



Lake Dallas I.S.D. School Health Advisory Council Meeting (SHAC) minutes, 1-13-11

- **Members:** Lynne Groves-nurse, Eric Rosar-P.E. teacher, Deon Quisenberry-principal, Donna Kulle-nurse, Jay Simpson-parent, June Gajewski-counselor, Ruth Bowen-nurse, Lana Carathers-nurse, Charlotte Hicks-child nutritionist, Grace Forehand-parent, Peter Graves-parent, Jo Shoemake-nurse, Jill Stover-parent, Kim Morganthalar-parent, Lovana Alberts-parent, Venessa Augustin-parent, Kathy Hieb-parent, Marvlous Gowans-parent, Priscilla Vinson-parent, Paul Ruggiere-parent/Mayor-Corinth.

- **Location:** Lake Dallas Elementary, Conference Room, Time 1:00.
The meeting was called to order by Chair Grace Forehand at 1:02pm.

- **Welcome and Introductions:**

In attendance: Ruth Bowen, Deon Quisenberry, Donna Kulle, June Gajewski, Lynn Groves, Jo Shoemaker, Grace Forehand, Jill Stover, Lovana Alberts

- **Review SHAC minutes 11-11-10**

The Council reviewed and approved the minutes from 11-11-10.

- **Presentation: (video):** Watch D.O.G.S. (Dads of Great Students) program at Lake Elementary, by D.Quisenberry. Watch D.O.G.S. is an innovative program of the National Center for Fathering focusing on improving education in our nation's schools by using the positive influence of fathers and father figures for a two-fold purpose:

- 1) To provide a positive and active male role-model for students during their school day, and
- 2) To provide an extra set of eyes and ears to enhance school security.

Since our program began in September, 30 Watch D.O.G.S. have logged in over 475 hours of service.



- **Action Item:**

- The members voted to update the following article of the by-laws, due to changes in SHAC guidelines from the state.
- Please note the underlined change below.

Article V: Officers

Section One. Terms of Service. The SHAC shall elect a Chair and Vice-Chair each to serve 3 year terms. A parent must serve as a Chair or Co-Chair. Officers may serve consecutive terms in the same office. Officers will be selected in March (changed from May or June) and installed at the first September meeting of the SHAC.

- **TSHAC Report:** Members were again asked to respond to the SHAC self-assessment tool.

TSHAC Self-Assessment tool is located at:

<http://www.dshs.state.tx.us.schoolhealth/shadviseresources.shtm>)

- **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:

- **Activity:** Lake Dallas Elementary began a new schedule, on 1-4-11, in which students have two 45 minute physical education classes per week. Add this time to their existing schedule of 30 minutes of recess each day that equals to a possible 240 minutes of physical activity per week. The minimum requirement is 135 minutes per week.

- **Report:** Interactive video games can be good exercise
Reported in the *Archives of Pediatrics and Adolescent Medicine*, interactive video games that get children off the couch and exercising can be good for them, studies have shown. One study found elementary-school children who played such video games for 35 minutes a day burned around 150 calories. Some pediatricians and parents, however, are wary about encouraging the games, fearing it will lead children to play more sedentary video games as well. Read about it at www.scientificamerican.com/article.cfm?id=nintendo-video-games-physical-benefits.

- Interest was expressed in seeing about having Yoga and/or “relaxation”/”stress reduction” physical techniques be a part of PE, especially in Middle School. Grace Forehand will investigate further with Mr. Parker and Coach Kloske. There was brief discussion between several members about concerns at the Middle School level, concerning supervision, safety, and student’s self control, etc.

Health Education:

- **Research:** Substance Advertising in Televised Sports

With “March Madness” underway, many young eyes are turned to college basketball--and to the alcohol advertising that helps generate its revenue. What effects might this advertising have on under-aged viewers? Studies (www.cmch.tv/research/fullRecord.asp?id=3621) have found a clear connection between exposure to alcohol advertising and increased drinking among youth. Televised sports warrant particular attention, given how many young people are fans. Indeed, according to a 2001 study (<http://camy.org/factsheets/index.php?FactsheetID=20>), 93% of young people watched, listened to or read about sports. In an attempt to address this issue, the American Medical Association came out against such advertising in March 2007 (www.jointogether.org/news/headlines/inthenews/2007/docs-call-for-ban-on-alcohol.html), when it called for The National Collegiate Athletic Association (NCAA) to stop airing alcohol ads during college sporting events. The NCAA declined to make the change. For more information on this topic and resources to reduce the potential negative effects of alcohol advertising on teens as well as the *Parents' and Teachers' Toolbox*, go to <http://view.exacttarget.com/?j=fe6215797460057d701c&m=feef10787c6201&ls=fdf516737c66047b7c157974&l=fec712727567037b&s=fe321675756704787c1772&jb=ffcf14&ju=f e2215757d620375741372>.

Health Services:

- **Resource:** Denial and Diabetes

Sometimes denial serves a purpose. It is a way of coping with bad news. It helps manage depression and the feeling of being overwhelmed. But denial can return later on because it seems easier. Denying that diabetes is serious allows the avoidance of self-care. It doesn't allow the knowledge that diabetes is a lifelong, chronic illness, which, if left untreated, can result in complications. Denial also lets family and friends pretend that "nothing is wrong." Learn more about this topic at www.diabetes.org/pre-diabetes/denial.jsp.

Nutrition Services and Education:

- **Report: In the News** – December 2, 2010, Congress Approves Child Nutrition Bill. Congress gave final approval to a child nutrition bill that expands the school lunch program and sets new standards to improve the quality of school meals, with more fruits, vegetables and whole grains and low fat dairy products.

- **Activity:** LDISD's Nutrition Department has added more whole grain and wheat products to our menus as well as fresh, frozen and canned fruits. They also try to offer a variety of vegetables such as spinach salads and baked sweet potato fries. They are continuing to send out the Nutrition Nuggets and Teen Food and Fitness new letters with the Menus. The newsletters give tips for healthy eating, exercise, games and recipes for snacks.

Parent and Community Involvement:

- **Report:** Child Policy Experts Answer Questions about Child Care Quality

Improving child care quality has been a priority for policymakers over the last decade, and child care quality rating systems have proliferated across the country. However, several studies released in 2008 find little evidence that the ratings reported by these systems are associated with measures of children's well-being. As such, the evidence raises questions about the reliability of these systems to accurately measure the quality of child care

services. This new Expert Perspectives feature from *Promising Practices* provides an opportunity to ask experts about the topic of child care quality and methods used to measure child care quality. Learn more and submit questions at www.promisingpractices.net/experts/experts_childcare.asp?ref=ppntext.

Safe and Healthy School Environment:

- **Activity:** On December 6, 2010, 4:15-5:30, the Lake Dallas Middle School hosted another “Valued-added” educator program. Dr. Mary Estás from the special education department at the University of North Texas spoke about differentiating instruction in the general education classroom.

- **Activity:** On January 11, 2011, 6:30-8:00, the Lake Dallas Middle School’s PTA hosted an anti-bullying presentation. “Bully-Proofing Our Schools: School-wide Positive Behavior Supports and Working with Victims and Bullies” presented by Shannon S. Urbina M.Ed., Educational Consultant and Behavior/Management Specialist, ESCXI. The community was invited.

- **Activity:** Upcoming Lake Dallas Middle School PTA educator “Value Added” program – February 10 from 4:40 to 5:40 in the Board Room at the Middle School. Dr. Mary Estes from UNT will present a program about students with Learning Disabilities, Autism, ADHD and related issues, along with strategies for Teachers to use for these in the classroom. Educators from all campuses are welcome.

- **Report:** 15 staff members at Lake Dallas Elementary are certified in CPR.

- **Research:** Educators: Stand-up desks may improve attention, reduce obesity
Student desks that allow pupils to stand, sit or fidget to their hearts' content seem to improve student concentration and reduce obesity, say educators who use them. Now two studies are examining whether the desks really do improve students' academics or fitness. "I think we're so used to the traditional classroom it's taken a while for people to start thinking outside the box," said University of Minnesota kinesiologist Beth A. Lewis. "I think it's just a matter of breaking the mold." To read more, go to www.nytimes.com/2009/02/25/us/25desks.html?_r=2&scp=1&sq=desk&st=cse.

- LDISD Media Cast: Elementary Health Education Resources available to Teachers:

A Kids Guide to Personal Hygiene
Feeling Good with Good Hygiene
First Step to Learning: Taking Care Of Your Body
The Adventures of Slim Goodbody in Nutria-City: Healthy Habits
The Adventures of Slim Body in Nutri-City: Skill on the Floss
A Kids Guide to Personal Grooming
Don’t Get Sick, Wash Up Quick Scrubby Bear
Germs and Disease
Personal Health & Hygiene

Counseling and Mental Health Services:

- **Resource:** The Science of Mental Illness
This curriculum from the National Institute of Mental Health provides six lessons that help students understand what mental illnesses are. Images show changes in the brain and how treatment can change activity levels and restore functioning. Case studies and other

activities explore differences among illnesses, risk factors and treatment plan goals. Students develop a brochure to inform people about mental illness. For more information, go to <http://science.education.nih.gov/supplements/nih5/mental/default.htm>.

- **Resource:** New Handbook for School Counselors to Assist with Students with Disabilities. The second edition of *Assisting Students with Disabilities A Handbook for School Counselors* has been released. This book emphasizes the role school of counselors in development of students with disabilities. This new edition offers resources on designing services for collaboration of service provision with other school staff and parents, for integrating the needs of each student with school counseling and for gathering data on students. To request a review copy, go to www.sagepub.com/booksProdDesc.nav?prodId=Book229386&.

Staff Wellness Promotion:

- **Walk Across Texas Challenge:** School district's were encouraged to challenge their employees to form walking teams and log their time over an 8 week period. LDE had 4 teams that walked.

Team (Fun and Fit) came in #1 in Denton County with a total of 1037.27 miles.

Team (Cardio Walkers) came in 12th in the county with 945.39 miles.

Team (Mile Markers) came in 14th in the county with 746.95 miles.

Team (Mighty Marchers) came in 16th in the county with 352.5 miles.

That makes a grand total of 3082.11 miles for the 8 weeks. There are 773 miles across Texas, so as a group they walked across Texas 3.98 times.



- **LDHS's Biggest Falcon Loser Contest:** Staff members were challenged to lose weight, between June 7 and March 18. Presently they have 27, two member teams. There will be prizes for the teams who lose the most weight.

- **Weight Loss Program:** Nurse Shoemake stated that a group is forming at Shady Shores Elementary to work on weight loss. The group meets Wednesdays after school, and is open to adults in the district.

* Meeting adjourned at 2:15.

* Next SHAC meeting: March 3, 2011, 1:00, LDE Conference room