

Lake Dallas I.S.D.
School Health Advisory Council Meeting
Minutes 2.11.2016

- ❖ Members: Marvlous 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 3:02 by Matt Clark.
- ❖ Attended: Charlotte Hicks, Matt Clark, Lynne Groves, Lucy Phillips, Anna Duy, Angelica Perales, Rose Males, Marvlous Gowens
- ❖ Agenda
 - Meeting was called to order by Matt Clark at 3:02.
 - Agenda was approved by the committee.
 - The minutes from our 1.7.16 meeting were read and approved.
 - Dr. Denise Evans-Jackson reported on the progress of the Healthy Lifestyles Committee at Lake Dallas Elementary. The committee was formed in November with Kristi Webb, Ashley Hunsucker, Jamie Roach and Dr. Evans-Jackson. She reported that the campus had created a walking club on Tuesdays and Thursdays plus a boot camp on Wednesdays and Fridays for teachers. They have also held several events to promote a healthy lifestyle with students.
 - Mr. Clark provided a brief report on The LiNK Project, which is a TCU initiative to increase the frequency of recess breaks in the school day for elementary students. The unstructured time improves social development and the additional movement helps students focus when they return to academic tasks. Ms. Phillips shared a website that uses fun videos to facilitate exercise and movement for rainy or cold days when students are unable to go outside during recess. Mr. Clark agreed to email elementary campuses with the website <https://www.gonoodle.com/>.
 - Ms. Perales provided information about the 21-Day Challenge, which focuses on one exercise for 21 days to allow participants to measure improvements. The exercises can be tailored to the fitness level of each person. The challenge also seeks to educate participants about the value in consuming herbs but calling attention to one herb for each 21 day challenge period. Ms. Perales and Mr. Clark have meet with the elementary PE teachers to encourage them to involve their students in the challenge. Ms. Perales provides a link to her Facebook page, which shows proper technique for the exercise and information about cooking with each herb.
 - The committee considered priorities for the 2016-17 school year by examining a list of potential topics published by the Texas School Health Advisory Council (TSHAC). The committee showed an interest in examining substance abuse, head lice, breakfast in the classroom, and farm to school programs/school gardens. Ms. Hicks report that the district current participates in a farm to school program.
- ❖ Meeting was adjourned at 4:05