



## Lake Dallas I.S.D. School Health Advisory Council Meeting (SHAC) minutes, 11-3-11

- 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, Ruth Bowen, Marvlous Gowans, Cindy McClendon, Marshelle Meeks, Donna Kulle

- **Review SHAC minutes 9-15-11**

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

- **Presentation: (power-point) LDISD Bullying Prevention Programs**, by Deon Quisenberry (Highlights - definition and laws, Rachel's Challenge activities, other on-campus communications, activities and projects, parent involvement)



- **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.

The assessment and plan of action is projected to be completed by February, 2012.

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: Teachers can make physical activity fun for students**

Educators can make physical activity fun for students by incorporating games, such as Wii Fit, into the general education classroom, according to Margaret Brennan Krueger, a school-improvement specialist. During ASCD's annual conference, Krueger offered **other ideas to get students moving in the classroom, such as a movement activity before class, movement breaks and useful movements while students are changing classes.** Read more at [www.ascd.org/conferences/Annual\\_Conference/Conference\\_Daily/fitness.aspx](http://www.ascd.org/conferences/Annual_Conference/Conference_Daily/fitness.aspx).

**- Report: More students have a ball in class**

More classrooms across the country have students sitting on fitness balls instead of chairs to help them release extra energy and maintain focus during class time. A Utah teacher says she has seen better behavior from students with the new seating arrangement. One study published in the *American Journal of Occupational Therapy* in 2003 found the balls could help kids with Attention Deficit Hyperactivity Disorder stay seated and write more clearly. Read more at [www.satrib.com/news/ci\\_15198709](http://www.satrib.com/news/ci_15198709).

### **Health Education:**

**- Study: Finds Tobacco Sales Restrictions, High Cigarette Prices Help Curb Teen Smoking** A study published online in the journal *BMC Public Health* finds that states adhering to the federal government's stringent tobacco sales laws and those that impose high cigarette taxes have lower smoking rates among teenagers than states that do not, *HealthDay News* reports. To read the article, go to [www.rwjf.org/publichealth/digest.jsp?id=10393](http://www.rwjf.org/publichealth/digest.jsp?id=10393).

**-Resource: New Adolescent Reproductive Health Web Page**

The CDC's Division of Reproductive Health has added a new Web page on Adolescent Reproductive Health to their Web site. The site focuses on preventing teen pregnancy, as well as creating strong teens and strong communities. To view the site, go to [www.cdc.gov/reproductivehealth/AdolescentReproHealth/index.htm](http://www.cdc.gov/reproductivehealth/AdolescentReproHealth/index.htm)

### **Health Services:**

**- Report: Sleep: The E-ZZZ Intervention**

Sleep deprivation can have a profound impact in the classroom, causing misbehavior and low achievement. An article in the latest issue of *Educational Leadership* examines the causes of sleep deprivation and reveals what schools can do to combat the problem. Although parents play a key role, parents and schools need to join forces to help students develop healthy sleep habits. Read the article at [www.ascd.org/publications/educational\\_leadership/dec09/vol67/num04/Sleep@\\_The\\_E-ZZZ\\_Intervention.aspx](http://www.ascd.org/publications/educational_leadership/dec09/vol67/num04/Sleep@_The_E-ZZZ_Intervention.aspx).

<http://www.sprint.com/responsibility/education/character/index.html?id8=vanity:educationgrants>

## **Nutrition Services and Education:**

### **- Report: "Recession obesity" a concern for U.S. children**

U.S. children might be at risk for recession-related obesity as families eat more inexpensive fast food that is high in carbohydrates and sugar, the new Child Well-Being Index report says. The report also warns of behavioral problems and long-lasting effects from the recession if steps aren't taken to support families and strengthen early childhood education. Read more at this CBS site:

[www.cbsnews.com/stories/2009/06/03/business/childofrecession/main5059820.shtml](http://www.cbsnews.com/stories/2009/06/03/business/childofrecession/main5059820.shtml) and this Yahoo site:

[http://news.yahoo.com/s/afp/20090603/hl\\_afp/lifestyleuseconomychildrenhealthobesity](http://news.yahoo.com/s/afp/20090603/hl_afp/lifestyleuseconomychildrenhealthobesity).

## **Parent and Community Involvement:**

### **- Resource: Anti-drug Media Campaign Offers Resources to Help Parents Deal with Teen Stress**

A recent survey shows that 43 percent of 13- to 14-year-olds say they feel stressed every single day. By ages 15 to 17, the number rises to 59 percent. And nearly two-thirds of teens say that they are "somewhat" or "very concerned" about their personal finances, with girls reporting feeling "frequently stressed" more often than boys.

As parents are the greatest influences in their children's lives, during tough times, it is critical that parents in the community are reminded about the need to build communication, and trust, with their teens. Information and a new expert column are now available on the National Youth Anti-Drug Media Campaign's parent Web site, [www.TheAntiDrug.com](http://www.TheAntiDrug.com), at [www.TheAntiDrug.com/Advice/Safeguarding-and-Monitoring/Monitoring-Skills/Managing-Teen-Stress.aspx](http://www.TheAntiDrug.com/Advice/Safeguarding-and-Monitoring/Monitoring-Skills/Managing-Teen-Stress.aspx) and [www.TheAntiDrug.com/Advice/Expert-Advice/General-Parenting/Stressed-Out.aspx](http://www.TheAntiDrug.com/Advice/Expert-Advice/General-Parenting/Stressed-Out.aspx).

**- Resource:** This new National School Board Association web site features a searchable database of success stories submitted by school districts and schools related to **school health policies and practices** being implemented around the country. To view the Web site, go to [www.nsba.org/MainMenu/SchoolHealth/PromisingPractices.aspx](http://www.nsba.org/MainMenu/SchoolHealth/PromisingPractices.aspx).

### **- Resource: Child Health Online**

This Web site is a resource for child care health consultants; early care and education providers and trainers; members of professional organizations, and educational and medical facilities; and parents. The goal of the site is to provide accurate information and effective resource materials to promote the health and safety of young children, birth through age 8. To access resource links, health and safety activities, and information, go to [www.childhealthonline.org/index.html](http://www.childhealthonline.org/index.html).

## **Safe and Healthy School Environment:**

**- Resource: Bullying** is not new, but the increase in lawsuits against school districts and school officials is. Educators, at all levels, must know their legal obligations when it comes to addressing bullying and harassment of students. That is why the Texas School Administrators' Legal Digest is proud to announce the launch of The Bullying Law Blog, a brand new feature of Legal Digest Online.

**- Resource: Weekly Insider September 15, 2011 - September 20, 2011**

**The Center for Health and Health Care in Schools Weekly Insider** is a web-enhanced newsletter that offers news alerts, grant announcements and general web site updates delivered directly to your email box on a weekly basis. The Center is located at the School of Public Health and Health Services at The George Washington University Medical Center in Washington, D.C.

**- Resource: New Publication on “School Connectedness”**

“School connectedness” is the belief by students that the adults and peers at their school care about their learning and about them as individuals. Research indicates that students who feel connected to their school are more likely to engage in healthy behaviors and succeed academically. In particular, connected students are less likely to use alcohol and other drugs, miss school, have sex at an early age, or be involved in violence or behaviors that increase their risk for injury (such as drinking and driving). They are also more likely to attend school regularly, stay in school longer and have higher grades and classroom test scores. To help schools enhance this important protective factor, CDC’s Division of Adolescent and School Health scientists have created a guide that synthesizes available research on school connectedness and outlines strategies for fostering it. School Connectedness: Strategies for Increasing Protective Factors Among Youth identifies six evidence-based strategies that teachers, administrators, school staff, and parents can implement to increase the extent to which students feel connected to school. The document is available at [www.cdc.gov/healthyouth/AdolescentHealth/connectedness.htm](http://www.cdc.gov/healthyouth/AdolescentHealth/connectedness.htm).

**- Resource: Web Site provides Federal Resources that support Children and Youth During Out-of-school Hours**

A one-stop web site to connect the public, but particularly after-school providers, with information about federal resources to support children and youth during out-of-school time is now available. Because after-school resources are spread across the federal government, this web site merges these resources into one site where the public can access this information. Information is available on how to: get money for your program, collaborate and create partnerships, start a program, find research and reports on after-school programs, and provide academic and enrichment activities for those enrolled. Access the site at [www.afterschool.gov](http://www.afterschool.gov).

## **Counseling and Mental Health Services:**

**- Report: Domestic violence hurts performance of students and their classmates**

**Students -- especially boys --** from homes with domestic violence perform worse on standardized tests and have more behavior problems at school, according to national research that matched a Florida district's student data to domestic violence reports. Students who were unaffected by domestic violence at home also scored and behaved worse if they had a classmate from a troubled home. Read the report at [www.gainesville.com/article/20090518/ARTICLES/905181001/1002/NEWS01?Title=Study-Students-with-bad-home-lives-score-lower-on-tests](http://www.gainesville.com/article/20090518/ARTICLES/905181001/1002/NEWS01?Title=Study-Students-with-bad-home-lives-score-lower-on-tests).

**- Report: Community-based Mental Health Programs Improve Youth performance and Save Millions in School Costs**

Systems of care -- coordinated networks of community-based mental health services and supports for children and youth with serious mental health challenges -- are able to dramatically improve the academic, behavioral and emotional performance of participating youth according to a new report by the Substance Abuse and Mental Health Services Administration. The report, “Working Together to Help Youth Thrive in Schools and Communities,” measured performance outcomes of system of care programs and found that these improvements occurred among many young people within 12 months of their enrollment in these programs. To download “Working Together to Help Youth Thrive in

Schools and Communities,” visit [www.samhsa.gov/children](http://www.samhsa.gov/children). For the news release, go to [www.samhsa.gov/newsroom/advisories/0905064401.aspx](http://www.samhsa.gov/newsroom/advisories/0905064401.aspx).

### **Staff Wellness Promotion:**

- No resources or activities to report at this time

\* Meeting adjourned at 4:05.

\* Next SHAC meeting: January 12, 2012, 3:15 at LDE Conference room