

**Lake Dallas I.S.D**  
**School Health Advisory Council Meeting**  
**(SHAC) minutes, 11.6.13**

- ❖ 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, 11.6.2013 @ 3:15. The meeting was called to order at 3:20 by Matt Clark
  
- ❖ Attended: Karen Lawson, Marvlous Gowens, Charlotte Hicks, Matt Clark, Elizabeth Buell, Anne Lehw and Audra Williams
- ❖ Agenda
  - Introductions
  - Reviewed and approved minutes from 9.19.13 meeting
  - Anne Lehw, Outreach Counselor at Lake Dallas High School presented information on strategies to help students deal with crisis and stress. The strategies were presented under the topic of “10 Steps to Resiliency”.
  - Audra Williams, a Licensed Social Skills worker and current counselor at Myers Middle School in Denton ISD presented information on how Denton ISD counselors connect students and families to community resources in the areas of mental health; dealing with behavioral problems; and family and personal counseling. They use a searchable excel spreadsheet to find the most appropriate and best located services for each student or family.
  - The committee discussed the articles posted below.
  - Karen Lawson reported on the success of the flu vaccination held at Lake Dallas High School on Saturday, October 19<sup>th</sup>. Approximately 600 people received flu shots.
  - Matt Clark reported on the work by the Safe & Drug Free School Committee for the school year which includes a security audit on all district facilities, a revision of the Emergency Operations Plan and a drug and alcohol survey at Lake Dallas High School through Texas A&M University.
  - The committee agreed to research e-cigarettes and K2, and consider a proposal to update the LDISD Student Code of Conduct or Student Handbook to address these issues.

### **Why Resilience is Critical in a Learning Environment**

"To place an emphasis on resilience in the classroom is to realize that creating people who are able to respond to challenges and setbacks is an important goal of education, if not the goal," writes National Board-certified teacher Tammy Russell. In a recent Whole Child Blog post, Russell shares ways to discuss resilience in the classroom. Her first strategy is to conduct morning meetings on goal setting and perseverance. Read the blog at <http://www.wholechildeducation.org/blog/why-resilience-is-critical-in-a-learning-environment>

### **Technology, Teen Dating Violence and Abuse, and Bullying**

The goal of this project, from the Urban Institute, was to expand knowledge about the types of violence and abuse experiences youth have via technology (e.g., social networking sites, texting on cell phones), and how the experience of such cyber abuse within teen dating relationships or through bullying relates to other life factors. Read more at <http://www.urban.org/UploadedPDF/412891-Technology-Teen-Dating-Violence-and-Abuse-and-Bullying.pdf>.

### **Antibullying Campaigns in Schools Can Have Unintended Negative Outcomes**

School programs targeting bullying were associated with more cases of physical and emotional bullying among students, U.S. researchers found. Through these interventions, "the students become highly exposed to what a bully is and they know what to do or say when questioned by parents or teachers," lead author Seokjin Jeong, a researcher from the University of Texas in Arlington, said in a statement. Read more at [http://www.huffingtonpost.com/2013/10/10/bullying-prevention-programs-impact\\_n\\_4080328.html](http://www.huffingtonpost.com/2013/10/10/bullying-prevention-programs-impact_n_4080328.html).

**Topic for discussion and Study: E-Cigarettes:** Currently not covered by Texas law or LDISD Code of Conduct., what should schools do while the law catches up with new inventions?