



Lake Dallas I.S.D.
School Health Advisory Council Meeting
(SHAC) minutes, 9-23-10

- **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, Cathy Heib-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 Council Chairman, Deon Quisenberry at 1:05pm.

- **Welcome and Introductions**

Attendance was taken by Jill Stover.

In attendance: Members – Ruth Bowen, Joe Shoemaker, Grace Forehand, Peter Graves, Jill Stover, Lavana Alberts, Cathy Heib, Priscilla Vinson, Paul Ruggiere, Deon Quisenberry, Donna Kulle.

- **Review SHAC minutes 3-4-10**

- The Council reviewed and approved the minutes from 3-4-10.

Peter Graves made a motion. Kathy Heib seconds it and all were in favor.

- **Presentation:** 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:**

- * Election for Chair / Co-Chair was held and Grace Forehand was elected Chair by acclimation and Jill Stover was elected Co-Chair by acclimation for 2010-2011.

- * Set schedule for remaining 10-11 SHAC meetings (LDE Conference room, 1:00)

- Nov. 11, 2010

- Jan, 13, 2011

- March 3, 2011

- **Report:** Jill Stover, a recent appointee to the Texas School Health Advisory Committee, gave a report about the TSHAC's recent work, including providing the SHAC members with a copy of the new TSHAC Self-Assessment tool (which can be found now at <http://www.dshs.state.tx.us.schoolhealth/shadviseresources.shtm>) It was decided that

SHAC members would review/mark the assessment on their own before the November 11 meeting for discussion then.

- **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:

- **Research:** Exercise Linked to Attention and Academic Achievement
Researchers at the University of Illinois have found a positive link between physical activity and both attention and academic achievement in children. A *Whole Child* blog post shares details on this study and other studies that have found connections between exercise and achievement. But what's troubling is that some schools aren't providing students with recommended amounts of activity. The post asks readers whether their schools have cut back on time for physical activity and, if so, whether they've noticed any effects on the students. View the post at www.wholechildeducation.org/blog/?storyId=26148.

- **The link to the new FITNESSGRAM standards and related information:**
<http://www.cooperinstitute.org/ourkidshealth/fitnessgram/fitness-standards.cfm>.
A discussion was had concerning Fitness Gram results for the State from last year. Progress was shown overall in physical fitness, although local results were not in evidence. The point was made by Jill Stover that the Fitness Gram is supposed to be utilized by PE teachers to help students understand and improve their individual level of fitness (celebrate when a student reaches the fitness zone for their level), not as a competitive activity. Discussion ensued concerning requesting that Fitness Gram results be provided to parents, and Peter Graves suggested that they be put onto the Family Access site for parents to get. Mr. Quisenberry will make inquiries with the district to see if this can be done.

Health Education:

- **Study:** Pledges don't keep teens from having sex
Teens who sign abstinence pledges, vowing to remain virgins until marriage, are no less likely to have premarital sex than those who do not but hold similar values, according to an analysis of federal data by a researcher at the Johns Hopkins Bloomberg School of Public Health. But although pledging teens are just as likely to have premarital sex as their non-pledging peers, they were 10 percentage points less likely to use birth control, the research found. Read more in this *Washington Post* article at www.washingtonpost.com/wp-dyn/content/article/2008/12/28/AR2008122801588.html.

Health Services:

- **Research:** Schoolchildren are seeking fresher foods Young Americans are in the market for "fresh" foods, according to Y-Pulse poll responses from middle school and junior high school students. On their wish list for the school cafeteria are fresh fruits, vegetables and fruit juices. Read the article in *QSR Magazine* at www.qsrmagazine.com/articles/news/story.phtml?id=7753&from=rss.

Without unhealthy Snacks, children boost fruit and veggie intake
Fifth-graders consumed about 3% more fruits and vegetables when high-fat and sugary snack foods were not available, according to a new study published in the January 2009 issue of *The Journal of Nutrition*. Read more in this *HealthDay News* article at <http://healthday.com/Article.asp?AID=622370>.

Nutrition Services and Education:

- **Research:** Vegetarian Teens Could Be Covering Up Eating Disorders
In a new study that appeared in the *Journal of the American Dietetic Association* (April 2009), researchers suggest that while a vegetarian diet can be a healthy lifestyle choice for young people, in some cases it could be an attempt to cover up an eating disorder. Although those in the study who opt for a vegetarian lifestyle reported eating more fruits and vegetables and less fat than those who eat meat, current vegetarians were more likely to report problems like binge-eating and abusing laxatives. Read more at http://news.yahoo.com/s/nm/20090408/hl_nm/us_teens_vegetarianism;_ylt=AivszEidD8fC393fOf1msE8Q.3QA.

Parent and Community Involvement:

- **H1N1 Report:** According to Dr. Margaret Chan, Director General of the World Health Organization, H1N1 is now in the post-pandemic period. We still need to be vigilant and monitor for flu incidences.

- **Activity:** Jill Stover and Lovana Alberts mentioned Middle School PTA plans to have a parent education expo on November 11 that will incorporate some of the health and wellness issues into the educational programs and exhibits...some breakout topics being considered are self-esteem building, bullying and cyberbullying prevention, and social skills development.

- **Report:** Texas Attorney General warns of growing trends in teenage sexting dangers.

- **Report:** New National Campaign Report on Teen Birth Rate Increases[Marker]
A new *National Campaign* report shows the birth rate for teens 15-19 rose by 3% in 2006, marking the first increase in fourteen years. The 435,427 births to teens also marks a 5% increase in the total number of births to teens over 2005. To view *Teen Births: Examining the Recent Increase*, visit www.thenationalcampaign.org/resources/pdf/TeenBirths_ExamIncrease.pdf.

- **Report:** YouTube, Facebook, MySpace, Blogs, and More: Innovative Ways Local Health Departments are Reaching Adolescents
Given the importance and popularity of the Internet in youth culture, local health departments (LHD) have many opportunities to reach adolescents in new ways by using Internet technology. Developed by the National Association of City and County Health Officials' Adolescent Health Project, this issue brief discusses the rising use of the Internet among adolescents; describes the Web sites that adolescents visit; and profiles initiatives that LHDs can and have used to educate

and empower adolescents to make informed and responsible choices about their health and well-being. To view the issue brief, visit

<http://eweb.naccho.org/eweb/DynamicPage.aspx?Action=Add&site=naccho&objectkeyfrom=1A83491A-9853-4C87-86A4->

[F7D95601C2E2&webcode=ProdDetailAdd&donotsave=yes&parentobject=CentralizedOrderEntry&parentdataobje=Invoice Detail&ivd_formkey=69202792-63d7-4ba2-bf4e-a0da41270555&ivd_cst_key=00000000-0000-0000-0000-000000000000&ivd_prc_prd_key=9fae7ac9-0185-48c6-b937-9b779d1b7d19](http://eweb.naccho.org/eweb/DynamicPage.aspx?Action=Add&site=naccho&objectkeyfrom=1A83491A-9853-4C87-86A4-F7D95601C2E2&webcode=ProdDetailAdd&donotsave=yes&parentobject=CentralizedOrderEntry&parentdataobje=Invoice%20Detail&ivd_formkey=69202792-63d7-4ba2-bf4e-a0da41270555&ivd_cst_key=00000000-0000-0000-0000-000000000000&ivd_prc_prd_key=9fae7ac9-0185-48c6-b937-9b779d1b7d19)

- **Resource:** Resources for Students and Families: Dealing with the Economic Crisis
The current economic situation has impacted almost everyone, some much more than others. Those working in schools need resources and ideas to provide to students and families dealing with the economic crisis. The Department of State Health Services' Texas School Health Advisory Committee has developed a document that provides resources to assist school personnel to help those impacted by the economic downturn. To access this resource, go to the TSHAC Web site at www.dshs.state.tx.us/schoolhealth/shadviseresourcesreports.shtm.

Safe and Healthy School Environment:

- **Rachel's Challenge** – District's Rachel's Challenge Program begins its 2nd year. This anti-bullying program incorporates school and community activities. <http://www.rachelschallenge.org>.

- **Action: Sub-committee formed:** 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 classwork. 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. Peter Graves suggested that we try to include one person from each campus on the subcommittee.

- **Report:** Student victimization in U.S. Schools Results from the 2005 School Crime supplement to the National Crime Victimization Survey
This U.S. Department of Education Institute of Education Sciences report provides estimates of student victimization as defined by the 2005 School Crime Supplement (SCS) to the 2005 National Crime Victimization Survey (NCVS). NCVS is the nation's primary source of information on crime victimization and the victims of crime in the United States and the SCS is a supplement to NCVS that was created to collect information about school-related victimization on a national level. This report incorporates findings from student respondents ages 12-18 in grades 6-12 that were interviewed during the 2005 school year. It shows that student victims of crime are more likely to report conditions of an unfavorable school climate, security measures at school, and exhibit fear and avoidance behaviors. Additional topics covered in this report include the prevalence and type of student victimization at school and selected characteristics of victims, including their demographic characteristics and school type; and victim and non victim reports of the presence of gangs and weapons and the availability of drugs. To access the report, please visit: <http://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2009306>.

Counseling and Mental Health Services:

- **Study:** Sleep may refresh brain's ability to take in information

Sleep may prime the brain for learning, according to a study published in the journal *Science*. Based on research on fruit flies, scientists found that sleep seems to allow the brain to get rid of unimportant neural connections to allow more connections to be made the following day. Read more at www.sciencedaily.com/releases/2009/04/090402143503.htm.

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. LDE has 3 faculty teams.

- Resource: Managing Stress and Time

The *Messenger Chronicles* from the New York-New Jersey Public Health Training Center online training series presents ideas for communication in difficult situations. The latest module, "Managing Stress and Time," helps learners to recognize the symptoms of stress and the factors that may increase their susceptibility to stress. Strategies to manage stress are offered in the scenario-based training. Learners are also given a framework for managing and prioritizing tasks to help minimize "stress-causing" situations. To access this FREE course, go to www.nynj-phtc.org/pages/catalog/mc-stresstime.

* Meeting adjourned at 2:20.

* Next SHAC meeting: November 11, 2010, 1:00, LDE Conference room