

**Lake Dallas I.S.D.**  
**School Health Advisory Council Meeting**  
**Minutes 1.5.2017**

- ❖ Members: Marvlous Gowans, parent, Chair: Matt Clark, SHAC district coordinator, Vice-chair: Charlotte Hicks, LDISD child nutrition: Diane Ramirez, RN, LDISD Health Services Coordinator: Lynne Groves, RN, nurse Corinth Elementary: Angelica Perales, community: Paige Anthony, parent: Lucy Phillips, parent: Veronica Bondurant, parent: Tamara Schantz, parent: Anna Duy, parent: Rose Males, parent.
- ❖ Meeting: LDISD Central Services Meeting Room E, 1.05.2017. The meeting was called to order at 3:05 by Matt Clark.
- ❖ Attended: Charlotte Hicks, Matt Clark, Marvlous Gowans, Lucy Phillips, Anna Duy, Tamara Schantz, Diane Ramirez, Veronica Bondurant, Lynne Groves, John Fabro, Kami Tipps, Judy Lunsford, Jamie Roach.
- ❖ Agenda
  - Agenda was approved by the committee.
  - The minutes from our 11.09.16 meeting were read and approved.
  - Ms. Tipps provided a report on the Health Lifestyle activities at Shady Shores Elementary. These activities include lunch and after school walking groups; yoga; workout stations after school set up by Coach Seward; a running club; and a dance group.
  - Mr. Fabro provided the committee an overview of his Drug, Alcohol, Safety and Health Committee (DASH) at Lake Dallas Middle School. The committee, which is one of seven currently functioning committees under the Student Council, has 23 members. The committee's goal is to conduct health awareness campaigns. Projects include buddy benches; Rachael's Challenge; anti-bullying campaigns; drug awareness; personal hygiene awareness; a blood drive; leadership workshops, canned food drives, bags of love, and Donate 4-Life Texas. The committee has been recognized by the state for outstanding service.
  - Ms. Roach gave the committee a report on the Marathon Kids program at Lake Dallas Elementary, which promotes running and walking for exercise by rewarding students who complete marathon distances. The goal is to cover 4 marathons in 6 months. Students add to their mileage totals each day they participate and receive prizes such as a Nike T-Shirt, Nike shoe lances, Nike shoe tokens and a certificate and completion bracelet upon completion of the fourth marathon distance.
  - Mr. Clark showed the committee a PowerPoint showing the highlights of the drug and alcohol survey administered in February of 2016 by Texas School Survey from Texas A & M University at Lake Dallas High School. The survey is a conducted bi-annually at Lake Dallas High School.
- ❖ Meeting was adjourned at 3:55