



Lake Dallas I.S.D. School Health Advisory Council Meeting (SHAC) minutes, 11-7-12

- **Members:** Karen Lawson-nurse, Deon Quisenberry-principal, Ruth Bowen-nurse, Charlotte Hicks-child nutritionist, Marvlous Gowans-parent, Teresa Hardesty-counselor, Len Reeves-parent, Lyne 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, Marvlous Gowans, Lyne Groves, Brian Fruendt, Pete Krygsman, guest: Cheryl Culberson

- **Review SHAC minutes 9-20-12**

The Council reviewed and approved the minutes from 9-20-12.

- **Presentation (power point):** Karen Lawson presented the districts' **Food Allergy Plan**

-In response to the increase in students with diagnosed food allergies at-risk for anaphylaxis, Senate Bill 27 (2011, 82nd Legislative Session) amends Chapter 38 of the Texas Education Code by adding Section 38.0151. This section requires the Board of Trustees of each school district and the governing body or appropriate officers of open-enrollment charter schools to adopt and administer a policy for the care of students with 3 diagnosed food allergy at risk for anaphylaxis.

-The key elements identified as being fundamental in the development of a comprehensive food allergy management plan for schools include the following:

1. Identification of Students with Food Allergies At-risk for Anaphylaxis;
2. Development, Communication, Implementation and Monitoring of Food Allergy Action Plans, Emergency Care Plans, Individualized Health Care Plans, and/or 504 Plans;
3. Reducing Risk of Exposure Within the School Setting;
4. Training for School Staff on Recognition of Anaphylaxis and Appropriate Emergency Response, and
5. Post Anaphylaxis Reaction-Review of Policy and Procedures.

- **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:

Activities: Elementary Physical Education is "To Build the Foundation For Lifetime Fitness". Classes are designed to develop the total child. Students will learn life skills to keep them mentally and physically fit.

Little Dribblers

Little Dribblers is a large group of students who perform dribbling and passing skills at our middle and high school basketball games. Participation in this dribbling program requires several commitments from both the student and the parent.

Jump Club

Students in third, fourth, or fifth grade who would like to learn more about the sport of jump rope, he/she is encouraged to join ðCE Jump Clubö. The purpose of ðJump Clubö is to introduce single rope and double Dutch skills, speed and power, improve stamina and cardio, plus coordination. ðJump Clubö is a great introductory program to introduce the skills necessary in preparing for the Falcon Flyers, Lake Dallas School District's nationally recognized competitive jump rope team.

Fitness Gram

The principal mission of the Fitness Gram is to promote lifelong physical Activity among youth. The primary goal is the promotion of lifelong habits of physical activity. The objectives should be framed with the goal aimed at providing children with the knowledge, attitude and skills to be active for a lifetime.

Field Day

Elementary field day is designed so that all students participate in a fun day of physical activity and games. The students participate in a variety of games to promote fun and fitness.

Health Education:

-Report: Campaign for Tobacco Free Kids About Misbranding of Roll Your Own Tobacco as Pipe Tobacco Earlier this month, the Campaign for Tobacco-Free kids sent a letter to FDA's Center for Tobacco Products. The letter describes the blatant misbranding of roll-your-own tobacco (RYO) as pipe tobacco to avoid taxes and regulation. The problem was made clear in CDC's recent Morbidity and Mortality Weekly Report (MMWR) which showed that while RYO sales have declined by 75 percent since 2008, sales of ðpipe tobaccoö, which had been constant for several years, have increased dramatically. CDC's MMWR can be found here. To access the letter, go to https://dl.dropbox.com/u/64813152/CTFK_2012-08-03%20letter%20to%20FDA%20re%20RYO.PDF. To access the MMWR article go to www.cdc.gov/mmwr/pdf/wk/mm6130.pdf.

-Information: On 9-20-12, Ruth Bowen expressed the need for sex education. Note: Sex education is not a requirement, but if a school chooses to provide sex education, the materials must be approved by SHAC. After discussion, on 9-20-12, SHAC decided to look at a possible parent survey to use in determining public opinion about providing sex education in our schools. A sample parent survey was sent to SHAC members for review. The sample parent survey had mixed reviews. The district is also considering the possibility of developing a parent survey.

Health Services:

Report: Health Care Improves School Outcome. As the United States' new health care law goes into effect, many are wondering what effect it will have on schools. New research is showing that health care disparities drive achievement gaps among school children. According to recent studies, students with health problems were the least likely to attend school, perform well, or have health insurance. In the October evaluation of the *State Children's Health Insurance Program*, school absences dropped as the number of children covered by health insurance increased. Public health experts urge educators and health officials to work more closely together to improve future education outcomes. Read more at http://blogs.edweek.org/edweek/inside-school-research/2012/06/research_points_to_health_care.html.

Nutrition Services and Education

-Report:

-Charlotte Hicks (LDISD Child Nutritionist) reported that final federal regulations have not been released.

From: TASB Policy Service

Implementation of the Healthy, Hunger-Free Kids Act of 2010 has begun with the release earlier this year of the federal rules on meal standards. The Act also addresses district wellness policies, with the intent of strengthening those policies and providing transparency to the public in key areas that affect the school nutrition environment.

According to the most recent timeline issued by the U.S. Department of Agriculture and the U.S. Department of Education, we anticipate release this fall (2012) of the *proposed* federal regulations for the portion of the Act that addresses the Wellness Policy. *Final* regulations are scheduled to be released in the fall of 2013. While the Act makes clear that each district will need to revise its Wellness Policy [FFA(LOCAL)], we cannot know what specific revisions will be required until the federal regulations are final; and no deadline has yet been published by which districts must adopt a new policy. For additional information on the Act, see <http://www.fns.usda.gov/tn/healthy/wellnesspolicy.html>.

While waiting for the federal regulations, however, districts can begin to prepare for the new requirements of the Act by considering the following:

- The Act requires that development and implementation of the Wellness Policy include representatives from parents, students, school administration, the school food authority, physical education teachers, school health professionals, and members of the public. Ideally, a district's School Health Advisory Council (SHAC) will again have a large role in development and implementation of the Wellness Policy.
- Although new provisions will be needed eventually, the previous requirements for the Wellness Policy remain. This is a good time for the SHAC to review the current FFA(LOCAL) to ensure that the goals in each required category (nutrition education, physical activity, and school-based activities) are sufficient and realistic for your district. Consider how thoroughly each of the goals established in your Wellness Policy has been addressed in your Wellness Plan.

Parent and Community Involvement:

- **Resource: When Teens Lie About Drugs: A Guide for Parents** This collaboration between *WebMD* and *StopMedicineAbuse.org* gives six tips for parents of teens to prevent drug abuse. Read more at www.webmd.com/parenting/teen-abuse-cough-medicine-9/when-teenagers-lie-about-drugs?src=RSS_PUBLIC.

Safe and Healthy School Environment:

- **Report:** On 9-20-12, a motion was approved to take a resolution against bullying to the board of trustees. A sample resolution was presented to administration for a legal review of the resolution.

Counseling and Mental Health Services:

-**Presentation:** by Cheryl Culberson from First Step ó Denton County Outreach Program LLC. First Step intervention programs are designed to assist clients (18yrs or older) in identifying maladaptive patterns of thinking and behaviors, and develop a plan of action that will foster positive change.

First Step offers counseling programs in:

- Chemical Dependency
- Anger management
- Drug Testing
- Theft Intervention
- Batterer's intervention
- Alcohol Intervention
- DWI Education
- Probation Counseling
- Community Re-Entry Counseling
- Continuing Education (GED)
- Job Placement

Contact 940-908-STEP (7837) or www.firststepdenton.com
1406 N. Corinth Street Suite 401, Corinth, TX. 76208



Staff Wellness Promotion:

Research: Do Apples Help Obesity? A new study by researchers at the University of Iowa found that a compound in the skin of apples, known as ursolic acid, helps increase muscle mass and reduce body weight. The study showed favorable results in mice that were given the supplement, suggesting that it could be a potential new remedy in tackling obesity problems and illness in the near future. Read more at www.psmag.com/health/apples-an-anti-obesity-pill-43170.

* Meeting adjourned at 4:00.

* Next SHAC meeting: January 10, 2012, 3:15 at CE, Employee lounge