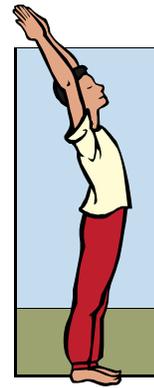


Lake Dallas I.S.D.
School Health Advisory Council Meeting
(SHAC) minutes, 11-11-10



- **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, Sam Blunk-Board of Trustees, Jill Stover-parent, Kim Morganthalar-parent, Lavana 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 member D.Quisenberry at 1:05pm.

- **Welcome and Introductions**

Attendance was taken by D.Quisenberry.

In attendance: Ruth Bowen, Kathy Hieb, Priscilla Vinson, Deon Quisenberry, Donna Kulle, Jennifer Perry, June Gajewski, Lynn Groves, Carol Galloway

- **Review SHAC minutes 9-23-10**

- The Council reviewed and approved the minutes from 9-23-10.
D.Kulle made a motion and K.Hieb seconds it and all were in favor.

- **Presentation:** National School Lunch Program 09-10, by D.Quisenberry
(Power point: on Purpose, Statistics and Goals)



- **Action Items:**

- * **Election:** Due to the resignation of Co-Chair an Election for Co-Chair was held and Ruth Bowen was elected Co-Chair by acclamation for the rest of 2010-2011.

- * **TSHAC Report:** Reviewed one member's response to the SHAC self-assessment tool. Members were encouraged to work on the self-assessment tool again, so the combined results can be reported and discussed at the next meeting.

TSHAC Self-Assessment tool 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:

- **Report:** Presented by Deon Fitnessgram Results be shared on Family Access? Answer: The due to the incapability of the two web based and may open to hard copies, of the results, made



Quisenberry: Question by committee - can the with parents, and can they be made available results can not be shared on Family Access programs. The results of the Fitnessgram is parents. The district is working on making available to parents.

- **The link to the new FITNESSGRAM standards and related information:**
<http://www.cooperinstitute.org/ourkidshealth/fitnessgram/fitness-standards.cfm>.

- **Resource:** Handouts – 2010-2011 Requirements for Physical Activity (PA), Physical Education (PE), and Fitness Assessments (FA) and 2010-2011 Physical Education (PE) Graduation Requirements.

Health Education:

- **Activity:** LDISD, under the direction of Ruth Bowen, will be producing 5-15 minute videos on the following topics: Hand washing, Tooth brushing, Cough / Sneeze etiquette and Food allergies. The videos will then be put on media cast for teachers to use in the classrooms. Several should be completed by January 13, 2011.

- **Research:** Alcohol-branded Merchandise an Indicator for Teen Drinking, Study Says Adolescent students who wear alcohol-branded hats, T-shirts and other apparel number approximately 3 million in the U.S. And a new study shows that these teens are more likely to start drinking and to become binge drinkers than their peers. Read more about it at <http://health.usnews.com/articles/health/healthday/2009/03/02/alcohol-branded-apparel-linked-to-adolescent.html>.

Health Services:

- **Resource:** Texas CHIP/Children's Medicaid Information Update
 The online home for information about CHIP/Children's Medicaid has been updated. Among the changes to the web site is an online tool where parents can enter their family's size and income to see if their children might qualify for CHIP or Children's Medicaid. Another online tool also uses family size and income to show what a family's out-of-pocket costs would be if the children qualify for CHIP. The online tools as well as all charts on the site have been updated to reflect new 2009 income guidelines. Another new feature allows those renewing CHIP coverage for their children to fill out the application and submit it online. For a more complete view of the updated web site, visit www.CHIPmedicaid.org.

Nutrition Services and Education:

- Resource: Diabetic Recipe Finder

Click on the following link for healthy recipes from *For Your Diabetes Life*:
www.dlife.com/dLife/diabetic-recipes.html.

Parent and Community Involvement:

- **Activity:** The Middle School PTA sponsored a “Stop Bullying Now” program on November 11 at 6:00pm. Catherine Carlin, from the Texas PTA, presented the program. Parents, educators, students and community supporters were invited. Focused message: “One of the best ways you can help stop or prevent bullying is to be educated about, and sensitive to, the issue. Bullying is not a rite of passage – an undesirable, but sometimes unavoidable, reality of growing up. Rather, bullying is a serious public health issue that affects countless young people everyday, and is compounded by technology readily available to our children. Further, research shows that the effects of bullying can last well into adulthood, affecting a child’s mental health and ability to learn.” More information on “Stop Bullying Now” at <http://www.stopbullyingnow.hrsa.gov/kids/>

- **Report:** Dramatic increases in homeless students challenge schools

With twice as many students in some U.S. districts becoming homeless due to foreclosures and layoffs, many schools are struggling to provide services to children without permanent homes.

Many more homeless children may not even make it to school, said Mathew Uretsky, homelessness coordinator for Oakland, Calif., schools. Read more about this just released *National Association for the Education of Homeless Children and Youth* study at www.boston.com/news/education/k_12/articles/2008/12/21/in_tough_times_the_ranks_of_homeless_students_are_rising.

- **Report:** Panel: Consider ethnic, cultural influences on childhood obesity

A new consensus statement by *Shaping America's Health* and *The Obesity Society* accounts for the influence of race, ethnicity and culture on childhood obesity, *Endocrine Today* reports. The consensus statement, issued by a seven-member panel of experts in multiple health fields and published in *Diabetes Care*, indicates that, "Although childhood obesity is increasing in all ethnic and racial groups, its prevalence is higher in nonwhite populations."

The consensus statement recommends that health professionals routinely discuss obesity and its risks with children and families, especially children at higher risk, such as non-Hispanic blacks and Mexican-Americans, and that they should be culturally sensitive when doing so. To read more, go to www.endocrinetoday.com/view.aspx?rid=33397.

Safe and Healthy School Environment:

Action/Report: Sub-committee formed: At our last SHAC meeting, a discussion ensued concerning whether we want to review and adopt the TSHAC recommendation that recess be conserved for all students, and that it not be taken away as punishment or to finish class work. It was decided to have a subcommittee consisting of Priscilla Vinson (subcommittee chair), Grace Forehand, Ruth Bowen, and Jill Stover, to research the issue locally and to come to the next meeting with information and/or a recommendation.

At today’s meeting: Priscilla Vinson shared some research, from ourkidshealth.org, concerning the importance of physical education. D.Quisenberry reported that the issue has been addressed. Through an investigation, there were some inconsistencies on how recess was used on the elementary campuses. Collaborating with an assistant superintendent, the elementary principals developed guidelines for recess. The teachers have been informed of the guidelines. The guidelines are consistent with the requirements for physical activity in grades Pre K – 5.

- **Report:** Denton County Health Department, 2010-2011 Influenza Surveillance Program, CDC week 42, week ending October 23, 2010.

* Minimal influenza activity has been reported in Denton County.

* No hospitalizations with PCR-confirmed influenza reported.

* Slight increase in student absences due to influenza-like illness.

- **Information:** Anti-Bullying Week – Nov. 15-19

Counseling and Mental Health Services:

- **Research:** Only 10% of Teens with Substance-abuse Problem Get Treatment

Despite the public health implications of teen substance abuse, just ten percent of the 1.4 million U.S. teens with substance-abuse problems receive treatment, according to new research funded by the Robert Wood Johnson Foundation. "Part of this treatment gap may be driven by the limited availability of adolescent-only treatment services," the study author said, adding that less than one-third of addiction programs include teen-focused programs. To read more and get linked to the *Journal of Substance Abuse Treatment* article, go to

http://news.yahoo.com/s/hsn/20090302/hl_hsn/teensundertreatedforsubstanceabuse.

Staff Wellness Promotion:

- **Walk Across Texas Challenge-** School district's are encouraged to challenge their employees to form walking teams and log their time over an 8 week period. As of 11-5-10, LDE has 4 teams that have walked a total of 1,895 miles.



* Meeting adjourned at 2:10.

* Next SHAC meeting: January 13, 2011, 1:00, LDE Conference room