

Lake Dallas I.S.D
School Health Advisory Council Meeting
Minutes 1.07.15

- ❖ Members: Marvlous Gowens, parent, Chair: Matt Clark, SHAC district coordinator, vice-chair: Charlotte Hicks, LDISD child nutrition: Karen Lawson, LDISD head nurse: Teresa Hardesty, counselor, Len Reeves, parent: Lynne Groves, nurse: Angelica Perales, parent: Anne Lehew, crisis counselor, Elisabeth Johnson, parent: Pete Krgysman, parent: Travis Cattell, parent, Lucy Phillips, parent, Lori Groves, parent, Stacy Webb, parent.
- ❖ Meeting: Shady Shores Elementary, 1.06.15 The meeting was called to order at 2:50 by Matt Clark
- ❖ Attended: Matt Clark, Anne Lehew, , Lucy Phillips, Lynne Groves, Angelica Perales, Karen Lawson
- ❖ Agenda
 - Reviewed and approved minutes from 11.06.14 meeting.
Ms. Perales presented information regarding building health habits for families through diet and exercise. She said it was important for parents and students to be educated about the virtues of living a healthy life and the potential dangers of not doing so. She presented a list of fruits and vegetables that are in-season during the winter months and a list that is in-season year-around. She also showed a list of 9 brain foods that have been shown to improve focus and concentration. The committee discussed the benefits of various exercise activities.
 - Ms. Lehew presented an overview of the Peer Mediation program at the high school. She reported that she trains a group of approximately 20 students that are able to serve as mediators in disputes between peers. The sessions involve two mediators and the two parties in dispute. These sessions lead to a contract in which the parties agree to terms that will resolve their dispute. Ms. Lehew also mentioned the PALS program which seeks to connect elementary and middle school students with high school students to provide a positive role models.
 - The committee discussed articles about snacks, high blood sugar being detrimental to brain development, a study that shows half of US children are exposed to adverse events and an article about how students are managing stress through mindfulness activities such as mediation.
 - The next meeting is scheduled for February 12, 2015.
- ❖ Meeting was adjourned at 3:45

