

Lake Dallas I.S.D
School Health Advisory Council Meeting
(SHAC) minutes, 9/19/13

- ❖ Members: Marvulous 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, 9.19.2013 @ 3:15. The meeting was called to order at 3:15 by Matt Clark

- ❖ Attended: Karen Lawson, Marvulous Gowens, Charlotte Hicks, Teresa Hardesty, Matt Clark, Angelica Perales, Elizabeth Buell, Pete Krgysman Travis Cattell, Lynne Groves, Chad Theissen
- ❖ Agenda
 - Introductions
 - Reviewed and approved minutes from 2.13.13 meeting
 - Recognized Marvulous Gowens as Chairman
 - Nominated and approved Matt Clark as Vice-Chairman
 - Karen Lawson presented information on the background of influenza and the importance of flu vaccine. Free vaccine will be provided to 800 people at Lake Dallas High School on Saturday, October 19th from 9am-noon.
 - Discussed the articles below
 - Agreed to ask for information regarding stress and mental health from LDHS crisis counselor, Anne Lehew.
 - Meeting adjourned at 3:56

- ❖ **CDC: More U.S. Schools Ban Junk Foods, Soda Ads**

The Centers for Disease Control and Prevention (CDC) data show that 44 percent of U.S. school districts had bans on junk foods from vending machines in 2012, an increase from 30 percent in 2006. Researchers also found that the percentage of districts that allowed soda advertisements in schools decreased from about 47 percent in 2006 to 33.5 percent in 2012, while the number of school districts that disclosed nutritional and caloric information of school meals to families grew from about 35 percent in 2000 to about 53 percent last year. Read more and access the survey at www.usatoday.com/story/news/nation/2013/08/26/school-districts-junk-food-soda/2703007/.

- ❖ **7 Super Strategies for Success Over Stress**

"Inevitably, the coming school year will be challenging -- but how you'll respond is up to you," writes clinical psychologist Jack Singer. In his summer Educational Leadership article, Singer provides educators with strategies on how to effectively manage stress throughout the school year. The first strategy -- take charge of your internal dialogue -- explains how to take control of and ultimately replace your negative thinking. Read all seven at www.educationalleadership-digital.com/educationalleadership/201306/?pg=27&pm=2&u1=friend#pg27.

❖ **ER Visits after Taking Stimulants Quadrupled**

The number of young adults who end up in the emergency room after taking Adderall, Ritalin or other such stimulants has quadrupled in recent years, according to the Substance Abuse and Mental Health Services Administration, fresh evidence of the unexpected consequences that can result from the wide use of medicines for conditions like attention deficit disorder. Read the report at www.samhsa.gov/data/spotlight/spot103-CNS-stimulants-adults.pdf. Read the news story at www.nytimes.com/2013/08/09/health/sharp-rise-among-young-in-emergency-care-after-stimulant-use.html?_r=0.

❖ **Brain Breaks and Energizers**

Using physical activity challenges in the classroom helps children learn and remember information better. Physical movement increases oxygen in the brain and leads to improved concentration. Brain breaks can be used to energize a group after lunch or relax and calm a class at the end of the day. Well-developed breaks can help students stretch, develop flexibility, improve coordination, be ready for the next lesson, and incorporate core academic concepts. For ideas, go to www.actionforhealthykids.org/what-we-do/programs/game-on/step-3-pick-challenges/during-school/640-brain-breaks-and-energizers