

Lake Dallas I.S.D.
School Health Advisory Council Meeting
Minutes 9.12.2018

- ❖ Members: Marvulous Gowans, parent, Chair; Matt Clark, SHAC District Coordinator, Vice-Chair; Charlotte Sons, LDISD Child Nutrition; Diane Ramirez, RN, LDISD Health Services Coordinator; Lisa Walraven, RN, nurse Lake Dallas Elementary; Angelica Perales, community member; Paige Anthony, parent; Lucy Phillips, parent; Veronica Bondurant, parent; Tamara Schantz, parent; Anna Duy, parent; Rose Males, parent; Meredith Henson, parent; Alicia McKinley, parent; John Fabro, LDMS STUCCO sponsor
- ❖ Meeting: LDISD Central Services Meeting Room E, 9.12.2018. Matt Clark called the meeting to order at 3:00 p.m.
- ❖ Attended: Alicia McKinley, Matt Clark, Lisa Walraven, Anna Duy, Veronica Bondurant, Paige Anthony, Tamara Schantz, John Fabro, Rose Males, Charlotte Sons, Diane Ramirez, Lucy Phillips, Marvulous Gowans, Spencer Leftwich
- ❖ Agenda
 - The agenda was approved by the committee.
 - The minutes from our 2.15.18 meeting were read and approved.
- ❖ Coach Spencer Leftwich presented information about the Pre-Athletic 6th grade P.E. program at Lake Dallas Middle School. He stressed that athletic training in this class was about students developing self-discipline, personal organization and proper techniques for lifting weights. They are currently doing a lot of work with the PVC pipe, where the focus can be on lifting safely. He stressed that weight training has shifted to emphasize explosive power and injury prevention. The Pre-Athletic 6th grade P.E. classes are very large, but a team of coaches supports Coach Leftwich during those periods. Their basic schedule is to work upper body on Mondays and Thursdays, lower body on Tuesdays and Fridays and focus on an in-season athletic skill on Wednesdays.
- ❖ Ms. Taylor Gleitz from Denton County Friends of the Family provided a presentation on the services provided by their organization. Their services focus on victims of domestic violence and sexual assault. They maintain a women's shelter, which can provide for a maximum of 35 victims. Their services also extend to children since they are often impacted by family violence. They have a storefront called Upscale Retail, which sells donated items to help fund operations. Their services are free to victims due to grants. Friends of the Family offers a variety of education programs aimed at students from Pre-K through 12 grade. Each program is age appropriate focusing on the needs of each age group.
- ❖ Mr. Clark informed the committee of the district's focus on safe wellness this year. He announced that the district is developing a partnership with Sandy Hook Promise to provide "Say Something", which will allow students to anonymously report threats or signs of potential danger. More information will be provided at our November 7th meeting.
- ❖ Meeting was adjourned at 4:28 p.m.