

Grapevine-Colleyville ISD School Health Advisory Council

Meeting Minutes

September 11, 2017

Members Present:

Dida Abrahams (P)	Rachna Agrawal (P)	Lisa Austin (P)	JoAnna Avakian (P)
Courtney Birdwell (P)	Laura Brookover-Yabarra (D)	Jennifer Brown (P)	Tara Caldwell (P)
Anita Clayton (D)	Tanginika Cuascud (Chair) (P)	Jennifer Dagnan-Bargy (P)	Robin Davis (D)
Emily Emmet (P)	Tisha Ghormley (P)	Ashli Hall (P)	Rachel Harper (D)
Emberly Hill (D)	Megan Holladay (Vice-Chair) (P)	Staci Houglund (P)	Amy Howard (D)
Valerie Kunert (P)	Marisa Livingston (P)	Mindy Matlock (P)	Nicole Naja (P)
Mary Newlun (D)	Donna Price (P)	Jennifer Richard (P)	Mindy Russell (P)
Lesley Taylor (P)	Alex Thomas (P)	Lisa Thorn (P)	Nicki Tieken (P)
Julie Touchstone (P)	Joe Troutman (P)		

Members Absent:

Toni Bourgeois (D)	Kim Cooper (P)	Jennifer Ditto (P)	Jennifer Ditto (P)
Sara Gergely (P)	Annie Hedgpeh (P)	Sadi Leverett (P)	Camille Matthews (D)
Carissa Meyer (P)	Sandra Moses (C)		

Visitors Present:

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P = Parent D = District Employee C = Community Member

Agenda Item	Discussion/Actions	Follow-up
Call to Order	Chair called meeting to order at 8:34 am.	N/A
Roll Call	Members signed in. Parents, District Employees, and community members present. Quorum met.	N/A
Welcome/ Introductions	Members introduced themselves.	N/A
Approval of Agenda	Agenda approved by common consent.	N/A
Approval of 5/1/17 Minutes	The minutes from 5/1/17 special meeting were presented; a motion was made and seconded to approve; the minutes were approved without audible dissent.	N/A
Open Forum	Open Forum: Any concerns for SHAC: <ul style="list-style-type: none"> Question about the process for becoming a member of SHAC. Amy Howard addressed the question with details about becoming a SHAC voting member. 	
Approval of 2017-18 Meeting Dates	9/11/17; 11/13/17; 2/12/18; 4/9/18—8:30-10:00 a.m. Motion to approved and seconded; dates approved without audible dissent.	N/A
Teen Life	Support for at-risk youth. Presentation by Chris Robey, COO of Teen Life — rescheduled for a later SHAC meeting.	N/A

Teen Screen	<p>Presentation by Robin Davis, Student Advocate, CHHS</p> <ul style="list-style-type: none"> • Student survey to help identify any students that might have suicidal ideations or previous attempts at suicide. • In the past Teen Screen has been administered to 9th graders, because 9th grade is an especially stressful time; students would be assessed during their science classes; Teen Screen staff has access to the data that the students give. With 9th graders, it helps the counselors at the HS begin to build rapport with students at the beginning of their time in HS. • Teen Screen requires an "active consent", which means that parents have to send the form back in if they want their kids to participate. 	N/A
Electronic Screen Time Presentation	<p>Presentation by Gretchen Oldt, CES parent</p> <ul style="list-style-type: none"> • Discussion of the effects of blue light on the eyes of youth. • Digital screen time: computers, tablets, laptops, TVs, etc. • Studies are beginning to show that adults who are exposed to harmful blue light is causing macular degeneration at higher rates than in the past. • 60% of people today spend more than 7 hours on digital devices. • Children's eyes are still developing, and because of this they are more at risk of eye-strain. • What can be done? <ul style="list-style-type: none"> • 72% of adults are unaware of the risks, so education on the risks of digital screen time is necessary. • Use of blue blocker screen film on devices will help to reduce the negative effects. (Need to have 100% of HEV [blue violet light] blocked by screen film or glasses.) Also, some devices have a feature to reduce blue light. • More than 2 hours puts a person at risk for eye strain and eye fatigue; more than 3 hours puts a person at risk of digital eye strain. • Motion to establish a subcommittee to study blue light effects; motion seconded; signup sheet; subcommittee to report to SHAC and to GCISD School Board. 	N/A
Announcements	<ul style="list-style-type: none"> • Videos to be shown on 10/3/17 4th & 5th grade puberty at Central Admin. Board Room. • Aim for Success parent preview this 9/13/17 from 9:30-11:30, and on 9/14/17 beginning at 6:00 p.m. • Play It Safe middle school parent preview is 9/28 at Central Admin. board room • Parenting center will be at GES Tuesday, Sept. 26, at 6:30, to give a presentation on bullying. • Next Meeting: November 13, 2017 	8:30 a.m. at PDEC, Mustang Corral
Adjournment	The meeting was adjourned at 9:40 a.m.	N/A

Respectfully Submitted,

Joe Troutman
Secretary
SHAC