



Lake Dallas I.S.D. School Health Advisory Council Meeting (SHAC) minutes, 1-12-12

- 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, Marvulous 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, Marvulous Gowans, Cindy McClendon, Donna Kulle, Charlotte Hicks, Kathy Hieb

- **Review SHAC minutes 11-3-11**

The Council reviewed and approved the minutes from 9-15-11.

- **Presentation: (video)** Food Allergies, by Deon Quisenberry



- **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:** Researchers Find Higher Screen Time Among Minority Children

Children from minority groups watched television, listened to music, used computers and played video games for an average of 13 hours per day, logging almost 4.5 hours more screen time than white children, according to data on children ages six to 18. Researchers also found that more blacks and Hispanics had TV sets in their rooms and dined in front of the TV. The study noted that eight- to 18-year-olds were most likely to use computers more often for playtime than for homework. Read more at <http://yourlife.usatoday.com/parenting-family/story/2011/06/Minority-kids-spend-most-of-their-waking-hours-plugged-in-/48172486/1>.

Health Education:

- Report: New Health and Human Services Report Shows that Adolescents Living with a Parent Who Drives Under the Influence Are at Increased Risk for Driving Under the Influence Themselves. A new report shows that adolescents appear to be strongly influenced by parental behavior when it comes to driving under the influence of drugs or alcohol. The report conducted by the Substance Abuse and Mental Health Services Administration (SAMHSA) shows that those 16 and 17 years old living with parents who drive under the influence of drugs or alcohol are far more likely to drive under the influence than adolescents whose parents do not drive under the influence. SAMHSA has developed an online tool at www.underagedrinking.samhsa.gov to help parents create an action plan to talk with their children about the dangers of underage drinking. The report is available at www.samhsa.gov/data/spotlight/WEB_SPOT_023/WEB_SPOT_023.pdf.

Health Services:

- Resource: iPhone App for Suicide Prevention

The Texas Youth Suicide Prevention project announces a small iPhone App for suicide prevention which is freely distributable everywhere. To download this app on an iPhone, iPad or iTunes, search for "suicide prevention" and look for "ASK." The app features the National Suicide Prevention Lifeline number, 1-800-273-8255, warning signs, how to ask the question about suicide to save a life, and a list of Texas' Local Mental Health Authorities (community MHMR centers). There are tabs specifically devoted to people who might be interested in "LGBTQ" information and a tab for "Veterans".

- Resource: Kids Vision Fest, February 3, 2012, Tarrant County College Trinity River Campus, 300 Trinity Campus Circle in Fort Worth. Low income children, 5-12 years old, will receive FREE eye exams and glasses if they need them based on vision screenings. Contact www.kidsvisionforlife.org for more information.

- Resource: Go to National School Board Association web site: "Safe at School and Ready to Learn", A comprehensive policy guide for protecting students with life threatening food allergies.

Nutrition Services and Education:

- Report: **Helping Families Manage Food Allergy in Schools** – Tips and Tools for the Allergist and Non-allergist: www.medscape.com/viewarticle/746589?src=ptalk. Kids at Risk for Food Allergy Shouldn't Limit Food Exposure – Guidelines: www.medscape.com/viewarticle/751365?src=ptalk. Anaphylaxis: Avoiding Mistakes and Misdiagnosis: www.medscape.com/viewarticle/740000?src=ptalk.

-Activity: Lake Dallas Elementary is now participating in the **Food 4 Kids** program. Each Friday, selected students receive a back pack full of nutritious food for the weekend.

Parent and Community Involvement:

- **Resource:** In order to better facilitate school-family partnerships, especially around school health issues, the National School Boards Association (NSBA) has published *Family as Partners: Fostering Family Engagement for Healthy and Successful Students*, a resource intended for school leaders. The publication and accompanying Web page give an overview of family engagement in schools as well as guidance, strategies, and resources for developing and implementing successful family engagement policies and practices. To access the resource, go to www.nsba.org/FamiliesasPartners . To access the Web page, go to www.nsba.org/Family-Engagement-in-Health. Go to the NSBA Web site at www.nsba.org.

Safe and Healthy School Environment:

- **Report:** Violence is a vital determinant of equity and health, and the new fact sheet released by Prevention Institute's UNITY initiative demonstrates how preventing violence is an important component of any effort to achieve health equity. Access the fact sheet at <http://org2.democracynaction.org/dia/track.jsp?v=2&c=KzJsVT0aISx28yB%2FZOLgY0KFM6pi9679>.

-**Study:** Lack of Sleep May Fuel Bullying Behaviors, Research Suggests
A study in the journal Sleep Medicine found that school-age children who don't log 10 to 11 hours of nighttime sleep had a higher risk of exhibiting bullying behaviors or discipline referrals. According to researchers, these students were two times more likely to exhibit symptoms of sleep-disordered breathing. Read more at www.upi.com/Health_News/2011/05/31/Sleep-lack-linked-to-bullying-behavior/UPI-99621306889115.

Counseling and Mental Health Services:

- **Resource:** **Announcing NASBHC's School Mental Health Capacity Building Training Modules** With support from a five-year cooperative agreement with the CDC, National Assembly on School-Based Health Care (NASBHC) has developed four modules for state and local education agencies to use in their school mental health training and strategic planning efforts. Utilizing national best practices, each module describes the four modules introduce four core aspects of capacity building, including:

1. School Mental Health Overview and Fundamentals
www.nasbhc.org/site/c.ckLQKbOVLkK6E/b.7653595/k.93D8/SMH_Overview.htm
2. Quality Assessment and Improvement
www.nasbhc.org/site/c.ckLQKbOVLkK6E/b.7638807/k.B458/QAI.htm
3. Marketing School Mental Health
www.nasbhc.org/site/c.ckLQKbOVLkK6E/b.7653187/k.E6EB/Marketing.htm
4. System Level Planning
www.nasbhc.org/site/c.ckLQKbOVLkK6E/b.7652689/k.79AF/System_Level_Planning.htm

Staff Wellness Promotion:

- **Activity:** Mammogram resource information is provided, to the staff, on a regular basis.

* Meeting adjourned at 4:05.

* Next SHAC meeting: February 16, 2012, 3:15 at LDE Conference room

