

Lake Dallas I.S.D.
School Health Advisory Council Meeting
Minutes 1.7.2016

- ❖ Members: Marvulous Gowens, parent, Chair: Matt Clark, SHAC district coordinator, Vice-chair: Charlotte Hicks, LDISD child nutrition: Karen Lawson, LDISD head nurse: Lynne Groves, nurse: Angelica Perales, community: Travis Cattell, parent, Lucy Phillips, parent: Stacy Webb, parent: Shirley Frase, parent: Anna Duy, parent: Rose Males, parent.
- ❖ Meeting: LDISD Central Services Meeting Room A, 1.7.2016. The meeting was called to order at 3:03 by Matt Clark.
- ❖ Attended: Charlotte Hicks, Matt Clark, Lynne Groves, Lucy Phillips, Anna Duy, Angelica Perales, Pam Lisenbe (Guest Presenter)
- ❖ Agenda
 - Meeting was called to order by Matt Clark at 3:03
 - Agenda was approved by the committee
 - The minutes from our 11.5.15 meeting were read and approved.
 - Pam Lisenbe presented an overview of her after school program for teacher fitness. Called "Fit Fifteen" she creates 15 stations that exercise both the upper and lower body. Each station can be performed on a beginner, intermediate or advanced level. Teachers can exercise 3 days-a-week from 3:30-4:30. The program was designed to get teacher to exercise for 15 minutes, but once they begin teacher often choice to exercise longer. Ms. Lisenbe reported an average of 8 teachers attend each day and that as many as 16 have attending a single session.
 - Mr. Clark and Ms. Perales provided information about the Healthy Lifestyles Committees on the other campuses. They are planning to finalize a plan, which will involve a fitness challenge for the spring and then bring that plan to each campus in the near future.
 - Ms. Hicks reported on the "Taste it Tuesdays" program, which began in December. The elementary campuses began by introducing Texas grown fruits such as cucumbers and grapefruit. Elementary students were provided a fact sheet on each fruit. The elementary food service supervisors report that students are eating more fruits and vegetables than they have ever seen and increasing trying the sample fruits.
 - The committee watched a trailer for the movie "That Sugar Film." The film documents the amount of sugar in products thought to be "healthy", but loaded with sugar and tracks the effect on its subject who voluntarily consumed the daily average amount of sugar consumed by people in Australia. Americans consume more. Several on the committee noted the name of the committee.
- ❖ Meeting was adjourned at 3:45