



Lake Dallas I.S.D. School Health Advisory Council Meeting (SHAC) minutes, 9-15-11

- 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 nominee Deon Quisenberry

- **Welcome and Introductions:**

In attendance: D.Quisenberry, Ruth Bowen, Jennifer Perry, Kathy Heib, Cindy McClendon, Marshelle Meeks

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

The Council reviewed and approved the minutes from 3-3-11.

- **Presentation: (power-point) SHAC Overview and Purpose**, by Deon Quisenberry (Power point concerning roles and responsibilities of team members, as well as of the 8 priorities set by the legislature for Coordinated School Health Programs)



- **Action Items:**

- Reviewed 2011-2012 membership and approved list of members
- Nominations for the election of officers for 2011-2012 were made on 3-3-11, Deon Quisenberry was nominated as Chair and Lavana Alberts as Co-Chair. An election was held and both were approved unanimously.
- Set schedule for remaining 11-12 SHAC meetings (LDE Conference room, 3:15)
- Nov. 3, 2011
- Jan, 12, 2012
- February 16, 2012

- **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:

- Resource: New Video Defines All Aspects of Adapted Physical Education

The National Consortium of Physical Education and Recreation for Individuals with Disabilities embarked on a video project to clearly define all aspects of adapted physical education with the National Association of State Directors for Special Education. Objectives of the video include the benefits of physical education and physical activity for students with disabilities or limitations, description of model programs and resources, best practices, definitions and legal requirements based on IDEA 2004. The video is available for viewing at www.aahperd.org/naspe/about/announcements/Adapted_PE_Video.cfm.

- Resource: 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.

- **Report:** Fitnessgram – Overview of the new Fitnessgram Aerobic Capacity Standards

Health Education:

- Study: Nearly 20% of 4-year-old American children are obese

Almost one in five American 4-year-olds are obese, and the rate is alarmingly higher among American Indian children, with nearly a third of them obese. Obesity is more common in Hispanic and black youngsters, too, but the disparity is most startling in American Indians, whose rate is almost double that of whites. Researchers said the high rate of obesity is a concern for such a young population. Read more at www.nytimes.com/aponline/2009/04/07/health/AP-MED-Obese-Preschoolers.html?_r=1.

-Report: Healthy Foods at Regular Intervals Keep Students Sharp

Nutrient-rich lunches and snacks served at regular intervals help brain development and concentration and give children the energy they need for the school day, nutrition experts say. Registered dietitian Kari Kooi at The Methodist Hospital in Houston says children also need to drink plenty of liquids and avoid candy and snacks that drain energy. Read the article at www.chron.com/life/food/article/Brain-foods-help-send-kids-to-the-he-2138005.php.

-**Resource:** Here is a short (5 minutes) very informative video on food allergies that you might want to show your students if you have a student in your class with food allergies. (appropriate for K-5th grades

http://www.allergyhome.org/schools/food_allergy_awareness_for_school_kids/

Health Services:

- Resource: School and Diabetes Rights

Children with diabetes sometimes face problems in obtaining the care they need in schools and day care centers. The information in the following Web site helps understand the rights of children with diabetes and what can be done to make sure children receive fair treatment. Access this information at

www.diabetes.org/advocacy-and-legalresources/discrimination/school/scrights.jsp.

- **Report:** The Choking Game: Physician perspectives This Rainbow Babies and Children's Hospital in Cleveland study (McClave JL, et al. Pediatrics. 2010 Jan; 125(1): 82-7) found that almost a third of physicians surveyed were unaware of the choking game. These doctors could not describe any of the 11 warning signs, which include bloodshot eyes and frequent and often severe headaches. And they failed to identify any one of the 10 alternative names for the Choking Game (Rush, Space Monkey, Purple Dragon, Funky Chicken, and others). Based on the results of the study, the Rainbow Babies and Children's Hospital has started programs that educate doctors, particularly those in training, about the warning signs and dangers of strangulation activities. Read the article at <http://pediatrics.aappublications.org/cgi/reprint/125/1/82>.

Nutrition Services and Education:

- **Resource: Food 4 Kids**, One in four Texas children lives in a **food** insecure household. These children often face hunger over the weekend, when there is no access to meals prepared at school. The **Food 4 Kids** program helps to eliminate this problem by providing backpacks full of nonperishable, kid-friendly, nutritious **food** to chronically hungry children on Friday afternoons to last throughout the weekend. Each backpack contains four meals. The program currently serves over 325 schools in 32 schools districts across Collin, Dallas, Denton, Ellis, Fannin, Hunt, Rockwall, and Kaufman counties. With over 8,000 children currently receiving a Backpack each week, the North Texas **Food** Bank hopes increase distribution to 11,000 students each week by June of 2011.

For more information, email our Child Programs Coordinator [Ann Dunlap](mailto:Ann.Dunlap@ntfb.org) or call her at [214.269.0698](tel:214.269.0698).

There is also a video that tells a little bit more on the page: http://www.ntfb.org/au_programs-food-for-kids.cfm

- **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 and this Yahoo site: 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, at 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.

Safe and Healthy School Environment:

- **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/healthyyouth/AdolescentHealth/connectedness.htm.

- **Resource: EPA Releases Brand New K-12 Responsible School Chemical Management Video** When chemicals aren't carefully managed, they can put students and school personnel at risk from spills, fires, and other accidental exposures. Just released for kindergarten through grade 12 schools is a new educational video, Safe Chemical Management in Your School, from the Environmental Protection Agency and its partners. In addition to identifying steps to build a responsible chemical management program, the video features real life examples of schools and their community partners that are working towards permanent chemical management solutions. For more information and to watch the video, go to www.epa.gov/SC3.

- **Resource: Prevention of Sudden Cardiac Death and AED Implementation** – Staff flyer

- **Activity: Allergy warning** updates are sent to the staff.

- **Activity: Rail Safety** Instructions/Programs will be presented to all LDISD students.

Counseling and Mental Health Services:

- **Report:** Article on Teen Pregnancy in National Magazine for Adolescents[Marker] "The Secret Life of Pregnant Teenagers," in the June issue of *Seventeen* magazine, is an honest look at some of the difficult roads ahead for pregnant teens and brings the issue to life in a relatable, straight-forward way. Interviews include first person accounts of what it's like to be pregnant, to make an adoption plan, to be a young parent and more. The National Campaign to Prevent Teen and Unplanned Pregnancy worked with the magazine to develop the article. Access the article at www.thenationalcampaign.org/media/PDF/2009/Seventeen_June09.pdf.

- **Resource: Ideas for Suicide Prevention Week – September 4-10, 2011**

Each year as a part of Suicide Prevention Week, Suicide Prevention Resource Center produces an updated list of Ideas for suicide prevention awareness and activities. This year's list contains 11 program and activity ideas you can do in order to raise awareness for suicide prevention week or anytime throughout the year. Access the list at www.sprc.org/library/spweek.pdf.

Staff Wellness Promotion:

- **Resource:** Flu Shot Clinics sponsored by Passport Health, go to <https://www.passagecare.com/FluSignUp/LDISD>, Sept. 22, room 401 LDMS, Sept. 23, Conference room, AO1 at Corinth Elem.

* Meeting adjourned at 4:05.

* Next SHAC meeting: November 3, 2011, 3:15 at LDE Conference room