

Lake Dallas I.S.D.
School Health Advisory Council Meeting
(SHAC) minutes, 9-23-09

* 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.

* **Welcome and Introductions** (handout of member list)

* Reviewed and approved SHAC minutes from 2-12-09.

* **Presentation:** SHAC Overview and Purpose, by Deon Quisenberry (Powerpoint 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 Deon Quisenberry was appointed Chair and Jill Stover was appointed Co-Chair.

* LDISD's SHAC By laws were changed to reflect Senate Bill 19 and council preferences.

- meet 4 times per year (SB19)
- Board of Trustees appoint a minimum of 5 members (SB19)
- appoint parent as chair or co-chair (SB19)
- majority of council members being parents. (SB19)
- meetings to begin in September instead of October (Council preference)

* Set schedule for remaining 09-10 SHAC meetings (LDE Conference room, 1:00)

- Nov. 12, 2009
- Jan, 12, 2010
- May 6, 2010

* 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:

- Information: New School Health Physical Education Requirements - handout

Health Education:

- Information: FDA and Public Health Experts Warn about Electronic Cigarettes - handout
- Asthma Information for Teachers – handout
- Recommendations for Healthy Snacks at School and Home- handout

Health Services:

- Children’s Advocacy Center for Denton County – flyer handout
- Changes to School Vaccination Requirements - handout
- Illness Exclusion and Re-admission Guidelines – handout
- NSBA Launches New H1N1 Web Site

Go to <http://www.nsba.org/MainMenu/SchoolHealth/H1N1-Flu.aspx> for the latest national information, materials, planning guidance, resources, data, statistics and a blog compiled by the National School Board Association (NSBA) on H1N1 and other seasonal flus. For Texas specific H1N1 information, go to www.dshs.state.tx.us/txflu.

Nutrition Services:

- Research: Water Fountain Access in School May Reduce Childhood Obesity

The study, *Promotion and Provision of Drinking water in Schools for Overweight Prevention: Randomized, Controlled Cluster Trial*, found that children who have access to water fountains in school and are encouraged to drink water are less likely to be obese than children without such opportunities. Read the full text at

<http://pediatrics.aappublications.org/cgi/reprint/123/4/e661>.

Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier Youth

The CDC developed a set of four audience-specific fact sheets as a resource for school staff, parents and youth to use in support of developing strong nutrition standards that will impact the health of students at school. These fact sheets answer commonly asked questions about the *Nutrition Standards for Foods in Schools* report and provide recommendations for implementing them. Read the fact sheets at www.cdc.gov/Features/SchoolNutrition. Read the *Nutrition Standards for Foods in Schools* report at, www.cdc.gov/healthyyouth/nutrition/standards.htm.

Parent and Community Involvement:

- Information: The HEART Beat, Denton County Health Dept., Health Emergency Alert Response Team. Newsletter - handout
- HINI Influenza Alert - handout
- "Walk Across Texas" - handout

Safe and Healthy School Environment:

- District-wide Rachel's Challenge (anti-bullying effort with training)
- District-wide Jenna Program (child abuse prevention training by Children's Advocacy Center)
- Information: CDC Guidance for State and Local Public Health Officials and School Administrators for School (K-12) Response to Influenza during the 09-10. - handout

Counseling and Mental Health Services:

- Research: Article Analyzes Factors Associated with Adolescent Bedtime and Wake Time

"Findings confirm that on school days, adolescents are obtaining less sleep than they are considered to need, and school start time is the factor with the greatest impact," write the authors of an article published in the March 2009 issue of the Journal of Pediatrics. A national survey of adolescents conducted by the National Sleep Foundation found that adolescents in high school reported spending an average of 7.5 hours in bed and getting an average of 7.2 hours of sleep per night. However, a 6-year longitudinal study among adolescents given a 10-hour sleep opportunity suggested that adolescents need 9 hours of sleep on average. Studies have found deleterious health and behavioral consequences of shorter sleep duration in adolescents and young adults. The authors conclude that "if sleep loss is associated with impaired learning and health, then these data point to computer use, social activities and especially school start time as the most obvious intervention points." Abstract available at [www.jpeds.com/article/S0022-3476\(08\)00720-8/abstract](http://www.jpeds.com/article/S0022-3476(08)00720-8/abstract).

Staff Wellness Promotion:

- Employee Flu shots available: Sept. 24, 7am.-9am. M.S. Boardroom
- and Sept. 25, 7am - 9am, H.S.

* Meeting closed at 2:20.

* Next SHAC meeting: Thurs. November 12, 2009, 1:00.