



Lake Dallas I.S.D. School Health Advisory Council Meeting (SHAC) minutes, 1-10-13

- Members: Karen Lawson-nurse, Deon Quisenberry-principal, Charlotte Hicks-child nutritionist, Marvulous 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 Chair Deon Quisenberry

- **Welcome and Introductions:**

In attendance: D. Quisenberry, Karen Lawson, Lynne Groves, Charlotte Hicks, Teresa Hardesty, Len Reeves

- **Review SHAC minutes 11-7-12**

The council reviewed and approved the minutes from 11-7-12.

- **Presentation (power point):** presentation created by the Texas Health Institute, Partnership for a Healthy Texas, Partnership and Advocacy Strategies to help Conquer Obesity.



- **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:

Research: Children's Activity Level Is Influenced By Circle Of Friends

Children with physically active friends were six times more likely to be active during an after-school program, U.S. researchers reported in the journal *Pediatrics*. They interviewed 81 children ages 5 to 12 and found that the activity levels of friends in a social group can lead children to be more active or more sedentary. Read about it at <http://thechart.blogs.cnn.com/2012/05/28/friendships-influence-kids-activity-levels> and <http://children.webmd.com/news/20120525/friends-influence-how-active-kids-are>.

Health Education:

Report: Study Reveals that Minors Have an Easy Time Buying Alcohol Online Nearly half of all attempts by underage buyers to purchase alcohol online were successful in a new study, exposing weaknesses in both delivery companies' and online vendors' systems for verifying customer ages. To read the full article, go

to www.chicagotribune.com/health/sns-rt-us-minors-alcoholbre84910x-20120510,0,4872614.story. To ready the full study at no charge, go to <http://archpedi.jamanetwork.com/article.aspx?doi=10.1001/archpediatrics.2012.265>.

Health Services:

-Resource: Selected State and Federal School Health Laws This updated document from the School Health Program of the Department of State Health Services is meant as a resource tool in assisting school nurses or other school health personnel in locating selected laws that relate to school health. It is not a full list, but a snapshot of the most frequently requested citations. Assess the document at www.dshs.state.tx.us/schoolhealth/legisup.shtm.

Nutrition Services and Education:

-Study: School Interventions Can Improve Student Health

A study of California elementary- and middle-school students found that when teachers and administrators took simple steps to improve students' nutrition practices, the result was a 30 percent decrease in students' consumption of unhealthful foods and beverages. The number of healthy lunches students brought from home also increased, researchers said. The findings were published in the *International Journal of Behavioral Nutrition and Physical Activity*. To access the article, go to <http://health.usnews.com/health-news/news/articles/2012/06/27/to-improve-school-nutrition-involve-teachers-and-parents>.

Parent and Community Involvement:

- Study: Friends' Parents Can Sway Teens' Odds for Drinking, Smoking Everyone knows teen behavior is highly influenced by their friends, but a new study finds even a friend's parents can influence whether or not a teen drinks alcohol or uses drugs. If the parents of your teen's friends are unaware of their child's drug or alcohol use, or worse, condone it that may make your child more likely to partake as well, the study found. To read the full article, go to www.healthfinder.gov/news/newsstory.aspx?Docid=664352.

Safe and Healthy School Environment:

- Report/Action: Background: At our 11-7-12 meeting the council voted to take a resolution against bullying to the board of trustees. The resolution draft we submitted was reviewed by a legal consultant. There were a few areas in the resolution that needed to be adjusted. A revised resolution was presented and the council unanimously approved the changes.

Counseling and Mental Health Services:

-Resource: National Suicide Prevention Lifeline "You Matter" is an online campaign to promote the Lifeline's counseling services to young adults. The campaign focuses on positivity, hopefulness, and the underlining message that suicide is preventable. To access the website, go to www.youmatter.suicidepreventionlifeline.org.

Staff Wellness Promotion:

-Activity: Karen Lawson shared the website "School Employee Wellness". This site will be added as a link to a new home page connection, as a faculty resource for general health promotion.

* Meeting adjourned at 4:00.

* Next SHAC meeting: February 13, 2013, 3:15 at CE, Conference room

