



Lake Dallas I.S.D.

School Health Advisory Council Meeting (SHAC) minutes, 2-13-13

✚ Members: Karen Lawson-nurse, Deon Quisenberry-principal, Charlotte Hicks-child nutritionist, Marvlous Gowans-parent, Teresa Hardesty-counselor, Len Reeves-parent, Lynne Groves-nurse, Brian Fruendt-parent, Lora Jones-parent, Shane Anderson-parent, Melanie Billingsley-parent, Travis Cattell-parent, Pete Krygsman-parent, Erin Howard-parent

✚ **Location:** Corinth Elementary, Employee Lounge, Time 3:15.
The meeting was called to order at 3:15 by Randall Caldwell

✚ **Welcome and Introductions:**

In attendance: Randall Caldwell, Brian Fruendt, Teresa Hardesty, Len Reeves, Input from Deon Quisenberry

✚ **Review SHAC minutes 11-7-12**

The council reviewed and approved the minutes from 1-10-13.

✚ **School Health Advisory Council Self-Assessment:** The council conducted a self-assessment (developed by the Texas Department of State Health Services). The overall findings were positive. We also discussed ways we could make improvements (i.e. Employee Health Incentives).

✚ **Assignment** for members for the next meeting: Read over materials presented and become more familiar with SHAC resources on the LDISD website and related health issues and topics that might be addressed for action in the future. Come to the next meeting with ideas for action items.

✚ **The following resources, reports and activity items were presented and discussed. (SHAC focuses attention on these following eight priority areas for the most effective and efficient way to meet the coordinated school health needs of our district.)**

Physical Education:

Resource: Active Video Games Are Part of President's Fitness Challenge

The President's Fitness Council has launched the *Active Play Presidential Lifestyle Award + Challenge*, a program in which participants are encouraged to record their physical activity while playing video games. The award requires students to be physically active for at least an hour a day, five days a week, for six out of eight weeks and to commit to one new eating goal for six of the eight weeks. Read about it

at http://blogs.edweek.org/edweek/schooled_in_sports/2012/05/fitness_council_launches_healthy_living_competition_with_video_games.html.

Health Education:

Resource: CDC Launches Tobacco Education Campaign The Centers for Disease Control and Prevention (CDC) launched a groundbreaking tobacco education campaign designed to educate the public about the harmful effects of tobacco use and to encourage quitting. The campaign is called "Tips From Former Smokers" and it features real people who have experienced a variety of illnesses stemming from tobacco use, including cancer, heart attack, stroke, asthma and Buerger's disease. To access the Web site, go to www.cdc.gov/tobacco/campaign/tips.

Health Services:

-Report: Teens Fare Worst After Concussions Concussions affect the thinking of teenagers more than they do that of adults or children, according to a new study. But all three age groups show lasting problems with working memory after sports concussions. Read more at www.npr.org/blogs/health/2012/02/29/147588243/teens-fare-worst-after-concussions.

Nutrition Services and Education:

-Study: TV Watching May Affect Children's Eating Habits

Data from 12,642 students from fifth to 10th grades in the Health Behavior in School-Aged Children Study showed that those who watch TV were more likely to eat junk food and fast food, more likely to skip breakfast and less likely to eat fruits and vegetables daily. The study in the *Archives of Pediatrics & Adolescent Medicine* also found that younger students, girls and white children were more likely to eat fruits and vegetables compared with older students, boys and black and Hispanic children. Read the article at www.myhealthnewsdaily.com/2558-kids-junk-food-tv-watching.html.

Parent and Community Involvement:

- Report: Nearly 1 in 4 Grandparents Store Prescription Medicines Where Children Can Easily Find Them Unintentional poisonings from medicines cause more emergency room visits for young children each year than do car accidents. One key reason may be that nearly one of every four grandparents says that they store prescription medicines in easy-access ways, according to a new poll. The University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health recently asked parents and grandparents of children aged one to five years about the presence of medicines in their homes and how they are stored. To read the full article, go to www.uofmhealth.org/news/medicines-stored-where-kids-can-reach.

-Resource: The Suicide-Proofing Initiative - This interactive guide to suicide-proofing your home was created by a collaboration between the Center to Prevent Youth Violence and the Rhode Island Department of Health. The initiative aims to educate parents about simple steps they can take to reduce the risk of suicide in their homes. To learn more, go to <http://suicideproof.org>.

Safe and Healthy School Environment:

- Resource: Sexting Prevention Educational Program for Texas Texas School Safety Center announces the *Sexting Prevention Educational Program for Texas*. This program may be used in part or in its entirety as an educational tool. There is also an accompanying test to demonstrate successful completion of this program. The *Sexting Prevention Educational Program* places special emphasis on preventing sexting by minors to address the legal, social, emotional, educational and/or career impact. To access the program, go to <http://beforevoutext.com>.

Study: Young Risk-Takers Drawn to Dangerous 'Choking Game'In a new study, about six percent of eighth graders admitted they had participated in the "choking game," in which blood and oxygen to the brain are cut off with a rope or belt to produce a euphoric "high." What's more, the researchers found that two-thirds of those kids had played the dangerous game multiple times and many practiced other risky behaviors. To read the full article, go to www.healthfinder.gov/news/newsstory.aspx?Docid=663736.

Counseling and Mental Health Services:

-Resource: What Does It Take for Children to be Mentally Healthy?

The May episode of the Whole Child Podcast examines why it's crucial for us to ensure that each learner is socially, emotionally, and mentally healthy, presenting three expert viewpoints on what school and school community members can do to promote good mental health. To access the podcast, go to <http://whatworks.wholechildeducation.org/blog/what-does-it-take-for-children-to-be-mentally-healthy>.

-Study: Study Shows that Poor Impulse Control May Be Pre-Wired in Some Teens Researchers have identified brain networks that are linked to impulse control and drug addiction, which may exist even before someone is exposed to alcohol or drugs. Researchers at the University of Vermont performed a brain imaging study that included almost 1,900 14-year-olds. The teens were asked to perform repetitive tasks, and then were asked to stop mid-task, while the researchers measured their ability to do so. People who abuse drugs or alcohol tend to perform poorly on this test, the news report notes. Read the article at <http://abcnews.go.com/blogs/health/2012/04/30/some-teens-may-be-pre-wired-for-addiction-study/#.T559JfHrrak.email>.

Staff Wellness Promotion:

-Activity Idea!: Illinois School Staff Receive Incentive to Model Healthy Living

Officials in an Illinois district say that teachers and other school staff should be models for healthy living, which they encourage among students. To help accomplish that goal, the city council has agreed to offer in-district rates at its fitness center to school staff that live outside of the district. The district also launched a Fit Together Program this year, in which school staff earn points for eating healthy and exercising and are eligible for prizes. Read about it at <http://articles.chicagotribune.comteachers-and-staff-discount-rate-district-gyms>.

* Meeting adjourned at 4:00.

* Next SHAC meeting will be announced