

LISD School Health Advisory Council

February 8, 2017

Agenda Item:	Discussion:	Action:	Follow Up By/Date:
<p>Call to Order Melanie at 7:01pm.</p> <p>Introductions Name and subcommittee</p>		<p>Meeting dates for the year: April 5, 2017 Make-up date May 3, 2017</p>	<p>Next Meeting on April 5, 2017</p>
<p>Review of Minutes for Nov. 16, 2016</p> <p>Other: Aramark - Beverage Taste Test Product being considered for High school only. Caffeine concerns? Less than a caffeinated beverage (Coke or Pepsi).</p>	<p>Minutes from last meeting were Gala motioned and Sarah seconded to approve minutes</p> <p>Members taste tested the product and reviewed the nutritional content which is within Federal and State guidelines.</p> <p>Motion made to approve the inclusion of product on HS campuses, seconded</p>	<p>Approved -unanimous</p> <p>Approved -unanimous</p>	<p>None</p> <p>None</p>

<p>OLD BUSINESS</p> <p>Red Ribbon Week - Monya Many participated and wanted to participate. There was a desire to have more richness. Message not consistent. Perhaps a standard curriculum.</p> <p>Break into sub-committees for discussion and planning at 7:20pm.</p> <p>Employee Wellness</p> <p>.</p> <p>Mental Health</p>	<p>M. Crow to solicit specific input from stakeholders</p> <p>Each campus to provide wellness initiatives. Provide recommendations for options for campuses. Looking into PTA or benefits department to provide funds for incentives</p> <p>Hebron feeder pattern schools have had success on getting communication out for Parent Ed events and speakers.</p> <p>Training for teachers and staff would count for professional development hours.</p> <p>More training for staff and</p>	<p>Present at next meetings</p> <p>Pay attention to focus or if data collection is needed.</p> <p>Meet with Council of PTA Leadership</p> <p>Ongoing discussion</p>	<p>April, 2017</p> <p>April, 2017</p> <p>April, 2017</p>
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	<p>students. Training by Mental Health First Aid could be an option. Need to think about location, dates, etc. Maybe a Saturday.</p> <p>Increase communication about initiatives. Parent meetings, etc. District leaders on board for ramping up communication via social media and other outlets.</p> <p>Parent Ed - maybe an online library for instant and constant access. Counselor think tank working on this. Melanie suggested an FAQ section for quick answers to questions.</p> <p>Something bright and visual for quick reference.</p> <p>Campus mentor program on campuses to address social emotional issues. School counselor for Broncos is amazing at pairing up kids who need help. Two different types - adult and child, older child and younger child. Training could take place</p>		
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	<p>during the summer for November Trade Day credit</p> <p>GoZen.com for breathing and other calming activities (Vicory). We have MindYeti that we pay for.</p> <p>Throwback Thursdays - no iPads once a week. Play hands-on, physical games.</p> <p>Open house may be a time to show the teaser or send the trailer on a Skyward alert.</p> <p>Sarah presentation - ScreenAgers: Growing up in the digital age. A documentary to help teenagers find a better balance with screen time. So much screen exposure. It can be an addiction.</p> <p>ScreenagersMovie.com video clip. Kids spend 6.5 hours on a screen. \$650 to host a free screening event.</p> <p>Recommended for 5th grade and up. Guides for teachers and parents provided. Melanie recommended that all SHAC members view the video.</p>		
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<p>District Wellness Plan</p>	<p>Wellness Plan sub-committee reviewed the current district Wellness Plan in order to update per LISD policies and TDA guidelines.</p>	<p>Wellness Plan sub-committee will meet in March to continue work on Plan</p>	<p>Wellness Plan sub-committee will present updated document to SHAC on April 5th.</p>
<p>NEW BUSINESS</p> <p>AEDRescue</p> <p>Go Red -</p> <p>21 Day Challenge -</p>	<p>Teacher - heart attack at Marcus. Student got help. Nurse and principal administered CPR and AED. The third this school year.</p> <p>This initiative brings awareness especially to women. One recent death, a woman thought she had back pain and it was a heart issue. Difference between heart attack and cardiac arrest - Melanie explained the differences</p> <p>Robin Fry reported that 4900 elementary students signed up for 2017 event. Medical City Dallas started. Students/parents agree to complete a Pre-survey and</p>	<p>Informational</p> <p>Informational</p> <p>Informational</p>	

	<p>post-survey committed to choosing healthy snacks. Totally voluntary program with The Colony HS culinary students creating some of the recipes for program.</p>		
<p>Adjourned at 7:20 p.m.</p>	<p>Adjourned at 8:08 p.m.</p>	<p>Next meeting will be at 7:00p on April 5th</p>	