

Lake Dallas I.S.D
School Health Advisory Council Meeting
(SHAC) minutes, 1.8.14

- ❖ 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: Erin Howard, parent: Angelica Perales, parent: Chad Theissen, School Board member.

- ❖ Meeting: Shady Shores Elementary, 1.8.14 The meeting was called to order at 2:50 by Matt Clark

- ❖ Attended: Karen Lawson, Marvlous Gowens -Chairman, Charlotte Hicks, Matt Clark –Vice Chairman, Elizabeth Buell, Anne Lehew, Lynn Groves, Pete Krygsman
- ❖ Agenda
 - Reviewed and approved minutes from 11.6.13 meeting.
 - Presentation and discussion of “Kratom” as recommended by SHAC Chairman, Marvlous Gowens. The committee found this to be part of a growing list of products that are being sold as “not for human consumption” but is marketed specifically toward that end. Many have become addicted.
 - School nurses Karen Lawson, Elizabeth Buell and Lynn Groves gave the committee an update on influenza. Although parts of the community have been greatly affected, it is not impacting a large group of our students yet.
 - Matt Clark reported the preliminary security audit results of our elementary campuses to the committee and we discussed the audit instrument created by the Texas School Safety Center.
 - The committee discussed the articles below and focused specifically on the problem of over-prescription of hydrocodone. These surplus pills are often taken by students and adults who may be addicted to the drug.
The committee agreed to try to increase parent participation on the committee by adding new members. Members who were present will submit names to Matt Clark who will invite them to join the SHAC committee.
 - Meeting was adjourned at 3:30.

Out of Reach" Toolkit about Teen Medicine Abuse

"Out of Reach" is a short documentary by high school student turned filmmaker, Cyrus Stowe which aims to raise awareness about vast availability of prescription drugs, and the extent to which they are being abused by youth. To access instructions on how to download the full-length (25-minute) documentary, as well as the Toolkit and use it to have a meaningful conversation about teen medicine abuse, go to <http://medicineabuseproject.org/resources/out-of-reach-toolkit>.

First-Ever Census Reveals Growing Popularity of Farm to School Program

The U.S. Department of Agriculture's first-ever census of school districts across the country revealed how popular the national Farm to School program has become in recent years: About 43 percent of U.S. school districts — or about 38,600 schools — bought local produce for their students during the 2011-2012 school year, investing more than \$354 million in farms near their communities. Another 13 percent said they would be participating in the program "in the near future." Read about it at <http://www.washingtonpost.com/lifestyle/food/first-ever-census-reveals-growing-popularity-of->

Study: Teens Struggle to Control Impulsive Behavior More Than Children, Adults

Teens react more impulsively to danger than children or adults, which might explain why they're more likely to be involved in crimes, according to a new study. "Crimes are often committed in emotionally charged or threatening situations, which push all the wrong buttons for reasoned decision-making in the adolescent brain," lead author Kristina Caudle, of Weill Cornell Medical College, said in a Society for Neuroscience news release. Read the news story at <http://health.usnews.com/health->

Kratom: Newest Designer Drug or Herbal Remedy?

<http://dfw.cbslocal.com/2013/11/12/kratom-pain-killer-or-the-latest-designer-drug/>