

**Lake Dallas I.S.D.**  
**School Health Advisory Council Meeting**  
**(SHAC) minutes, 3-4-10**

- Members: Lynne Groves-nurse, Eric Rosar-P.E. teacher, Jordan Galloway-student, 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, Jody Perry-parent, Melissa Doisher-parent, Kim Morgenthaler-parent, Lavana Alberts-parent, Venessa Augustin-parent, Cathy Heib-parent, Marvlous Gowans-parent, Russ Webb-parent.



- **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 – Donna Kulle, Deon Quisenberry, Lavana Alberts, Ruth Bowen, Kathy Heib, June Gajewski, Jill Stover, Grace Forehand. Guests- Teresa Brown.

- **Review SHAC minutes 1-21-10**

- The Council reviewed and approved the minutes from 1-21-10.  
Jill Stover made a motion. Ruth Bowen seconds it and all were in favor.

- **Presentation:** presented by Deon Quisenberry

- Overview of the first report of the States Executive Summary of the Parenting and Paternity Awareness (p.a.p.a.) Curriculum. This curriculum is required by the 80<sup>th</sup> session of the Texas Legislature. The curriculum is a mandated component of the states health curriculum, and is the first large scale effort in any state to educate students on parental responsibilities using child support and paternity as the basis for the program. At LDISD the 14 hour curriculum is presented in the 10<sup>th</sup> grade Health classes. LDISD has 3 trained professionals in the p.a.p.a. curriculum.

- **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:** Benefits of Playing Outdoors for Children

Studies show that children who play in natural settings are healthier, happier and smarter. Texas Action for Healthy Kids is promoting the benefits of time spent outdoors. Learn more at [www.lifsbetteroutside.org](http://www.lifsbetteroutside.org).

**- Recommendation:** The council discussed the use of recess for discipline in the elementary schools. The council recommends that if recess is used as discipline then students should be kept active by being instructed to walk around the fence rather than being placed on the fence.

## **Health Education:**

### **-Research:** New Study on the Impact of Abstinence and Comprehensive Sex and STD/HIV Education Programs on Adolescent Sexual Behavior

A new study reviewed 56 studies that assessed the impact of both abstinence and comprehensive sex and STD/HIV education programs on adolescents' sexual behavior. Study results indicated that most abstinence programs did not delay initiation of sex or have any significant positive effects on any sexual behavior. In contrast, about two thirds of comprehensive programs showed strong evidence that they positively affected young people's sexual behavior. To access the study abstract, visit

<http://caliber.ucpress.net/doi/abs/10.1525/srsp.2008.5.3.18?prevSearch=autho>.

## **Health Services:**

### **- Research:** Study Examines Variations in Admission Practices for Adolescents with anorexia Nervosa (AN)

"This study documents the tremendous variation in care that exists for inpatient treatment of adolescents with AN," state the authors of an article published in the November 2008 issue of the *Journal of Adolescent Health*. AN is the third most common chronic disease among female adolescents. It is associated with multiple medical complications, some of which contribute to significant short- and long-term morbidity and mortality. Several organizations have published guidelines and position papers for the management of AN. However, there is a lack of evidence-based outcome studies detailing when adolescents with AN should be hospitalized or the most efficacious inpatient treatment protocols for them. The article examines the variability in the medical management of adolescents with AN in the United States and Canada, with the goal of moving toward developing more evidence-based guidelines. Read an abstract of the article at [www.jahonline.org/article/S1054-139X\(08\)00224-3/abstract](http://www.jahonline.org/article/S1054-139X(08)00224-3/abstract).

## **Nutrition Services:**

### **- March is National Nutrition Month**

#### **- Research:** Study: Ban on fast food ads could cut childhood obesity

A study published in the November edition of the *Journal of Law and Economics* suggests that a ban on fast food advertising in the U.S. could reduce the number of overweight children by up to 18 percent, the *Associated Press* reports. With support from the National Institutes of Health, researchers from the National Bureau of

Economic Research monitored the TV viewing habits of nearly 13,000 children using data from two longitudinal studies. Based on these data, the researchers calculated that a ban on fast-food advertising during children's TV programming could reduce the number of overweight children ages 3-11 by 18 percent and the number of overweight children ages 12-18 by 14 percent. Read more in the *Robert Wood Johnson Foundation (RWJF) Journal* at [www.rwjf.org/childhoodobesity/digest.jsp?id=9006&c=EMC-ND138](http://www.rwjf.org/childhoodobesity/digest.jsp?id=9006&c=EMC-ND138).

### **Parent and Community Involvement:**

- **Survey:** Beginning 2009-2010, TEA is requiring districts to provide the opportunity for community participation in completing an anonymous Safe School Survey at least every two years. The survey will be available this spring on the district web homepage.
- **LDISD Transition Expo**, March 25, 2010 5:00-8:00pm. At LDHS - For all Lake Dallas ISD students and families served by Special Education. Learn important information regarding resources and opportunities for your child. Programs offered in the Elementary through High School and Bi-lingual track.
- **Research:** New Study Suggests Possible Link between TV Sexual Content Exposure and Teen Pregnancy  
A new RAND Corporation study suggests that sexual content on television is strongly associated with teen pregnancy. Researchers at the nonprofit organization found that adolescents with a high level of exposure to television shows with sexual content are twice as likely to get pregnant or impregnate someone as those who saw fewer programs of this kind over a period of three years. To read more, visit [www.cnn.com/2008/HEALTH/11/03/teen.pregnancy/index.html](http://www.cnn.com/2008/HEALTH/11/03/teen.pregnancy/index.html).

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

- **Report:** District-wide Rachel's Challenge (anti-bullying effort) activities have been continuous and successful. (classroom media cast lessons, posters, announcements, kindness chains, assemblies etc.)
- **Report:** Incidents of violence decreasing at U.S. schools  
The amount of school violence has been decreasing for several years, although bullying and gangs continue to be a problem, according to a federal report on crime in schools. "A lot of attention has been given to programs against bullying, taking a whole-school approach to this, and when they work well, they change the attitude that kids have toward their school," said Lynn Addington, an American University associate professor of public affairs and an expert on school violence. Read the article at [www.washingtonpost.com/wp-dyn/content/article/2009/05/10/AR2009051001947.html?hpid=moreheadlines](http://www.washingtonpost.com/wp-dyn/content/article/2009/05/10/AR2009051001947.html?hpid=moreheadlines).

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

- **PTA Council sponsored program:** On February 25, at LDMS, guest speaker Larry Bassham, an Olympic Gold Medalist, spoke on "Building Self Esteem in our Children". 65 teachers and parents attended.
- **Research:** Recommendation Updated on Screening for Depression in Children  
*Screening and Treatment for Major Depressive Disorder in Children and Adolescents: Recommendation Statement* updates the 2002 U.S. Preventive Services

Task Force recommendation on screening for depression. The statement, published by the *Agency for Healthcare Research and Quality*, now recommends screening of adolescents (ages 12-18) for major depressive disorder when systems are in place to ensure accurate diagnosis, psychotherapy (e.g., cognitive-behavioral, interpersonal), and follow-up. Contents include the rationale, clinical considerations, and research needs and gaps. The recommendation statement is available at [www.ahrq.gov/clinic/uspstf09/depression/chdeprrs.htm](http://www.ahrq.gov/clinic/uspstf09/depression/chdeprrs.htm).

**Staff Wellness Promotion:**

- No new activities to report

\* Meeting adjourned at 2:10.

\* Next SHAC meeting: Will be announced in the fall.