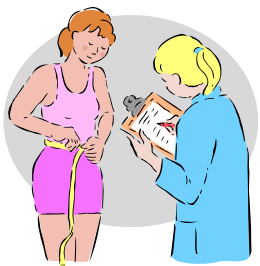


Lake Dallas I.S.D.
School Health Advisory Council Meeting
(SHAC) minutes, 10-2-08

* Members: Lynne Groves-nurse, Stephanie Hull-P.E. teacher, Jordan Galloway-student, Deon Quisenberry-principal, Donna Kulle-nurse, Charlene Laird-P.E. teacher, Suzi Becker-health assist., Jay Simpson-parent, June Gajewski-counselor, Ruth Bowen-nurse, Teresa Brown-food service, Lana Carathers-nurse, Charlotte Hicks-child nutritionist, Grace Forehand-parent, Peter Graves-parent, Jo Shoemake-nurse, Sam Blunk-Board of Trustees, Denise Evans-Jackson-Teacher, Alicia Hallford-GT Specialist



- * Location: Lake Dallas Primary, Time 3:00.
- * Welcome and Introductions (handout of member list)
- * Reviewed and approved SHAC minutes from 2-21-08.
- * Presentation: SHAC Overview and Purpose, by Deon Quisenberry

* The following information, report and activity items were presented and discussed. (SHAC focuses attention on these following eight priority areas for the most effective and efficient way to meet the coordinated school health needs of our district.)

Physical Education:

- Study: Physical Activity Levels Decline as Kids get Older

According to a recent study of more than 1,000 children, the average 9-year-old gets approximately three hours of exercise most days, but fewer than 3 percent of 15-year-olds do, and less than a third of teens that age get even the minimum, government-recommended one hour of moderate-to-vigorous exercise. The study in the *Journal of the American Medical Association* raises concerns about teens' sedentary behaviors and the increased likelihood that the unhealthy trend will continue into adulthood. Read about the study in the Associated Press Article:

news.yahoo.com/s/ap/20080716/ap_on_he_me/med_couch_potato_kids and in the Journal of American Medicine article: jama.ama-assn.org/cgi/content/abstract/300/3/295.

Health Education:

- Council approved the use of a video in 5th grade concerning Puberty entitled: "About You...Puberty and Stuff". The video was recommended by Donna Kulle, R.N.

- Thanks to Donna Kulle for enrolling LDP to receive the School Wellness Activation Kit. For more information: <http://www.SchoolWellnessKit.org>.

Health Services:

- Study: Weight Pushes the Young to Adult Pills
A growing number of American children are taking drugs for a wide range of chronic conditions related to childhood obesity, according to prescription data from three large organizations. The numbers, from pharmacy plans Medco Health Solutions, Express Scripts and the marketing data collection company Verispan, indicate that hundreds of thousands of children are taking medication to treat Type 2 diabetes, high blood pressure, high cholesterol and acid reflux - all problems linked to obesity that were practically unheard-of in children two decades ago. To learn more, visit www.nytimes.com/2008/07/26/business/26kidmed.html.
- Training for Unlicensed Diabetic Care Assistants recently took place at Lake Dallas Intermediate for about 14 staff.
- Recently, Flu Vaccines were made available to the public at each campus.

Nutrition Services:

- Addressing Food Allergies in Schools, handout- article, for more information: www.foodallergy.org/school.html.
- Our Nutrition Dept. sends home a monthly newsletter to all students. The newsletter includes many helpful hints and facts about healthy eating and physical fitness. Thank you Charlotte Hicks.

Parent and Community Involvement:

- The Denton County Health Department's Health Emergency Alert Response Team offers a community newsletter called : "The Heart Beat", located at www.dentoncounty.com,
- Starkey Hearing Foundation: for more information: www.sotheworldmayhear.org.

Safe and Healthy School Environment:

- Adult Vaccine is Key to Reducing Pertussis, Handout from the Denton County Health Dept.
- Neisseria Meningitidis Alert, Handout from the Denton County Health Dept.
- Play Ground Injuries Management guidelines. Handout. Developed by Ruth Bowen.
- Yello Dyno's 8 Red Flags for Identifying Child Predators. To learn more www.yellodyno.com.

Counseling and Mental Health Services:

- Child Abuse and Reporting Requirements: What You Need to Know, Live Audioconference. Tues. Oct. 7, 2008, 12:00pm. Call 800-874-9180 to Register, cost \$179.
- The council will research materials and staff development to assist staff in dealing with mental health issues.

Staff Wellness Promotion:

- Solis Women's Health clinic, (professional building next to Denton Regional) is willing to provide screening mammograms for LDISD employees for a reasonable cost. For more information call Ruth Bowen, 940-497-8436
- Lake Dallas Primary's staff recently began its weight loss contest "The biggest loser".
- The District sponsored a successful wellness day event on August 22, at the LDMS.

* Meeting closed at 4:00.

* Next SHAC meeting: Wed. November 19, 2008, 3:00.