



**Lake Dallas I.S.D.**  
**School Health Advisory Council Meeting**  
**(SHAC) minutes, 2-16-12**

• **Members:** Salinda Dickerson-parent, Deon Quisenberry-principal, Donna Kulle-nurse, Ruth Bowen-nurse, Charlotte Hicks-child nutritionist, Peter Graves-parent, Lovana Alberts-parent, Kathy Hieb-parent, Marvlous Gowans-parent, Priscilla Vinson-parent, Paul Ruggiere-parent/Mayor-Corinth, Cindy McClendon-counselor, Marshelle Meeks-parent,

• **Location:** Lake Dallas Elementary, Conference Room, Time 3:15.  
The meeting was called to order at 3:15 by Chair Deon Quisenberry

• **Welcome and Introductions:**

In attendance: D.Quisenberry, Marvlous Gowans, Cindy McClendon, Donna Kulle, Kathy Hieb, Ruth Bowen

• **Review SHAC minutes 1-12-12**

The Council reviewed and approved the minutes from 1-12-12.

• **TSHAC recommendations/LDISD compliance report:** TSHAC (Texas School Health Advisory Council), over the past several years, has focused its attention on several topics that have either been mandated by various Senate bills, TEA codes or by researched based recommendations. TSHAC has made recommendations to district SHACs to follow up in monitor the compliance of these bills, codes or researched recommendations and make recommendations where needed. The following are a list of these recommendations and our district's compliance status.



- Recommendation for offering physical activity outside of the school day. (senate bill 530 and TEA Code 28.002). LDISD is in compliance.
- Recommendation that each high school student earns 1.5 credits of physical education toward graduation (Chapter 74 of the Texas Administrative code). LDISD is in compliance.
- Recommendation for middle school and elementary schools to be in compliance with Physical Activity/Education guidelines. (TEA Code 28.002). LDISD is in compliance.
- Recommendation for high schools to require school health credit towards graduation. (TEA code 28.004). LDISD is in compliance.
- Recommendation that student consumption of regular and diet sodas in high schools should be discontinued. (TSHAC Health Research). LDISD is in compliance.
- Recommendation that districts develop a “no idling bus policy” (TSHAC Health Research). LDISD is in compliance.
- Recommendation for districts to consider prohibiting physical activity as a punishment. (TSHAC Health Research, Sept. 12, 2011). LDISD is in compliance with P.E classes. Presently, the elementary schools do not deny more than 20min. of a student's 30 min. recess.

- Recommendation for the improvement of the coordinated school health programs by annually assessing the physical fitness of students, grades 3-12. (Senate bill 530). LDISD is in compliance.
- **Action Items:**
  - Reviewed membership status: discussion of membership attendance and members' desire to be on the council. Calls will be made to verify interest.
  - Nominations for the election of officers for 2011-2012: Deon Quisenberry was nominated as Chair and Marvlous Gowans as Co-Chair. Elections will be held at the September meeting.

• **School Health Report / Action Item:** The Council unanimously agreed to utilize the School Health Index. The School Health Index is an extensive Self-Assessment and Planning Guide. The School Health Index is structured around the Center for Disease Control and Prevention's model of a coordinated school health program. This model highlights the importance of involving and coordinating the efforts of all eight interactive components to maintain the well being of young people.

Each year the Council will use the School Health Index to:

- identify the strengths and weaknesses of at least one of the eight components of our coordinated school health programs,
- to develop an action plan for improving student health, and
- engage teachers, parents, students and the community in promoting health enhancing behaviors and better health.

This school year the Council agreed to assess the School Health Services component.

Ruth Bowen reported on the results:

## Health Services

### Summary of School Health Index Assessment

#### **Elementary School Module**

Perfect score is 39. There are 13 categories, each with four to seven items or services that are recommended to be in place.

**Shady Shores:** score was 32 = 82%

Areas for improvement: 1) Identifying and establishing links with community resources for nutrition, weight control, substance abuse and alcohol. 2) Improve location / accessibility of emergency protocols.

**Lake Dallas Elementary:** score was 26 = 74%

Areas for improvement: 1) Additional planning for health and safety promotion for students and their families. 2) Identifying and establishing links to community resources for health and safety promotion.

**Corinth Elementary:** score was 28 = 72%

Areas for improvement: 1) Connecting with community resources for health promotion and safety. 2) Teachers making time for health instruction in the classroom. 3) Parental cooperation with returning requested / required forms such as action plans, health information and emergency information.

## **Secondary Module**

For the High School, perfect score is 39 for 13 categories. For the Middle School, the perfect score is 48 for 16 categories. Each category has four to seven items or services recommended to be in place. Note: The modules for secondary levels were different due to error on CDC web site at the time the modules were downloaded. That error has since been corrected. Three categories not on the module completed by LDHS nurse are: 1) screening for tobacco use, 2) Identifying and referring students who are victims or perpetrators of violence and 3) Assessing extent of injuries on school property.

**Lake Dallas Middle School:** score of 36=75%

Areas for improvement: 1) Allowing time in the C-Scope curriculum for health instruction in the classroom, 2) Adding bulletin board in the cafeteria for posting health education material, 3) Identifying community resources for nutrition and weight control and establishing links with these resources.

**Lake Dallas High School:** score of 16=41%

Asthma is one of the categories for this assessment. However, asthma is not a major concern at LDHS. The nurse, Mrs. Lawson identifies sexually transmitted diseases and pregnancy as a major concern. Areas for improvement: 1) Develop relationships with community resources, 2) Collaborate with teachers and staff for health and safety promotion by teaching sections in health classes, having a health fair for students, finding additional locations for health education / promotion bulletin boards, 3) Identifying members of emergency response team, learn roles and responsibilities of team members and collaborate with team members to assess current plan and make necessary changes.

Note: Tobacco use, a category on both modules, is not identified as a major concern by LDISD nurses.

Next year we plan to assess the Staff Wellness Promotion component using the Health Index. The School Health Index can be found at <http://www.cdc.gov/HealthyYouth/SHI/>

- **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 information, report 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:**

### **- Report: Improving Physical Education and Athletic Opportunities**

According to a new report from the Government Accountability Office (GAO), "**Students with Disabilities: More Information and Guidance Could Improve Opportunities in Physical Education and Athletics**", available data show that students with disabilities generally are participating in physical education classes to a similar extent as students without disabilities and that some also are involved in school sports. The GAO also found that many districts and schools are interested in improving how they provide physical education and athletic opportunities to these students. The U.S. Department of Education plans to identify useful

information on this subject and share such information by posting it on its Web site, [www.ed.gov](http://www.ed.gov). Find the complete report at [www.gao.gov/cgi-bin/getrpt?GAO-10-519](http://www.gao.gov/cgi-bin/getrpt?GAO-10-519).

## Health Education:

### - Report/Resource: New Media Campaign to Address Teens Latest High

The statistics on prescription drug abuse show that every day, more than 2,000 kids age 12 to 17 try a painkiller non-medically for the first time, and 71 percent of persons age 12 and older who abuse these drugs say they get them from a relative or friend. To renew momentum about this threat, the National Youth Anti-Drug Media Campaign will run new prescription drug print and TV ads across the country over the next few months in major newspapers and magazines; and, on T.V. and the Web. These ads, "Drug Dealer" and "All My Pills," can be viewed at [www.TheAntiDrug.com/drug\\_info/prescription\\_ads.asp](http://www.TheAntiDrug.com/drug_info/prescription_ads.asp). The Media Campaign's prescription drug abuse prevention information and free resources can be found at [www.TheAntiDrug.com/Resources/teen-rx.aspx](http://www.TheAntiDrug.com/Resources/teen-rx.aspx).

## Health Services:

### - Resource: Tips for Teens with Diabetes: *About Diabetes (La diabetes)*

This Spanish and English tip sheet for Hispanic/Latino teens and families provides information about diabetes and encourages teens to take action to manage their disease. Access this publication at <http://ndep.nih.gov/media/tips-for-teens-about-diabetes.pdf>.

## Nutrition Services and Education:

### - Report: Sugar-Sweetened Beverage Taxes and Public Health

As states and localities struggle with the dual problems of rising obesity rates and budget shortfalls, many are considering taxing sugar-sweetened beverages (SSBs) - including sodas, sports drinks, sweetened tea, fruit drinks and punches, and other beverages - to generate revenue, reduce consumption of unhealthy beverages and address the nation's obesity epidemic. As these taxes are discussed on the local, state and federal levels; it is important for researchers and policy-makers to have the best available evidence on the taxes' potential impact on both public health and revenue. This research brief by *Bridging the Gap* and *Healthy Eating Research* examines the latest information on SSBs and concludes that taxes that result in substantially higher SSB prices could be a potent policy tool for curbing obesity rates by leading people to reduce consumption. Read the research brief here:

[www.rwjf.org/files/research/20090715beveragetaxresearchbrief.pdf](http://www.rwjf.org/files/research/20090715beveragetaxresearchbrief.pdf).

## Parent and Community Involvement:

- **Information:** Recently the Department of State Health Services has redefined underinsured such that local health departments will no longer be able to vaccinate most children who are covered by a private insurance policy.

### - Report: Neighborhood Planning Could Help More Kids Avoid Obesity

Children have a better chance of avoiding the obesity epidemic if they live in neighborhoods where they can safely walk, bike and have access to parks and sports fields, researchers say. The three-year study included more than 12,000 students in grades 8 through 10 who lived in urban, suburban and rural neighborhoods. Read about it at <http://health.usnews.com/health-news/managing-your-healthcare/environment/articles/2010/06/03/neighborhood-planning-could-help-more-kids-avoid-obesity.html>.

## Safe and Healthy School Environment:

- **Resource: The Stop Bullying Now!** Campaign's Cyberbullying Webcast  
"Cyberbullying: Tools and Tips for Prevention and Intervention" Webcast provides current information on the use of cyber technologies and the emerging phenomenon of cyberbullying among youth, and offers best practices in prevention and intervention. To view this Webcast, visit <http://webcast.hrsa.gov/postevents/archivedWebcastDetailNewInterface.asp?aeid=497>.

- **Resource: Children's Safety Network Has a New Web site**  
The Children's Safety Network is a national resource center for the prevention of childhood injuries and violence. A wide range of injury topics are provided to assist State and Territorial Maternal and Child Health and Injury and Violence Prevention programs. Access the network and sign up for the news letter at [www.ChildrensSafetyNetwork.org](http://www.ChildrensSafetyNetwork.org).

- **Study: Gene tied to aggression, gang membership**  
Boys who have a so-called "warrior gene" are more likely to join gangs and also more likely to be among the most violent members to use weapons, a new study finds. Read about it at [www.msnbc.msn.com/id/31128684](http://www.msnbc.msn.com/id/31128684).

## Counseling and Mental Health Services:

-**Research: Teens who stay up late are at higher risk for depression**  
Teens whose parents let them stay up after midnight on weeknights have a much higher chance of being depressed or suicidal than teens whose parents enforce an earlier bedtime, says research being presented this week at a national sleep conference. Read more at [www.usatoday.com/news/health/2009-06-09-bedtime-teen-depression\\_N.htm](http://www.usatoday.com/news/health/2009-06-09-bedtime-teen-depression_N.htm).

-**Report: Teens Share Self-Injury, 'Cutting' Videos on YouTube** In what researchers call an "alarming new trend," teens and young adults are creating and sharing YouTube videos about cutting, burning or otherwise harming themselves — and even demonstrating techniques, according to a study in Pediatrics. Previous research suggests that 14 percent to 21 percent of teens and young adults have deliberately injured themselves at least once — using knives to cut their arms or legs, for example, says lead author Stephen Lewis of the University of Guelph in Ontario, Canada. Some go on to attempt suicide, the third-leading cause of death for ages 15 to 24. To read the article, go to <http://yourlife.usatoday.com/parenting-family/teen-ya/story/2011/02/Teens-share-Internet-injury-videos/43962874/1>. To read the study, go to <http://pediatrics.aappublications.org/content/early/2011/02/21/peds.2010-2317.full.pdf+html>.

## Staff Wellness Promotion:

- **Activity:** LDE, distributed to staff, 25 Fitness Tips for Good Health.

\* Meeting adjourned at 4:30.

\* Next SHAC meeting: will be announced in the fall