

Lake Dallas I.S.D
School Health Advisory Council Meeting
(SHAC) minutes, 2.12.14

- ❖ Members: Marvlous Gowens, parent: Matt Clark, SHAC district coordinator: Charlotte Hicks, child nutritionist: Karen Lawson, nurse: Teresa Hardesty, counselor: Len Reeves, parent: Lynne Groves, nurse: Elizabeth Buell, nurse: Lora Jones, parent: Shayne Anderson, parent: Travis Cattell, parent: Pete Krygsman, parent: Tracey Crysdale, parent: Angelica Perales, parent: Chad Theissen, School Board member.

- ❖ Meeting: Shady Shores Elementary, 2.12.14 The meeting was called to order at 2:53 by Matt Clark

- ❖ Attended: Charlotte Hicks, Matt Clark –Vice Chairman, Elizabeth Buell, Teresa Hardesty
- ❖ Agenda
 - Reviewed and approved minutes from 1.8.13 meeting.
 - Food & Nutrition presentation by Ms. Charlotte Hicks, Director of Food Services for LDISD. Ms. Hicks provided materials and explained new guidelines adopted by the USDA that will go into effect in July of 2014. Ms. Hicks reported that LDISD has already implemented many of the changes. For example, new guidelines require breads and bread products to be whole-grain and LDISD is already doing this when possible. Ms. Hicks shared a PowerPoint showing pictures of food trays currently served by LDISD cafeterias.
 - Liz Ann Buell presented to the committee information which directly links learning to movement and exercise. She cited several studies which demonstrate the benefits of regular exercise as it relates to problem solving and learning. She presented information from a CDC recommendation which encourages schools to develop a comprehensive school physical activity program seeking to maximize student activity and exercise before, during and after school.
 - Matt Clark shared information from a data rich website entitled, “Kids Count Data Center” and encouraged members to use the site.
 - The committee briefly discussed the articles below.
 - Meeting was adjourned at 3:30.

Boost Engagement by Learning More about Students

Teachers who take the time to understand what students value can engage and encourage students to drive their own learning, educator Heidi A. Olinger writes in this blog post. She suggests that teachers learn more about students by asking in writing, such as with a survey, talking with each student one-on-one and thinking back to their own interests at the same age. Read the blog at <http://www.edutopia.org/blog/appeal-to-what-students-value-heidi-olinger>

School Violence Lands More Than 90,000 A Year in the ER, Study Finds

Despite all the lip service given to battling bullying, many kids are still being seriously hurt while on school grounds, a new study shows. Each year more than 90,000 school children suffer “intentional” injuries severe enough to land them in the emergency room, according to the study published in Pediatrics. Read the news story at <http://www.nbcnews.com/health/school-violence-lands-more-90-000-year-er-study-finds-2D11898820>.

School Lunches are Healthier than Ever

School lunch menu planners are finding that the U.S. Department of Agriculture’s (USDA) recent changes to the 2010 Healthy, Hunger-Free Kids Act are giving schools more flexibility on calorie count. Read the report at http://www.actionforhealthykids.org/storage/documents/pdfs/Connections_/School_lunches_have_never_been_healthier.pdf.

NEW! CDC Comprehensive School Physical Activity Programs: A Guide for Schools

We are pleased to announce the release of the Comprehensive School Physical Activity Programs: A Guide for Schools. This guide helps schools transform into more active environments, where all students have the opportunity to be physically active at different times and places throughout the school day. A comprehensive school physical activity program includes physical education, physical activity during school, physical activity before and after school, staff involvement, and family and community engagement. Access the guide at <http://www.cdc.gov/healthyyouth/physicalactivity/cspap.htm>.