NOMINATIONS: 2006 Awards for Excellence in Texas School Health

Awards for Excellence in Texas School Health gives recognition and cash awards totaling up to \$10,000, to schools and/or school districts that implement effective school health programs and initiatives to improve the lifelong health of students, staff and the greater school community.

Ten cash awards will be presented at the Texas School Health Association Conference Awards Banquet on January 26, 2007.

This program, now in its 16th year, is sponsored and/or coordinated by:

- Texas Health Foundation
- Texas Pediatric Society Foundation
- School Health Program of the DSHS Youth-Focused Group.



**Deadline for 2006 applications this year:  
April 14, 2006**

For more information or to access an application visit the DSHS website:  
[www.dshs.state.tx.us/schoolhealth/awards.shtm](http://www.dshs.state.tx.us/schoolhealth/awards.shtm)  
or call the DSHS School Health Program  
at 512-458-7111, Ext. 7279.

**Hallsburg ISD  
2005 Winner**





# How to Apply the Nursing Practice Act to Your School Health Practice

By Melinda Hester, RN, MS  
Nursing Practice Consultant, Board of Nurse Examiners

One of the challenges school nurses face on a daily basis is the fulfillment of licensure requirements. The Board of Nurse Examiners (BNE) receives numerous phone calls from school nurses asking questions to determine if they are practicing safely. School nurses are concerned with protecting their patient's safety as well as protecting their license. School nurses worked hard to obtain their education and acquire their expertise in school health. The Nursing Practice Act (NPA) and Rules and Regulations (Rules) are tools that a school nurse should use to build his/her practice. These are the laws that regulate the nursing profession in Texas.

The NPA is found in the Texas Occupations Code, Chapters 301, 303 and 304. These are the laws set forth by the legislature that regulate nursing education and nursing practice. The NPA gives the Board the authority to carry out its mission. The BNE's mission is to protect and promote the welfare of the citizens of Texas, by ensuring that each licensed nurse is competent to practice safely. This mission supercedes the interest of any individual, the nursing profession or special interest group.

The Rules are found at 22 Texas Administrative Code and are written by the Board to help interpret the NPA. The Rules operationalize the NPA, are easier to understand and apply to practice settings. In essence, the Rules attempt to fill in the gaps of the NPA.

The NPA and Rules are written broadly so that they can apply to nursing practice in any setting. It is up to the individual nurse to utilize good professional judgment in accepting any assignment and/or performing a given procedure. The BNE has no jurisdiction over facility policies, nor can it speak to liability issues. Both the NPA and Rules have the force of law as it applies to nurses in the state of Texas. The NPA and Rules can be viewed or downloaded from the BNE's web site at [www.bne.state.tx.us](http://www.bne.state.tx.us). To purchase a hard copy, print the "Publications Order Form" that is found under "Publications" on the home page and mail it to the BNE with the appropriate fee.

One of the primary rules applied to nursing practice is Rule 217.11, "Standards of Nursing Practice." The standards that apply to almost every practice situation include 217.11(1) (B) and require the nurse to "implement measures to promote a safe environment for clients and others." This standard establishes the nurse's duty to the patient, which supercedes any physician order or any facility

policy. This "duty" to the patient requires the nurse to use good professional judgment when choosing to assist or engage in a given procedure. Rule 217.11(1)(T) requires nurses to "accept only those nursing assignments that take into consideration client safety and that are commensurate with the nurse's educational preparation, experience, knowledge, and physical and emotional ability."

In addition, BNE Rule 217.11 (1) (A) requires nurses to "know and conform to the Texas Nurse Practice Act and the Board's Rules and Regulations as well as all federal, state, or local laws, rules or regulations affecting the nurse's current area of nursing practice." School nurses therefore, should be familiar with various laws that impact the school setting, for example, Texas Education Code, 22.052 (a): medication administration in the school setting.

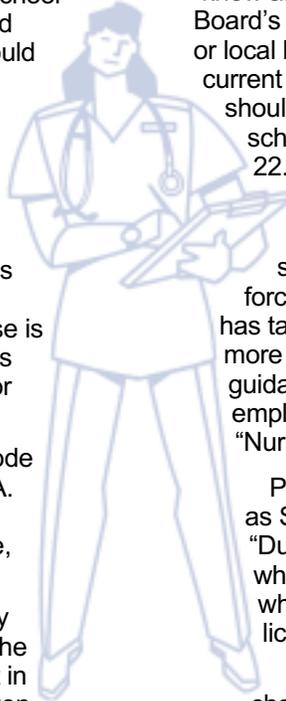
Other helpful tools are the Board's position statements. Position statements do not have the force of law, but instead are positions that the Board has taken on certain situations and are intended to be more specific than the Rules. Position statements offer guidance and direction to both nurses and their employers. They are available on the website, in the "Nursing Practice Information" section.

Position Statement 15.13, "Role of LVNs and RNs as School Nurses" and Position Statement 15.14, "Duty of a Nurse in Any Practice Setting," are helpful when working with school administrators and staff who may not understand the school nurse's role and licensure responsibilities.

The complexity of student health needs is ever changing and the school nurse may need to decide if a task or activity is within his/her scope of practice. The BNE has developed a "Six Step Decision Making Model for Determining Nursing Scope of Practice". This model can help nurses apply a step-by-step critical thinking process to assist in making prudent decisions about engaging in any given activity. This model can be found on the web site, under the "Nursing Practice Information" section.

For specific issues, the Board refers nurses to their professional nursing organizations such as the National Association of School Nurses at [www.nasn.org](http://www.nasn.org) or the Texas School Nurse Organization at [www.texaschoolnurses.org](http://www.texaschoolnurses.org). These organizations have evidence-based

see **Nursing Practice Act** on page 7



## Upcoming Conferences

### 20th Annual Conference on Prevention of Child Abuse -- "Keeping Our Children Safe"

Presented by Prevent Child Abuse Texas  
February 20-21, 2006

The Westin Park Central

Dallas, Texas

[www.preventchildabusetexas.org](http://www.preventchildabusetexas.org)

### 10th Annual Texas Association of School Based Health Centers Conference -- "School Health Round-Up"

February 23-25, 2006

Hilton Airport Hotel

El Paso, Texas

[www.tasbhc.org](http://www.tasbhc.org)

### Texas School Nurse Administrators Association Conference

June 4-6, 2006

Gunter Hotel

San Antonio, Texas

### National Association of School Nurse's 38th Annual Conference -- "Capital Investment for Children"

June 30-July 3, 2006 (pre-conference: June 29, 2006) Marriott Marquis Broadway New York, New York [www.nasn.org](http://www.nasn.org)

### 21st Annual Texas Association for Health, Physical Education, Recreation & Dance (TAHPERD) Summer Conference

July 13-15, 2005

Abilene Civic Center

Abilene, Texas

[www.tahperd.org](http://www.tahperd.org)

# School Health Announcements



## **TSNO Award to Anita Wheeler**

Congratulations to Anita Wheeler, School Health Program Coordinator for the Department of State Health Services' Youth-Focused Group, who received the President's Award from the Texas School Nurse Organization (TSNO) at their annual conference.

Ms. Wheeler was recognized for her "outstanding contributions in promoting the mission of TSNO." The mission of the TSNO is to advance the practice of professional school nurses and enhance school nursing practice in ways that promote students' optimal level of wellness and educational success.

## **American Heart Association's (AHA) First Ever Website Just for Kids**

AHA launched a web site just for kids through the Alliance for a Healthier Generation. The site has an edgy feel and features a hilarious video spoof of Aesop's fable "The Tortoise and the Hare" that encourages physical activity, and a workout with "The Bend Guys." You will find a game show and printable posters for kids to share with friends. The site also features "The Future," a bleak scene mocking what life will be like in the future if we continue trends of physical inactivity and overeating. The site has a survey in which kids get to tell us how they feel about these issues. Check out [www.healthiergeneration.org/kids](http://www.healthiergeneration.org/kids) and see how AHA is empowering kids to be the Healthiest Generation ever!

## **American Council for Fitness and Nutrition (ACFN) Fun, Food and Fitness Toolkit**

The Fun, Food & Fitness Toolkit is designed to help individuals and organizations plan, implement, promote and evaluate the effectiveness of health awareness programs to prevent African-American youth from becoming overweight. This program can be implemented by churches, community groups, schools or government. Download the toolkit for free by accessing this direct link at [www.acfn.org/resources/ACFN\\_toolkit.final.pdf](http://www.acfn.org/resources/ACFN_toolkit.final.pdf)

## **New Recipe Cook Book From CDC's Web Site**

Are you looking for tasty, creative ways to eat fruits and vegetables? The new 5 A Day cookbook includes over 500 recipes, a complete nutrition analysis and the 5 A Day guidelines for low sodium (less than 480 mg) and low fat (less than 30%) per serving. Every recipe contains at least one serving of fruit or vegetables. Go to: [www.cdc.gov/nccddphp/dnpa/5aday/recipes/index.htm](http://www.cdc.gov/nccddphp/dnpa/5aday/recipes/index.htm).

## **The Changing Role of the School Nurse**

The latest issue of Edutopia magazine provides a look at the changing role and growing responsibilities of school nurses. The 40,000 or so health professionals working in the nation's schools today are far too few to meet the needs of 54 million children. For more information go to: [www.ecs.org/00CN2829](http://www.ecs.org/00CN2829)

## **"Stir It Up" Campaign in Schools**

Research shows that children who don't have healthy eating habits have lower test scores, increased absenteeism, difficulty concentrating and lower energy levels. School principals are key

advocates in the fight for better student nutrition and wellness, but they need support from parents to make real change happen. This campaign helps parents get active in their children's schools - starting with a letter inviting principals to join the effort to get junk food out of and physical activity in schools. For more information go to: [www.stiritupamerica.org/index.cfm](http://www.stiritupamerica.org/index.cfm).

## **Food Labels Will Carry Allergen Warnings:**

Effective Jan. 1, 2006, food manufacturers are required to state clearly on their labels, "in plain English," the presence of ingredients that contain protein derived from milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, or soybeans — substances to which many children and adults are allergic. For more information go to the Center for Health & Health Care in Schools website: [www.healthinschools.org](http://www.healthinschools.org). Or visit: [www.fns.usda.gov/tn/Resources/blocks3.pdf](http://www.fns.usda.gov/tn/Resources/blocks3.pdf).

## **Whooping Cough Vaccination Recommended for Adolescents**

The incidence of whooping cough in the United States has increased from a low of 1,060 cases in 1976 to more than 25,000 reported cases in 2004. More than a third of the 2004 cases occurred in adolescents from 11-18 years of age. Protective immunity against pertussis decreases within 5-10 years after the last childhood immunization. In a policy statement released on Dec. 15, 2005, the American Academy of Pediatrics (AAP) is recommending universal vaccination of adolescents at ages 11-12, and a catch-up vaccination for older adolescents. More information is available at [www.aap.org](http://www.aap.org) and [www.dshs.state.tx.us/immunize/docs/pert\\_facts.pdf](http://www.dshs.state.tx.us/immunize/docs/pert_facts.pdf). ★

## **Introducing. . .**

### **Cathy Smith**

School Health Specialist,  
Region III Education Service Center

We would like to introduce Cathy Smith, R.N., a new School Health Specialist who joined the Texas School Health Network this November 2005. Cathy serves the Region III Education Service Center area in Victoria and she will also be working with the Early Childhood Intervention Program as a service coordinator.

Prior to working as a Specialist, Cathy worked for the Victoria Independent School District a Registered Nurse at Memorial High School. In addition to her nursing responsibilities, she enjoyed teaching health curricula - including STD's and abstinence.

Before her career in schools, Cathy worked at Citizens Medical Center in

pediatrics and the NICU. In nursing school Cathy was an active member of the Student Nurse's Association, serving as the librarian and treasurer. Cathy says she has always loved working with children and believes in the importance of education. Working as a school health specialist fits both those interests. Please join us in welcoming Cathy to the Texas School Health Network.

### **Marissa Rathbone**

Director of Health and Physical Education,  
Texas Education Agency

Marissa Rathbone joined the Texas Education Agency's Division of Curriculum in September 2005 as the Director of Health and Physical Education. Marissa discovered her passion for the field as a high school student and eagerly pursued an undergraduate degree in Health Education

with an emphasis in Physical Education and Speech Communication. After receiving her Master of Arts in Health Education K-12 from Oregon State University, she taught in a variety of schools and community settings as a health educator for a nonprofit organization, a physical education teacher, volleyball coach, and state wellness program coordinator.

Marissa's new role at TEA will allow her to be the source for information on laws, their rules and policy relating to the health and physical education requirements for kindergarten through twelfth grade in public, private and charter schools. She will be authoring a regular feature of the School Health Bulletin; the first of which you'll find on page 6 of this issue. Please join us in welcoming our new partner to school health in Texas, Marissa Rathbone. ★



## The National Diabetes Education Program

[www.ndep.nih.gov](http://www.ndep.nih.gov)

The National Diabetes Education Program (NDEP) is a federally funded program sponsored by the U.S. Department of Health and Human Services' National Institutes of Health and the Centers for Disease Control and Prevention. NDEP and its partners develop and implement ongoing diabetes awareness and education activities; identify, develop, and disseminate educational tools and resources for people with diabetes and those at risk, including materials that address the needs of special populations.

## The Center for Health and Health Care in Schools

[www.healthinschools.org](http://www.healthinschools.org)

The Center for Health and Health Care in Schools (CHHCS) is a nonpartisan policy and program resource center located at The George Washington University School of Public Health and Health Services. CHHCS was

established to explore ways to strengthen the well being of children and youth through effective health programs and health care services in schools. Services include screenings and referrals to community resources, support for students with special needs and, preventive physical and mental health care.

## Produce for Better Health Foundation

[www.pbhfoundation.org](http://www.pbhfoundation.org)

The Produce for Better Health Foundation (PBH) has developed: "Promoting Fruits and Vegetables In Schools: Wellness Policy Opportunities." This document is available to download and was developed to help schools increase opportunities for students to eat more healthy food as part of the Child Nutrition Reauthorization Wellness Policy requirement.

## Eat Smart. Be Active.

### Mobilizing Texas Communities.

[www.dshs.state.tx.us/nutrition/index.htm](http://www.dshs.state.tx.us/nutrition/index.htm)

"Eat Smart. Be Active." is a clearinghouse for resources, and

evidence-based approaches to promote healthy eating and physical activity for the Texas community. This Web site is an initiative of the Nutrition and Physical Activity Work Group at DSHS and has educational materials, (including current Texas data) as well as best practices and examples of activities currently implemented in Texas schools and communities.

## Monitoring the Future

<http://monitoringthefuture.org>

Monitoring the Future is an ongoing study conducted by the University of Michigan, of the behaviors, attitudes, and values of American secondary school students, college students, and young adults. Each year a total of approximately 50,000 8th, 10th and 12th grade students are surveyed. Information on teen drug use and smoking in 2005 are just two examples of many recent studies that are available and downloadable on the site for free. ★



## IDEA CATCHER CORNER

Information & Updates from your Education Service Center School Health Specialists

By Klaus Hille, School Health Specialist, Region XIX, El Paso

The *State of Texas Children 2005 Report* indicates that fewer teen pregnancies and violent deaths occurred in El Paso and Hudsbeth Counties; and, that El Paso's school dropout rate fell 40%.

Although the causes for these improvements are difficult to single out, recognition must be given to the untiring efforts of schools, community organizations, and coalitions that work in the El Paso region such as the *Youth Initiative Program* (YIP) sponsored by the El Paso Police Department, and in collaboration with the Education Service Center – Region XIX *Safe and Drug-Free Schools and Communities Program*.

**El Paso's  
school dropout  
rate fell 40%**

The Education Service Center, Region XIX *Drug-Free Schools and Communities Program* operates under a guiding principal that it takes a team effort to provide a safe and healthy environment for the youth of our community. For more information about the activities and programs mentioned in this article and the sponsoring partners, contact Klaus Hille, at ESC, Region XIX, [khille@esc19.net](mailto:khille@esc19.net) or 915-780-5301. ★

### El Paso Organizations Coordinate Activities that Make a Difference:

- **El Paso Schools** utilize instructional programs and strategies to provide character education and prevent illegal drug use, incidences of bullying and violent behavior.
- **El Paso School Districts** provide after-school programs, extracurricular activities, and community service projects to offer students positive alternatives to risk behaviors.
- **El Paso Police Department** coordinates the *Multi-Agency Referral System*, which supports school counselors with community resources to assist students.
- **Rio Grande Safe Communities Coalition** works with high school students to create public awareness announcements, and with the city council to strengthen the city's curfew powers in an effort to reduce underage drinking and binge drinking.
- **Medical Institute for Sexual Health** conducts *Change Makers* seminars to give parents and grandparents skills to be able to talk to their children and grandchildren about healthy relationships and the benefits of sexual abstinence until marriage.
- **Aim for Success** provides abstinence information to middle and high school students, parents, and staff members of school faculties.
- **Straightway Drug Prevention Team** brings a powerful education and prevention message to students through entertaining, attention-holding student assemblies.
- **Drug Abuse Resistance Education** (DARE) officers, **School Resource Officers**, and the **Drug Enforcement Agency's Teens in Prevention** network focus on individual responsibility, positive peer pressure, and community mobilization to reduce substance abuse and violence.
- **City-County Health and Environmental District** and **Thomason Hospital** public health educators provide a broad scope of reinforcing health presentations to students of all grade levels.
- **El Paso City-County Office of Emergency Management** reviews, coordinates, and assists in exercising school districts' *Multi-hazard Emergency Plans*.



# School Wellness Policy: Gearing Up for 2006-2007

## The Act:

In 2004 Congress passed the **Child Nutrition Reauthorization Act**, a law requiring each local school district participating in the USDA's School Nutrition Programs to establish a local wellness policy. Districts must have a wellness policy in place on each campus by the beginning of the 2006-07 school year. This requirement is intended to help combat childhood overweight and obesity; and to promote health-enhancing behaviors in children.

## Policy Requirements:

The Act states that a school wellness policy must include, at a minimum, the following five components:

- Goals for nutrition education, physical activity, and other school-based activities that are designed to promote student wellness;
- Nutrition guidelines for foods available on school campus that promote student health and assure that school meals guidelines are consistent with federal requirements;
- A plan for measuring implementation of the wellness policy;
- Involvement of parents, students, representatives of the school food authority, the school board, school administrators, and the public in the development of the school wellness policy, and
- Guidelines for reimbursable school meals, which are no less restrictive than the set program requirements

and nutrition standards. (This requirement implies that districts must ensure that reimbursable school meals meet the program requirements and nutrition standards set forth by federal regulations.)

## Resources:

The complete policy, model policies, and links to more resources can be found at the Texas Department of Agriculture's Square Meal's Web site: [www.squaremeals.org](http://www.squaremeals.org).

## "How To" Training:

Trainings are available through your Regional Education Service Center (ESC) that provide all the information school districts need to develop and implement a local wellness policy to meet the requirements of the Reauthorization Act. ESC Child Nutrition Specialists in cooperation with the Texas Department of Agriculture coordinate the trainings. Training, evaluation and reporting materials as

well as compliance information are provided during the 4 to 6 hour trainings. To find out which ESC and Child Nutrition Specialist serves your school district, go to [www.tea.state.tx.us/ESC](http://www.tea.state.tx.us/ESC).

## School Health Advisory Councils (SHAC) and Wellness Policies:

Some districts that are in the process of developing their wellness policy are finding it unnecessary to pull together the required group of individuals outlined by the Reauthorization Act if they have a functioning SHAC. A SHAC, that has been appointed, trained and is operating within the district according to recommended guidelines, is also qualified to develop the district's wellness policy.

Mandated by the law, each school district is required to establish a SHAC to assist the district in ensuring that local community health needs are reflected in the district's health education instruction.

The School Health Specialist, also housed at your Regional ESC, is your resource for everything you need to know about SHACs. These individuals are available for information, resources and training on how to develop, educate and keep a SHAC going. For more information contact the School Health Specialist at your ESC. Find your Specialist at [www.tea.state.tx.us/ESC](http://www.tea.state.tx.us/ESC).

Whether you have an active, inactive or non-existent SHAC, the approach of combining Wellness Policy volunteers and your SHAC membership into one strong planning committee is an effective strategy. This approach will consolidate resources, bring a consistent message to each campus and present the district and the school board with a unified strategy for improving the health and wellness of the school community. ★

## TEA TRACKS - Information and Updates from the Texas Education Agency

By Marissa Rathbone  
Director of Health & Physical Education

Through this regular feature of *The Bulletin*, I will provide you with information and updates specific to laws and rules related to the health and physical education requirements for kindergarten through twelfth grade public school environment.

With the passing of Senate Bill 42 in the 79th Legislative Session, the Commissioner of Education and the State Board of Education has begun looking at rules for Coordinated School Health Programs and physical activity requirements for

middle and junior high school settings as of January 2006. The State Board heard testimony on physical activity for the middle and junior high school settings on February 9, 2006. More information about their decision-making progress will be available through TEA's website at: [www.tea.state.tx.us/curriculum](http://www.tea.state.tx.us/curriculum).

If you have any questions or information you would like to see from TEA in future *Bulletin* issues, please contact me directly via phone at 512-463-9581 or email at [Marissa.Rathbone@tea.state.tx.us](mailto:Marissa.Rathbone@tea.state.tx.us). ★

TEA Tracks is a new feature of the Texas School Health Bulletin and will appear in each issue. Comments or suggestions can be directed to [www.dshs.state.tx.us/schoolhealth](http://www.dshs.state.tx.us/schoolhealth) or call 512-458-7111, Ext. 7279. Please refer to this article by name when communicating.

# EXTENSION EXCHANGE

Information and Updates from the  
Texas Cooperative Extension



By Courtney J. Schoessow, MPH  
Program Specialist – Health Education

Texas Cooperative Extension is pleased to be a regular contributor to the DSHS School Health Bulletin. Our mission is to provide quality, relevant outreach and continuing education programs and services to the people of Texas. We operate in a unique partnership with federal, state, and county governments to address citizens' needs.

The Family Development and Resource Management unit within the Extension employs three state-level health

specialists to work with over 950 county Extension agents in 250 county offices to improve the health of Texans by:

- identifying priority community health issues;
- developing and implementing programs and activities to address identified issues;
- evaluating programs and activities for effective outcomes;
- finding funding sources; and
- increasing Texans' access to research-based health education, information, and activities.

For more information on *Extension* health programs and specifically programs focusing on children and families, please visit our website: <http://fcs.tamu.edu/health/index.php>. To speak to a specialist, call Carol A. Rice, PhD, RN, Alice Kirk, MPH or Courtney Schoessow, MPH at 979-845-3850. You can also contact Courtney by email at [c-schoessow@tamu.edu](mailto:c-schoessow@tamu.edu).★

The Extension Exchange is a new feature of the *Texas School Health Bulletin* and will appear in each issue. Comments or suggestions can be directed to [www.dshs.state.tx.us/schoolhealth](http://www.dshs.state.tx.us/schoolhealth) or call 512-458-7111, Ext. 7279. Please refer to this article by name when communicating. The Texas Cooperative Extension is part of the Texas A&M University System.

## Nursing Practice Act - continued

practice standards related to developing competencies associated with the activity or intervention in question.

If you have questions call the Practice Line at 512-305-6844 or email [webmaster@bne.state.tx.us](mailto:webmaster@bne.state.tx.us). For more in-depth information about the NPA and Rules, workshops are available through-out the state. Workshop information is available on the website under "BNE Events."

Melinda Hester, RN, MS, a former school nurse, is a nursing practice consultant for the BNE and teaches workshops throughout Texas on Nursing Jurisprudence and Ethics. She can be reached at 512-305-6840 or by email at [melinda.hester@bne.state.tx.us](mailto:melinda.hester@bne.state.tx.us).★



## Stigma Of Childhood Obesity - continued

- Overweight adolescents are more likely to be isolated and peripheral to social networks than their normal weight peers.<sup>5</sup>
- Social marginalization is more pronounced in white non-Hispanic adolescent girls.<sup>5</sup>
- 90% of 9-11 year old overweight children believe that teasing and harassment from their peers would end if they could lose weight and 69% felt that if they were thinner they would have more friends.<sup>6</sup>

Is also seen in homes, schools and clinical settings...

- 30.0% of adolescent girls and 24.7% of adolescent boys report being teased about their weight by their peers.<sup>2</sup>
- 28.7% of adolescent girls and 16.1% of adolescent boys report being teased about their weight by someone in their families.<sup>2</sup>
- 14.6% of adolescent girls and 9.6% of adolescent boys report being teased about their weight by both their peers and family members.<sup>2</sup>
- Parents communicate negative stereotypes about obese children to their own children.<sup>7</sup>
- Parents of overweight children are criticized and feel that they are guilty and to blame for their child's obesity.<sup>6</sup>
- On implicit and explicit measures, health professionals

- labeled obese people as "lazy", "stupid" or "worthless".<sup>8</sup>
- Professionals that provide direct care to obese clients have less bias and more positive, professional and personal experiences with obese individuals.<sup>8</sup>

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# 2006 Health Observances and Recognition Days



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The National Wellness Institute publishes this  
calendar on their website at [www.nationalwellness.org](http://www.nationalwellness.org)  
as a service to its membership and the general  
public. Use this information to create themes  
for health-related activities throughout the year  
such as lesson plans, classroom bulletin boards,  
a yearly calendar of staff wellness activities and  
school-sponsored community events. Many of the  
sponsoring organizations offer free or low cost  
materials connected with their Health Observance  
Day. Visit their websites for the latest information.

**2006 Health Observances and Recognition Days**  
is a regular feature of the Texas School Health  
Bulletin. If you have found a creative way to use this  
valuable resource or, held a successful activity using  
one of the **Observances** as your theme and would  
like to share it through the **Bulletin**, please write me at  
[ellen.kelsey@dshs.state.tx.us](mailto:ellen.kelsey@dshs.state.tx.us).

Information appearing in this newsletter does not  
represent an endorsement by the Department of  
State Health Services. For information, contact the  
sponsoring organization directly.

## February – May, 2006 Calendar

### FEBRUARY

#### National Children's Dental Health Month

American Dental Association  
[publicinfo@ada.org](mailto:publicinfo@ada.org)  
[www.ada.org](http://www.ada.org)

#### Heart Month

American Heart Association  
[inquire@americanheart.org](mailto:inquire@americanheart.org)  
[www.americanheart.org](http://www.americanheart.org)

#### National Burn Awareness Week

Shriners International  
Headquarters  
[www.shrinershq.org](http://www.shrinershq.org)

### MARCH

#### American Diabetes Alert Day

American Diabetes Association  
[askada@diabetes.org](mailto:askada@diabetes.org)  
[www.diabetes.org](http://www.diabetes.org)

#### National School Breakfast Week

School Nutrition Association  
[servicecenter@schoolnutrition.org](mailto:servicecenter@schoolnutrition.org)  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

#### National Nutrition Month

American Dietetic Association  
[nnm@eatright.org](mailto:nnm@eatright.org)  
[www.eatright.org](http://www.eatright.org)

### APRIL

#### National Youth Violence Prevention Week

National Association of Students  
Against Violence Everywhere  
[nyvpc@violencepreventionweek.org](mailto:nyvpc@violencepreventionweek.org)  
[www.violencepreventionweek.org](http://www.violencepreventionweek.org)

#### World Health Day

WHO Regional Office  
for the Americas  
Pan American Health  
Organization  
[www.who.int/world-health-day/](http://www.who.int/world-health-day/)

#### National Youth Sports Safety Month

National Youth Sports  
Safety Foundation  
[nyssf@aol.com](mailto:nyssf@aol.com)  
[www.nyssf.org](http://www.nyssf.org)

#### National Public Health Week

American Public Health  
Association  
[nphw@apha.org](mailto:nphw@apha.org)  
[www.apha.org/nphw](http://www.apha.org/nphw)

#### Counseling Awareness Month

American Counseling  
Association  
[jgaskins@counseling.org](mailto:jgaskins@counseling.org)  
[www.counseling.org](http://www.counseling.org)

### MAY

#### National Physical Fitness and Sports Month

President's Council on Physical  
Fitness and Sports  
[pcpfsr@osophs.dhhs.gov](mailto:pcpfsr@osophs.dhhs.gov)  
[www.fitness.gov](http://www.fitness.gov)

#### Mental Health Month

National Mental Health  
Association and National  
Council for Community  
Behavioral Healthcare  
[www.nmha.org](http://www.nmha.org)

#### Clean Air Month

American Lung Association  
[info@lungusa.org](mailto:info@lungusa.org)  
[www.lungusa.org](http://www.lungusa.org)

#### World No Tobacco Day

Coalition for World  
No Tobacco Day  
[jrg@wntd.org](mailto:jrg@wntd.org)  
[www.wntd.org](http://www.wntd.org)

#### Food Allergy Awareness Week

Food Allergy and  
Anaphylaxis Network  
[faan@foodallergy.org](mailto:faan@foodallergy.org)  
[www.foodallergy.org](http://www.foodallergy.org)

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Health Promotion Unit  
Youth Focused Group  
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