

**Fairfax County School Board's  
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)  
MEETING AGENDA for September 18, 2019  
7:00 pm-9:00 pm, Conference Room 1600, Gatehouse Administration Center**

- |   |                |
|---|----------------|
| 1. Call to Order  | Phyllis Payne  |
| 2. Approval of Prior Meeting Minutes (5.5.19)   | Committee      |
| 3. Public Comment, if any   | TBD            |
| 4. FCPS Updates   | Teresa Johnson |
| 5. Elections for SY19-20:   | Committee      |
| <ul style="list-style-type: none"> <li>➤ SHAC Co-Chair and Secretary Committee</li> </ul> |                |
| 6. Discussion of action steps and/or language for committee to consider                   | Committee      |
| 7. Questions, Comments/Additional Business from Committee                                 | TBD            |

**Meeting Dates:**

**Meeting Location:**

October 16, 2019	GAC Conference Room 1600
November 20, 2019	GAC Conference Room 1600
December 18, 2019	GAC Conference Room 1600
January 15, 2020	GAC Conference Room 1600
February 19, 2020	GAC Conference Room 1600
March 18, 2020	GAC Conference Room 1600
April 15, 2020	GAC Conference Room 1600
May 20, 2020	GAC Conference Room 1600

\*May 27, 2020

School Board Work Session, End of Year  
Committee Report; 6:00 p.m.; Gatehouse, Room  
1600

**Committee Charge:** The FCPS School Board hereby charges the School Health Advisory Committee with reviewing factors impacting overall student health and social-emotional wellness, including student safety/school climate, nutrition, physical activity, sleep, school day screen-time, and middle school start times.

## School Health Advisory Committee Meeting Minutes

**DATE: 9/18/19**

**Call to Order:**

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on September 18, 2019 at 7 pm by Phyllis Payne, Chairman. The meeting was held in room 5055 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

**Members in Attendance:**

P	Bartus, Camille	A	Johnson, Teresa	A	Nash, Diana	P	Sheipe, Theresa
P	Chamberlain, Amber	P	Daugherty, Karim	P	Payne, Liz	A	Stiller, Carol
A	Durán, Francisco	P	Papneja, Shreya	P	Payne, Phyllis	P	Thompson, Joe
P	Van Breda, Adriana	P	Michelback, Richard	P	Pekarsky, Stella	P	Trouton, Lorraine
P	Evans, Sandy	A	Danner, Kara	P	Presson, Teresa	A	Whiting, David
P	Hemmat, Joanna	A	Lyon, Libby	P	Skurpski, Lea	P	Yo, Seung Je
P	Jacobs, Lori	A	Kate Garrson	P	Spanier, Holly	A	Stiller, Carol
				P	Spears, Jennifer		

**P=Present    A=Absent**

1. Call to Order
2. Approval of Prior Meeting Minutes: Phyllis Payne asked to review minutes. Lorraine Trouton made motion to approve minutes. Holly Spanier seconded the motion. Vote was taken. All approved.
3. Public Comment: No public commenter present.
4. Discussion of Topics for Review as a Result of this Meeting

FCPS Staff Responses to SHAC end of year recommendations (May 2109) were reviewed.

Lori Jacobs asked if University experts were being consulted about benefits of caps to AP and IB courses as well as detriments to not having caps in those courses. Sandy Evans will bring back to Superintendent Scott Brabrand. Amber Chamberlain shared concern that this will not be revisited by School Board until April 2020 work session. She suggested that bringing in experts before then could allow SHAC to supplement work of School Board and Superintendent.

Phyllis Payne shared her disappointment that adding the question to the Fairfax County, "Youth Survey" of "During the past 30 days, have you ever nodded off or fallen asleep, even just for a brief moment, while driving?" She also shared that her father was seriously injured by a driver who fell asleep at the wheel and she was also almost hit by a drowsy driver. Asking the question draws attention to the problem. Jenn Spears asked to review information from the study referenced by Phyllis Payne during the meeting and asked for clarification of when we could revisit asking the question in the Youth Survey.

Phyllis Payne asked what FCPS does when a student is found to have vaping materials. The SR&R is focusing more on helping students when they are caught. Lea Skurpski said FCPS now has Substance Abuse and Prevention Specialists (SAPs). Stella Pekarsky said there had been a discrepancy of how students were responded to by principals; some provided help; some were just punitive. Shreya Papneja shared her opinion that 75% of students at Langley have them. Phyllis Payne asked how the vaping smoke/steam was not noticed in schools. Theresa Presson explained that it dissipates quickly and the smell does not remain like it does with cigarettes. Phyllis Payne proposed this committee focus on this health concern this year. Stella Pekarsky said the Fairfax County PTA is focusing on Parent Training. Theresa Presson suggested someone come out to train us. Adriana van Breda shared she has people to suggest. Joanna Hemmat shared that the Fairfax County Health Department has developed training kits being used by the Public Health Nurses that show examples and

offered an opportunity for a presentation to SHAC. Liz Payne and Richard Michelback read from the current SR&R about the definition and responses. Joe Thompson shared that over the last few years it has been difficult to communicate SR&R and Participation Policy information with parents. This year it combines the Participation Policy and SR&R. It no longer addresses off school grounds. Complicating factor is that these items may be laced with drugs, ie: marijuana. Current model is not as punitive as it was in the past, now students are referred to substance abuse counseling. If determined student needs more support than in-school, they may have community resources suggested. Schools cannot mandate out of school therapy. Another complication is distribution, is this single use? Multiple use?

Sandy Evans pointed out survey results show smoking has gone down significantly so whatever we did for that, we need to do for vaping. Amber Chamberlain said she is concerned by the rapid increase of vaping. It is important to make our internal teams more aware. Based on Shreya Papneja's example, it sounds as though we're not seeming to be stopping this. Phyllis Payne pointed out there is a student group that is anti-vaping and perhaps we could bring them in to see how we might spread to the rest of our schools. Stella Pekarsky knows of the Chantilly group and will share with Phyllis Payne. Joe Thompson said there is a silent group of parents that are very upset by the presence of vaping at schools. He said they have found it on the face of a watch and staff can't be taking away watches. It's difficult to find and the new state law is helpful.

Phyllis Payne directed us back to response 3 of May 29<sup>th</sup> staff response. A vendor is used to manage the Fairfax County Youth Survey. The vendor is through Indiana and there is a cost of \$40,000. A version has the word sleep. We are not sure which version. Sandy Evans asked that Phyllis Payne share the link she sent her. Phyllis Payne asked Lea Skurpski to request a presentation for the group on the Fairfax County Youth Survey. Jennifer Spears asked that the committee review the information prior to the presentation because there is a lot of information. The link for the Fairfax County Youth Survey will be shared prior to the presentation.

Phyllis Payne shared there is a scheduled meeting for ideas for adding recess to Poe, Glasgow, and Holmes. Sandy Evans said she represents this area and principals are concerned about the complications. Stella Pekarsky is aware that Loudon County has some guidelines. Sandy Evans challenged us to consider what this committee's goal is: free time, outdoor time, flexibility. Second Chance breakfast programs might help schools create an opportunity for a break.

Lori Jacobs said there is an element to having time outdoors. Stella Pekarsky pointed out that the social aspect is important. Karim Daugherty pointed out that there are good things already in place at schools. She gave some examples from Glasgow. Phyllis Payne and Stella Pekarsky said we should hear more of what is working because that's the goal.

Staff response #5 was discussed and Karim Daugherty asked for clarification of purpose. Amber Chamberlain said it sounds like rebranding is needed because Karim Daugherty pointed out three staff members end up being voluntold.

Screen Time was spoken about by Amber Chamberlain because someone came out to speak to SHAC last year about the detriment of screen time. Shreya Papneya shared that she and her friends don't like having to have all school work happen through their assigned laptops. For one thing, they're heavy and they have to carry them everywhere.

Plan for next time: Youth Survey presentation, vaping, screen time & functionality of laptops, review the SHAC charge and stress related to gun violence, IB & AP caps.

**Adjournment: 9:02 pm**

**Meeting Handouts: School Health Advisory Committee Staff Response**

**Meeting Notes Drafted by: Karim Daugherty**

**Fairfax County School Board's  
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)  
MEETING AGENDA for October 16, 2019**

**7:00 pm-9:00 pm, Conference Room 5055, Gatehouse Administration Center**

- |   |                |
|---|----------------|
| 1. Call to Order  | Phyllis Payne  |
| 2. Approval of Prior Meeting Minutes (9.18.19)                          | Committee      |
| 3. Public Comment, if any   | TBD            |
| 4. FCPS Updates   | Teresa Johnson |
| 5. Fairfax County Youth Survey Presentation                             |                |
| ➤ Dr. Dede Bailer, Coordinator Psychological Services                   |                |
| 6. Discussion of action steps and/or language for committee to consider | Committee      |
| 7. Questions, Comments/Additional Business from Committee               | TBD            |

**Meeting Dates:**

**Meeting Location:**

November 20, 2019  
December 18, 2019  
January 15, 2020  
February 19, 2020  
March 18, 2020  
April 15, 2020  
May 20, 2020

GAC Conference Room 1600  
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GAC Conference Room 5055  
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\*May 27, 2020

School Board Work Session, End of Year  
Committee Report; 6:00 p.m.; Gatehouse, Room  
1600

**Committee Charge:** The FCPS School Board hereby charges the School Health Advisory Committee with reviewing factors impacting overall student health and social-emotional wellness, including student safety/school climate, nutrition, physical activity, sleep, school day screen-time, and middle school start times.

## School Health Advisory Committee DRAFT Meeting Minutes

DATE: October 16, 2019

### Call to Order:

The regular meeting of the Fairfax County School Boards School Health Advisory Committee was called to order on October 16, 2019 at (7:05) pm by Phyllis Payne, Chairman. The meeting was held in room 5055 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

### Members in Attendance:

		P	Hemmat, Joanna	P	Payne, Phyllis	A	Stiller, Carol
A	Bartus, Camille	P	Jacobs, Lori	P	Pekarsky, Stella	P	Thompson, Joe
A	Chamberlain, Amber	P	Johnson, Teresa	A	Presson, Teresa	P	Trouton, Lorraine
P	Danner, Kara	P	Lyon, Libby	P	Skurpski, Lea	A	Van Breda, Adriana
A	Daugherty, Karim	P	Michelback, Richard	P	Spanier, Holly	A	Whiting, David
A	Duran, Francisco	A	Nash, Diana	A	Spears, Jennifer	A	Yo, Seung Je
A	Evans, Sandy	P	Papneja, Shreya	P	Sheipe, Theresa		
A	Garsson, Kate	P	Payne, Liz	A	Smith, Ann		

P=Present A=Absent

1. Call to Order 7:05 PM
2. Approval of Prior Meeting Minutes: Lorraine Trouton made a motion to approve. Minutes passed with no objection.
3. Public Comment: None
4. Committee Updates:

### FCPS Updates:

- The Fall 2019 Wellness Newsletter was recently sent out to the community and is available on the SHAC webpage. Information is also available on the webpage to allow the public to subscribe to receive these newsletters.
- R2100 has been updated to address elementary daily recess. The recess requirements are now aligned to the requirements in the Code of VA and R3218.
  - Specifics: Section III B. 1 D has been revised to state "Supervised recess will be provided to all elementary school students daily, as specified in Regulation 3218, during which physical activity is encouraged. Recess will complement, not substitute for, physical education class. Recess will be scheduled before lunch to the extent possible.
  - See also R3218: *Elementary School Art, General Music, and Physical Education Programs*, is overseen by ISD.
- The SB passed a new policy (P2112) on October 10, 2019 to address the storage and distribution of CBD and THC-A oils, as required by the Code of VA (effective July 1, 2019). R2102 has been reviewed, in collaboration with the Fairfax County Health Department (FCHD), to require the appropriate documentation from the prescribing physician, a current Health Care Plan and the Medication Authorization form.
- FCPS staff has worked collaboratively to develop a [Health and Wellness](#) Ignite Partnership website, which is now live. This allows for a new Health and Wellness platform that will be used to encourage and promote health and wellness partnerships within the community. This information is accessible on the Ignite partnership website and is also accessible from the SHAC web page.

### Recess Updates:

- T. Sheipe shared that schools are implementing mandatory 30 minutes of recess in various ways that work for their school communities. Some schools have one long recess, while other schools have two

shorter recesses. Some schools with two recess breaks provide one is indoors, while the other is outdoors. Recess should not be used as a punishment. Parents also do not approve of mandatory running at recess. When there are concerns, first contact the teacher; then principal; then Region Assistant Superintendent. Previously, the next level of contact was Dr. Brabrand. Now, the next level of contact should be the FCPS Ombudsman. Some schools have piloted a morning “break” or “second chance breakfast”/brunch time, which would be slightly longer than the time between passing periods. P. Payne attended the recess meeting, which included Sean D. Rhodes – President of Middle School Principals Association and Principal of Glasgow. There is a social element to unstructured breaks, that may not be sufficiently available in passing periods. FCPS staff is listening to parents concerns and seeking ways to provide social opportunities for 6<sup>th</sup> grade and middle school students.

- S. Papneja shared that Langley High School is implementing Second Chance Breakfast, potentially adding 15 or more minutes. She is part of a group that is trying to offer oatmeal during the Second Chance Breakfast.

5. Review of Fairfax County Youth Survey

Dr. Dede Bailer

Dr. Bailer, Coordinator of Psychological Services, reviewed a summary presentation of the 2019 Fairfax County Youth Survey. Several topics elicited significant Committee discussion. Regarding Vaping, T. Johnson stated FCPS has a goal of having a substance abuse prevention specialist in every school. Right now, FCPS has 18 substance abuse prevention specialists for the [26] pyramids. H. Spanier suggests contacting Angelina Harris at Insight Into Action for adolescent cessation services.

Stress was another topic of discussion. The survey question on stress implies a critical view. Dr. Bailer stated that some personalities work best with stress, e.g. deadlines. Some stress can be healthy. Stress alone is not negative. Individuals responses can be negative.

6. Discussion of Topics for Review as a Result of this Meeting

Phyllis Payne

P. Payne asks what should be the priorities of our Committee this year? We might plan to break into sub-committees to make the best use of our limited meeting time.

**Vaping:** Our Committee has requested a presentation from the Fairfax County Health Department relating to vaping. Staff from the Health Department will present on vaping and severe lung illness at the next meeting. Although the Health Department requested one hour, P. Payne is inclined to limit presentation to thirty minutes, because FCPS already has this on their radar, and we have other presentations planned. T. Johnson recommended 40-45 minutes. H. Spanier and J. Thompson would like a longer presentation. J. Thompson says principals might want to get the message out that drinking and vaping falls into the “very wrong” category. Is the community sending mixed messages to students about whether marijuana usage is wrong? Exposure and access to substances changes as the kids get older. Kids should be prepared in how to respond and encouraged to know their self-worth to better avoid risky behaviors.

**3-to-Succeed:** T. Johnson would like the Committee to focus on this program this year and to provide timely ideas to support this new program (established Fall 2018). FCPS wants help in messaging this to parents and school communities. P. Payne thinks this would be a good area of coordination. Could a sub-committee explore avenues such as religious institutions, Boy Scouts, Girl Scouts, etc? T. Johnson is attending the High School Principal association meeting tomorrow. She or J. Thompson could discuss 3 to Succeed rollout opportunities. P. Payne stated that we could try to work on messaging ideas for families. T. Sheipe and H. Spanier think messaging from teachers is most persuasive to parents. FCPS has a plan to hit it from the school side. Nutrition, Sleep and Exercise could be components of this.

**Social and Emotional Learning:** The influence of social and emotion learning as a complement to academic learning. Bailer suggests that this could be an interesting area for the Committee to focus. Many of the Portrait of a Graduate elements relate to social and emotional learning. This could be an area of impact.

**Stop the Bleed:** We will have a fifteen-minute presentation next week during SHAC from committee member Adriana Van Breda. This topic was brought this up during our first meeting. Stop the Bleed is a crisis response program to help give tools to bystanders in emergency situations such as school shootings. There is a physical kit that is distributed. The kit can be purchased on Amazon as well.

**Food and Nutrition Services:** L. Lyon is interested in promoting using cafeteria spaces as social and communal events similar to recess.

7. Questions, Comments/Additional Business from Committee      TBD

**New Business:**

**Motions:** L. Trouton moved to cancel the December meeting. T. Sheipe seconded the motion. The motion carried. The December 2019 SHAC meeting will be cancelled.

**Adjournment: 9:05**

**Meeting Handouts:** Youth Survey Fact Sheet; Executive Summary

**Meeting Notes Drafted by: Lori Jacobs**

**Fairfax County School Board's  
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)  
MEETING AGENDA for November 20, 2019**

**7:00 pm-9:00 pm, Conference Room 1600, Gatehouse Administration Center**

- |   |                   |
|---|-------------------|
| 1. Call to Order  | Phyllis Payne     |
| 2. Approval of Prior Meeting Minutes (10.16.19)   | Committee         |
| 3. Public Comment, if any   | TBD               |
| 4. FCPS Updates   | Teresa Johnson    |
| 5. Information on Stop the Bleed Program  | Adriana Van Breda |
| 6. Fairfax County Health Department Presentation  |                   |
| <ul style="list-style-type: none"> <li>➤ Vaping Display, Kristy Vitter and Gail Zukosky, Public Health Nurses, School Health Promotion Team</li> <li>➤ Lung Related Illness Associated with Vaping, Dr. Ben Schwartz, Division Director, Population Health and Epidemiology</li> <li>➤ Youth Risk Survey Data Analysis on Vaping, Rene Najera, Epidemiologist III, Substance Use and Mental Health Program Manager</li> </ul> |                   |
| 7. Discussion of action steps and/or language for committee to consider   | Committee         |
| 8. Questions, Comments/Additional Business from Committee   | TBD               |

**Meeting Dates:**

**Meeting Location:**

January 15, 2020  
February 19, 2020  
March 18, 2020  
April 15, 2020  
May 20, 2020

GAC Conference Room 5055  
GAC Conference Room 1600  
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\*May 27, 2020

School Board Work Session, End of Year  
Committee Report; 6:00 p.m.; Gatehouse, Room  
1600

**Committee Charge:** The FCPS School Board hereby charges the School Health Advisory Committee with reviewing factors impacting overall student health and social-emotional wellness, including student safety/school climate, nutrition, physical activity, sleep, school day screen-time, and middle school start times.



**School Health Advisory Committee DRAFT Meeting Minutes**  
**DATE: November 20, 2019**

**Call to Order:**

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on (11/20/19) at 7:03 pm by Phyllis Payne, Chairman. The meeting was held in room 1600 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

**Members in Attendance:**

P	Bartus, Camille	P	Hemmat, Joanna	P	Payne, Phyllis	P	Sheipe, Theresa
P	Chamberlain, Amber	P	Jacobs, Lori	A	Pekarsky, Stella	P	Smith, Ann
P	Danner, Kara	P	Johnson, Teresa	P	Silvia-Torma, Brenda	P	Stiller, Carol
P	Daugherty, Karim	P	Lyon, Libby	P	Skurpski, Lea	P	Thompson, Joe
A	Durán, Francisco	P	Michelback, Richard	P	Spanier, Holly	P	Trouton, Lorraine
A	Evans, Sandy	P	Nash, Diana	P	Spears, Jennifer	P	Van Breda, Adriana
A	Garsson, Kate	A	Papneja, Shreya	P	Payne, Liz	A	Whiting, David
		P	Liz Payne			A	Yo, Seung Je

**P=Present    A=Absent**

1. Call to Order    7:03 pm
2. Approval of Prior Meeting Minutes (October 2019): Lorraine Trouton made a motion to approve; Karim Daugherty seconded and all moved to approve.
3. Public Comment: Jenna White shared information on becoming a more trauma informed school system. Referenced information from Centers for Disease Control (CDC) and Adverse Childhood experiences (ACES) and asked to be invited to present at a future meeting.
4. FCPS Updates:

Lea Skurpski reminded everyone that SHAC voted not to meet in December. We are planning our next agenda for January. We will have a 30 minute presentation by School Social Work and School Psychology Services on trauma-informed care.

Committee members shared around the table how they are working in the area of health. Libby Lyon shared that FCPS opened its 91<sup>st</sup> salad bar today at Silver Brooke ES. Lorraine Trouton shared we are looking at a menstrual equity program pilot and immunizations. Teresa Johnson shared we now have one health specialist to support each region (5). Trauma Informed Training information has been used to train schools, especially Title I Schools. Liz Payne is retiring on Friday. Emotional/Social Learning will be a future focus, as well as vaping, in Health. Holly Spanier shared information about a Breast Feeding Program and Reach Institute. Camille Bartus (employee wellness), shared FCPS has a concierge style employee service; outreach-stress response goes out to schools, when needed; we are providing flu clinics, free biometrics, diabetes and sleep education for staff; a panel on sleep will live stream in Jan/Feb, including health effects of lack of sleep with a cardiologist. Amber Chamberlain (AAP parent w/ behavioral health background), is concerned with opioid use in metro area. Theresa Sheipe wants more free play for students and healthy eating. Kara Danner-recess advocacy and trauma in-

formed education are concerns. Dana Nash (chef) interested in allergies. Joanna Hemmat shared pregnancy through school age focus; strengthening home-visiting program; supporting breast feeding program, starting in hospital. Adriana van Breda (school nurse at Lab School and FCPS parent) wants nurses at every school; Stop the Bleed Program instructor and wants to convince FCPS to have staff/students trained. Jenn Spears (Intervention Prevention Services) supports crisis screenings, etc. Phyllis Payne (writes and plans health education programs) just ran a presentation for Superintendents and community members on later high school start times (reached 50 districts).

#### 5. Information on Stop the Bleed Program

Adriana van Breda presented. Shared information on a school in middle of country student where a student fell from top of slide, broke bone and it punctured an artery. Emergency response was far away. The nurse used her knowledge of tourniquet use to save the student's life. This program is not just about school shootings. This is about empowering others to save lives before emergency response arrives. Traumatic injury is leading cause of death for those under the age of 46. Death due to traumatic injury can happen in less than 5 minutes. Stop the Bleed Kits could be located where AEDs are. It was recommended that there should be at least three people in building who know how to do this. School nurses should all be trained. The idea is that anybody can learn this.

Joanna Hemmat shared some nurses have received Stop the Bleed training on their own. There is talk of looking into having nurses and school health aides trained.

Teresa Johnson shared that she can have this discussion with those working with FCPS and the Health Department. Public Health Nurses and School Health Aides are employees of the Health Department, not FCPS.

Carol Stiller asked about what FCPS is doing to address mental health associated with stopping the bleed or trauma.

#### 6. Fairfax County Health Department Presentation on Vaping and Lung Related Illness:

The Health Promotion Team is part of school health team and also works with health promotion activities. Vaping Display, developed by Public Health Nurses, School Health Promotion Team. The display was taken to the Mental Health and Wellness Conference and many congregated around display. Only takes 3-5 puffs to become addicted. Focused on vaping since November of 2018. By March 2019, piloted "Catch My Breath" program with 6<sup>th</sup> graders in Kings Glen ES. June 2019, shared the vaping display. Some info targeted for parents, some geared towards students. Posters were shared that will be displayed in school health rooms. QR Codes on posters are linked to the website as a way to provide up-to-date information. Facebook Live segment on vaping; found on Health Department Website. <https://www.facebook.com/fairfaxcountyhealth/>

Presentation: Lung Related Illness Associated with Vaping, Dr. Ben Schwartz, Division Director, Population Health and Epidemiology

Presentation: Youth Risk Survey Data Analysis on Vaping, Rene Najera, Epidemiologist III, Substance Use and Mental Health Program Manager

Stefan Mascoll, FCPS Coordinator Student Safety and Wellness, shared information with the group regarding what FCPS is doing to address vaping. FCPS has collaborated and coordinated with the FCHS and has sent our joint messaging to the community to address vaping. Information is also available at [www.fcps.edu](http://www.fcps.edu).

7. Discussion of action steps and/or language for committee to consider

- Consider having vaping booths with vaping display at large school events.
- Holly Spanier shared that at her latest conference, it was shared that there is nothing preventive that is evidence-based at this time to address vaping.
- Teresa Johnson shared there has been much discussion between FCPS, the Health Department and community partners she frequently shares out our efforts to address vaping.
- Phyllis Payne suggested at year's end we have a summary of talking points on this topic so community members know the level of effort happening by FCPS.

8. Questions, Comments/Additional Business from Committee

See #7

**Adjournment: 8:59**

**Meeting Handouts: "Let's Clear the Air" cards were shared and so were the two presentations: vaping and youth survey and vaping/smoking.**



Vaping and lung  
injury\_SHAC\_11-20-1



Vaping Youth  
Survey Najera.pptx

**Meeting Notes Drafted by: Karim Daugherty**

**Fairfax County School Board's  
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)  
MEETING AGENDA for January 15, 2020**

**7:00 pm-9:00 pm, Conference Room 1600, Gatehouse Administration Center**

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|---|----------------|
| 1. Call to Order  | Phyllis Payne  |
| 2. Approval of Prior Meeting Minutes (11.20.19)                                       | Committee      |
| 3. Public Comment, if any   | TBD            |
| 4. FCPS Updates   | Teresa Johnson |
| 5. Trauma Informed Care Presentation  |                |
| ➤ Mary Jo Davis, FCPS Coordinator Social Work Services                                |                |
| ➤ Laura Thieman, FCPS Social Worker Supervisor  |                |
| ➤ Leigh Henderson, FCPS School Psychologist   |                |
| ➤ Jenna White, FCCPTA Representative to the Fairfax Trauma Informed Community Network |                |
| 6. Discussion of action steps and/or language for committee to consider               | Committee      |
| 7. Questions, Comments/Additional Business from Committee                             | TBD            |

**Meeting Dates:**

**Meeting Location:**

February 19, 2020  
March 18, 2020  
April 15, 2020  
May 20, 2020

GAC Conference Room 1600  
GAC Conference Room 1600  
GAC Conference Room 5055  
GAC Conference Room 1600

\*May 27, 2020

School Board Work Session, End of Year  
Committee Report; 6:00 p.m.; Gatehouse, Room  
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**Committee Charge:** The FCPS School Board hereby charges the School Health Advisory Committee with reviewing factors impacting overall student health and social-emotional wellness, including student safety/school climate, nutrition, physical activity, sleep, school day screen-time, and middle school start times.

## School Health Advisory Committee Meeting Minutes

**DATE: January 15, 2020**

### Call to Order:

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on (January 15, 2020) at (7:03) pm by Phyllis Payne, Chairman. The meeting was held in room 5055 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

### Members in Attendance:

P	Bartus, Camille	P	Hemmat, Joanna	A	Pekarsky, Stella	P	Sheipe, Theresa
A	Chamberlain, Amber	P	Jacobs, Lori	P	Reynolds, Carrie	P	Smith, Ann
P	Danner, Kara	P	Johnson, Teresa	P	Silvia-Torma, Brenda	P	Stiller, Carol
P	Daugherty, Karim	A	Lyon, Libby	P	Sizemore Heizer, Rachna	P	Thompson, Joe
A	Durán, Francisco	P	Michelback, Richard	P	Skurpski, Lea	P	Trouton, Lorraine
		P	Nash, Diana	P	Spanier, Holly	A	Van Breda, Adriana
A	Garsson, Kate	P	Papneja, Shreya	P	Spears, Jennifer	A	Whiting, David
		P	Payne, Phyllis			P	Yo, Seung Je

**P=Present    A=Absent**

1. Call to Order-Phyllis Payne
2. Public Comment: NA
3. Approval of Prior Meeting Minutes: Carol Stiller asked for amendment be made to adjust the minutes regarding Stop the Bleed. Motion made by Ann Smith to approve with amended minutes, seconded by Lorraine Trouton. Unanimously approved.
4. FCPS Updates:
  - a. FCPS earned CHESPRA Award – recognized for Vaping Website;
  - b. Wellness Newsletter for Winter-accessible on SHAC page;
5. Trauma-Sensitive Professional Development & Partnerships presentation: Deborah Scott, Director of Intervention & Prevention was introduced. Mary-Jo Davis, FCPS Coordinator Social Work Services; Laura Thieman, FCPS Social Worker Supervisor; Leigh Henderson, FCPS School Psychologist; Jenna White, FCCPTA Representative to the Fairfax Trauma Informed Community Network. Topics addressed include:
  - \*Kognito-online simulation training program “Trauma-Informed Practices K-12”
  - \*Trauma 101-Trauma & Resilience Basics
  - \*Film Screenings & Facilitated Discussion: Resilience
  - \*Trauma Academy Course-Building a Trauma Informed Classroom
  - \*5500+school personnel have been trained including 235 principals
  - 2018-2019 Highlights
  - \*Over 2000 staff in 54 trainings
  - \*Building a Trauma-Informed Classroom Academy Course
  - \*Early Childhood ACE Pilot & Education
  - \*Trauma-Sensitive Schools: A Resource Guide

Phyllis Payne asked Jenna White and Mary Jo, “What’s your wish list?” Responses included:

- Add positions such as more FCPS Social Work Supervisors
- Don’t silo – make this a multi-disciplinary/multi-department responsibility to create buy-in
- Allow calendar time for training

- Teachers need more time for self-care and to integrate and process trauma-informed practices – to support one another
  - Allow a training option that is less time consuming than the full Academy Course, but more extensive than the brief “101 training”
6. Draft wording for inclusion in SHAC’s final report was presented:

### Stop the Bleed

*Stop the Bleed* is one of our nation's largest public health campaigns to encourage bystanders to become **trained, equipped, and empowered to help in a bleeding emergency** before professional help arrives. It is essential that school nurses who are the first responders in schools, are aware of how to assess and control bleeding emergencies.

Uncontrolled bleeding is a major cause of preventable death. Approximately 4 in 10 trauma-related deaths worldwide are due to bleeding or its consequences, establishing hemorrhage as the most common cause of preventable death due to trauma. Traumatic injury is the leading cause of death for people below the age of 46. Thirty-five percent of pre-hospital deaths are due to blood loss. **Death due to traumatic bleeding can occur in less than five minutes. Emergency response times are typically longer than five minutes.** Of the 147,000 trauma deaths in 2014, 30,000 might have survived with appropriate care primarily control of bleeding.

*Stop the Bleed* training takes less than one hour. SHAC recommends that FCPS:

1. Ensure that all school nurses and at least three additional persons in each school building undergo *Stop the Bleed* training.
2. Include a Bleeding Control Kit in all school buildings (that includes a Combat Application Tourniquet and Hemostatic gauge) with every AED.
3. Include a CAT tourniquet in school nurses’ “Go bags.”

Committee and staff comments included:

- Fairfax County and FCPS are talking about Stop the Bleed. Lorraine Trouton shared she is currently working with other offices to gather that data. Joanne Hemmat explained that this is a multiagency task.

Comments for consideration in revision to the draft language included the following:

- Joanna Hemmat shared that nurses are not first responders in the schools due to FCPS not having a nurse at every school;
- Lorraine Trouton described that currently each school has many more than three required staff to respond to anaphylaxis and mentioned staff training requirements;
- Lea Skurpski shared that Stop the Bleed Kits are around \$75 and there is an expiration and replacement cycle; Teresa Shiepe multiplied this number by the number of schools noting that the expensive is relatively small when considering the overall budget.
- Carol Stiller suggested we refocus on where kits would be located because in an emergency the students and staff might be locked down in the classrooms;
- Rachna Sizemore Heizer suggested that it would be helpful to have data with regard to bleeding injuries that occur in school buildings/on school grounds.

Phyllis Payne moved to table consideration of the draft wording for a future meeting when SHAC has additional information about Fairfax County and FCPS plans. SHAC members concurred.

### Vaping Prevention or Cessation\*

Results from the National Youth Tobacco Survey (NYTS) 2019 demonstrates that an estimated 27.5 percent (20.8 percent in 2018) of high school students and 10.5 percent of middle school

students self-reported use of e-cigarettes in the past 30 days. FCPS youth survey data from 2018 demonstrate that **one of every five students (19.8 percent) in grades 8, 10, and 12 have used e-cigarettes in the last 30 days**, which is relatively on par with national numbers.

These increasing numbers are concerning because **the adolescent brain is particularly susceptible to nicotine addiction**. At this point there are limited FDA approved age-appropriate pharmacologic resources. Addiction resources are also limited.

SHAC recommends that **FCPS prepare to address the coming larger problem of nicotine addiction** from the increasing rate of e-cigarette use in our community.

### Prevention

- 1) Use prevention efforts as a first line of defense, including **health lessons** about the dangers of vaping **starting in elementary school**.
- 2) Include outreach and education of parents/guardians so they can be part of the prevention efforts and conversations.

### Screening and Cessation

- 1) Identify youths who are at risk for nicotine addiction or who are already addicted. Administer screener such as “Hooked on Nicotine Checklist” to identify youths at risk and those who have already become addicted.
- 2) Develop a plan to help our students with cessation. (Focus on punitive discourse is not likely to help our students however there is room for integration of this within cessation programming.) There are 5 As of smoking cessation put out by the CDC. Those are:
  - a. ASK about tobacco use,
  - b. ADVISE smokers to quit,
  - c. ASSESS the readiness to quit,
  - d. ASSIST in creating a quit plan,
  - e. ARRANGE follow-up
- 3) Provide resources for students who are ready to quit. Offer programs for smoking cessation. Methodologies thus far deemed helpful include: Cognitive Behavioral Therapy and Mindfulness -integrated programs. Individual/group programs and other professional resources to help would include psychiatrists (pediatric and/or adolescent focused), and pediatricians.
- 4) Lessons can help students who aren't ready to quit by having them start thinking about quitting, providing reassurance and encouragement.

\*In the previous meeting, Phyllis Payne asked if FCPS staff could add a list of current FCPS activities related to vaping to SHAC's year-end report. Comments on the above draft, included:

- FCPS and Fairfax County Health Department are collaborating to address vaping in our schools.
  - Holly Spanier proposed that we postpone revision of the language to allow the county and school system staff to report back closer to SHAC's deadline for reporting to the school board.
  - Deborah Scott shared that FCPS is looking at who is being caught vaping and trying to catch students ahead of time. She said she and Stefan Mascoll would be happy to bullet current practices.
7. Discussion of action steps and/or language for committee to consider
    - \*Follow up on Stop the Bleed
    - \*Follow up on Vaping Prevention or Cessation Proposal
    - \*Phyllis Payne outlined plans to allow SHAC members time to work in smaller subcommittee groups on issues that fit under an umbrella of social emotional wellness:
      - Brain Breaks: Middle School Students
      - Screen Time
      - Sleep is foundational to health

Committee members discussed the subcommittees suggesting that:

- February meeting would include a short summary of FCPS' current activities with regard to emotional wellness.
- "Brain Break" should include high school students as well. Shawn DeRose would be a wonderful resource to share creative ideas implemented that also provide opportunities for social interaction; breakfast break; cafeterias as welcoming places could be an element of this group; students making connections with adults in the building (3 to Succeed).
- Screen time group could consider the following: Social Media & Depression Link; Cell phones in classrooms; Cyber Bullying; Timing of when homework is due.
- Sleep is foundational to health group could consider drowsy driving and middle school start times and collating the existing elements of policy and regulation that relate to sleep health.

Adjournment: 9:00pm

Meeting Handouts:

- Packet: Trauma-Sensitive Schools: Professional Development & Partnerships 2020
- ACEs Adverse Childhood Experiences: Special Presentation "Creating Resiliency by Understanding ACEs FCCPTA General Mtg; 1/5/2020 6:30pm Gatehouse Café
- Meeting Notes Drafted by: (Karim Daugherty)
- Draft wording about vaping and "Stop the Bleed" for consideration by SHAC



**Fairfax County School Board's  
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)  
MEETING AGENDA for February 19, 2020**

**7:00 pm-9:00 pm, Conference Room 1600, Gatehouse Administration Center**

- |   |                |
|---|----------------|
| 1. Call to Order  | Phyllis Payne  |
| 2. Approval of Prior Meeting Minutes (1.15.20)            | Committee      |
| 3. Public Comment, if any                                 | TBD            |
| 4. FCPS Updates   | Teresa Johnson |
| 5. FCPS and social emotional wellness                     | Jen Spears     |
| 6. Working Groups:  |                |
| ➤ <b>Brain breaks</b> for middle and high school students |                |
| ➤ <b>Screen time</b>                                      |                |
| ➤ <b>Sleep</b>  |                |
| 7. Report from working groups and next steps              |                |

**Meeting Dates:**

**Meeting Location:**

March 18, 2020  
April 15, 2020  
May 20, 2020

GAC Conference Room 1600  
GAC Conference Room 5055  
GAC Conference Room 1600

\*May 27, 2020

School Board Work Session, End of Year  
Committee Report; 6:00 p.m.; Gatehouse, Room  
1600

**Committee Charge:** The FCPS School Board hereby charges the School Health Advisory Committee with reviewing factors impacting overall student health and social-emotional wellness, including student safety/school climate, nutrition, physical activity, sleep, school day screen-time, and middle school start times.

**School Health Advisory Committee Meeting Minutes**  
**DATE: February 19, 2020**

**Call to Order:**

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on February 19, 2020 at 7:03 pm by Phyllis Payne, Chairman. The meeting was held in room 1600 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

**Members in Attendance:**

A	Alvarez, M. Cecilia	P	Jacobs, Lori	P	Reynolds, Carrie	P	Sheipe, Theresa
P	Bartus, Camille	P	Johnson, Teresa	P	Silvia-Torma, Brenda	P	Smith, Ann
P	Chamberlain, Amber	P	Lyon, Libby	P	Sizemore Heizer, Rachna	A	Stiller, Carol
P	Danner, Kara	P	Michelback, Richard	A	Skurpski, Lea	P	Thompson, Joe
A	Daugherty, Karim	P	Nash, Diana	A	Spanier, Holly	P	Trouton, Lorraine
A	Durán, Francisco	A	Papneja, Shreya	P	Spears, Jennifer	P	Van Breda, Adriana
A	Garsson, Kate	P	Payne, Phyllis	P	Stewart, Catherine	A	Whiting, David
P	Hemmat, Joanna	A	Pekarsky, Stella	P	Reynolds, Carrie	P	Yo, Seung Je

1. Call to Order Phyllis Payne

2. Approval of Prior Meeting Minutes (1.15.20) Committee

The committee agreed to adjust the style to increase the font. Motion to approve the minutes made by Lorraine Trouton, seconded by Holly Spanier. Unanimously approved.

3. Public Comment- NA

4. FCPS Updates Teresa Johnson

Wellness survey will go out to principals. Required report of our progress is expected.

5. FCPS and social emotional wellness Jenn Spears

Packet provided which reflects school based mental health resources for students through a tiered system of support. A Tiered Intervention Reference table was shared via a pyramid graphic, with less intensive services at the bottom and the most intensive services at the top tier.

Tier 1, or universal services are available to all students, Tier 2 services are typically presented via group counseling using evidenced-based curricula, and Tier 3 services are individually based and the most intensive. The tiered services described were not exhaustive of all supports available and are representative of what staff may elect to do across schools.

Question was posed regarding how this document aligns to the Wellness Policy. Ms. Spears shared it reflects many components of the Wellness policy, many of the school-based services described are requirements of other FCPS regulations/policies. The

committee reviewed the packet. The Mental Health and Wellness Conference is a representative event of the FCPS Wellness policy. More people are being reached at the conference as a result of the partnerships between INOVA Health Systems, Kaiser Permanente and FCPS, and bringing both medical and educational resources into the community in a school setting. Tenth grade students are required to take the online "Friend2Freind" Kognito training this year. Schools are encouraged to select other interventions and wellness activities each year based on reviewing their Fairfax County Youth Survey data results. FCPS expectation is all schools have wellness events and awareness events on a yearly basis. Kognito: Educators are taught signs & symptoms via online simulations, to help with adult/student interactions and offer appropriate resources. Kognito modules are online and available to all Fairfax County residents by setting up an account. Topics include building resilience, supporting military connected youth, bullying prevention, suicide prevention, and trauma informed practices.

In response to a question on Trauma Informed Training, Ms. Spears responded that given the scenarios, the behavior can be reviewed so it can be 'understood'. Ms. Johnson gave an example of the interactive nature of the program as the program goes step by step, what did you see?, how do you respond?, what would you do?, etc. Mr. Thompson shared an educator perspective, stating an educator can respond proactively, help diffuse a patterned behavior style, to help prevent escalation of behavior. The Trauma Informed Training is a new FCPS purchase this year. OUR MINDS MATTER CLUBS, a growing program in high schools, is student led and the hope is to have this group in every middle school over the next few years by adapting the curriculum for middle schoolers. The goal of the Our Minds Matter clubs is to foster connectedness, resources and mental health education to all students. Enrollment in the student strand at the Mental Health and Wellness conference climbed from 35 to about 90 participants this year. Last three entries listed in the packet for Tier 1 are website related resources.

Tier 3- Ms. Johnson shared about Short-term Behavioral Health Services available in 14 schools that provide 8-10 counseling sessions for students in the school setting. Three more schools (Whitman, Glasgow, Mt. Vernon Woods ES) will be receiving these services with a goal of getting to all schools in FCPS. She described how schools may refer or connect schools to the community services.

Ms. Spears shared information and resources described in the packet and presentation are is not exhaustive. Multi-tiered System of Supports (MTSS) helps across all components of student success; social emotional, behavioral and academic related concerns.

Ms. Chamberlain requested clarification of Collaborative for Academic, Social, and Emotional Learning (CASEL), it was described as the leading edge of social emotional learning. A violence prevention grant was awarded to FCPS and additional trainings will be developed to expand to more stakeholders-to include parents, students, and staff. The purpose of the trainings is to identify behaviors of concern or that might lead to violence earlier in students, before a behavior occurs. The stakeholder trainings will be piloted in grades 8 and 11 next year in 10 middle and 10 high schools. The trainings will be rolled out to the division in the 2021-22 school year.

The George Mason University Consortium provides free trainings to community, private, and school system mental health clinicians in evidence-based practices. The goal of the consortium is to expand the use of evidenced-based practices and increase the fidelity of services provided to the children and families in Fairfax County.

Question on depression awareness, is it available for younger elementary ages? Ms. Reynolds said the 7<sup>th</sup> grade resources will soon be available.

Ms. Sizemore-Heizer asked about screening tools. Ms. Spears indicated we use the Signs of Suicide prevention screener in middle and high schools and that students can be screened anytime, not just during a grade-level screening, by school-based mental health clinicians.

Ms. Chamberlain commented about her reflection of the data, from FCPS Kids. One fourth of 6<sup>th</sup> graders reported feeling hopeless in the last 2 weeks. She asked how the school uses this information, what occurs. Ms. Spears indicated that all sixth grades have access to the Signs of Suicide prevention program via the closest middle school. One third of 8<sup>th</sup> graders felt the same way. Fifteen percent of students considered suicide. Ms. Johnson shared the data is reported out by pyramid, which the superintendent supports school reported data, to help with more direct reporting. Ms. Spears was asked who drives decisions about particular topics and needs. Ms. Spears shared her department supports with resources and trainings, yet each school via school counselor, social worker and psychologist. Mr. Thompson responded with example of reaching out to Dr. Bailer and others to review data with K12 principals to align the PTA/PTSA presidents to address issues by community. Across race, Ms. Chamberlain indicated Hispanic students are at highest risk for symptoms of depression and suicidal thoughts and LBGBQ data gets much worse. Ms. Spears shared that LGBTQ youth without family support are at higher risk of experiencing mental health issues and suicidal thoughts and feelings.

Ms. Payne suggested we consider factors such as welcoming environments, positive supports, and emphasizing positive student interactions as a way to support connectedness as we work in our smaller work groups. Ms. Spears indicated it would be ideal to narrow our focus in our work groups to be able to allow the committee to address the various concerns, otherwise the scope is very broad. Ms. Chamberlain suggested the committee focus on the social work and psychological supports in schools. Ms. Sizemore Heizer reminded the committee about concerns around secondary trauma, to be mindful of that possibility coming out of any work on these topics. Ms. Spears validated that sentiment and shared examples of how students are taught to help with minimizing that possibility. Ms. Chamberlain asked about how to offer more support/resources via CSB. Ms. Johnson stated Healthy Minds Fairfax as a suggestion for one way to assist with this area.

#### 6. Working Groups:

Committee members can work independently or in groups of twos.

Facilitator, note taker and what questions and ideas would you want to look into.

- **Brain breaks** for middle and high school students
- **Screen time**
- **Sleep**

The working groups plan to meet at the beginning of the March SHAC meeting to prepare to report out on their respective discussions.

7. Report from working groups and next steps

**Meeting Handouts:**

- TIERS OF SUPPORT - School-based Mental Health Resources

**Fairfax County School Board's  
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)  
VIRTUAL MEETING AGENDA for May 20, 2020 7:00 pm-9:00 pm  
\*SHAC Members will participate virtually due to the COVID-19 Emergency**

The SHAC will be meeting Wednesday, May 20 at 7:00 p.m. SHAC committee members will participate electronically due to the COVID-19 emergency.

**Members of the public are welcome to attend virtually at <https://www.fcps.edu/streamingmeeting>.**

**Public Comment at SHAC Meetings During COVID-19 Emergency:** During the COVID-19 Emergency, the SHAC will only meet virtually. During this time, Fairfax County and City residents may submit a video or audio testimony by email to [lmskurpski@fcps.edu](mailto:lmskurpski@fcps.edu). A maximum of 10 slots are available, first come, first served. Please submit your video or audio testimony by 5:00 p.m. on Wednesday, May 19. **Video and audio testimony should not exceed 3 minutes in length.**

- |   |                |
|---|----------------|
| 1. Call to Order  | Phyllis Payne  |
| 2. Approval of Prior Meeting Minutes (2.19.20)                          | Committee      |
| 3. Public Comment, if any   | TBD            |
| 4. FCPS Updates   | Teresa Johnson |
| 5. Discussion of End of Year Report (due June 30)                       | Committee      |
| 6. Election of Chair/Co-Chair for SY 20-21                              | Committee      |
| 7. Discussion of action steps and/or language for committee to consider | Committee      |
| 8. Questions, Comments/Additional Business from Committee               | TBD            |

**End-of-Year Committee Report:**

The end-of-year report to the School Board that was previously scheduled for May 29 has been cancelled. Committees will now have until June 30 to finalize their end of year reports that will be shared with the Board in September or October 2020, during work sessions to be scheduled.

***Committee Charge:*** The FCPS School Board hereby charges the School Health Advisory Committee with reviewing factors impacting overall student health and social-emotional wellness, including student safety/school climate, nutrition, physical activity, sleep, school day screen-time, and middle school start times.

**Fairfax County School Board's  
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)  
VIRTUAL MEETING AGENDA for June 17, 2020 7:00 pm-9:00 pm  
\*SHAC Members will participate virtually due to the COVID-19 Emergency**

The SHAC will be meeting Wednesday, June 17 at 7:00 p.m. SHAC committee members will participate electronically due to the COVID-19 emergency.

**Members of the public are welcome to attend virtually at <https://www.fcps.edu/streamingmeeting>.**

**Public Comment at SHAC Meetings During COVID-19 Emergency:** During the COVID-19 Emergency, the SHAC will only meet virtually. During this time, Fairfax County and City residents may submit a video or audio testimony by email to [lmskurpski@fcps.edu](mailto:lmskurpski@fcps.edu). A maximum of 10 slots are available, first come, first served. Please submit your video or audio testimony by 5:00 p.m. on Tuesday, June 16. **Video and audio testimony should not exceed 3 minutes in length.**

- |   |                |
|---|----------------|
| 1. Call to Order  | Phyllis Payne  |
| 2. Approval of Prior Meeting Minutes (5.20.20)                          | Committee      |
| 3. Public Comment, if any   | TBD            |
| 4. FCPS Updates   | Teresa Johnson |
| 5. Discussion of End of Year Report (due June 30)                       | Committee      |
| 6. Discussion of action steps and/or language for committee to consider | Committee      |
| 7. Questions, Comments/Additional Business from Committee               | TBD            |

**End-of-Year Committee Report:**

The end-of-year report to the School Board that was previously scheduled for May 29 has been cancelled. Committees will now have until June 30 to finalize their end of year reports that will be shared with the Board in September or October 2020, during work sessions to be scheduled.

***Committee Charge:*** The FCPS School Board hereby charges the School Health Advisory Committee with reviewing factors impacting overall student health and social-emotional wellness, including student safety/school climate, nutrition, physical activity, sleep, school day screen-time, and middle school start times.

**VIRTUAL MEETING**  
**School Health Advisory Committee Meeting Minutes**  
**DATE: June 17, 2020**

**\*SHAC Members will participate virtually due to the COVID-19 Emergency**

Members of the public are welcome to attend virtually at <https://www.fcps.edu/streamingmeeting>. Fairfax County and City residents may make public comment by submitting a video or audio testimony by email to [lmskurpski@fcps.edu](mailto:lmskurpski@fcps.edu) by 5:00 p.m. on Tuesday, June 16.

**Members in Attendance:**

P	Alvarez, Maria Cecilia	P	Jacobs, Lori	P	Reynolds, Carrie	P	Smith, Ann
P	Bartus, Camille	P	Johnson, Teresa	P	Silvia-Torma, Brenda	P	Stewart, Catherine
P	Chamberlain, Amber	P	Lyon, Libby	A	Sizemore Heizer, Rachna	A	Stiller, Carol
A	Danner, Kara	P	Michelback, Richard	A	Sheipe, Theresa	A	Thompson, Joe
A	Daugherty, Karim	P	Nash, Diana	P	Skurpski, Lea	A	Trouton, Lorraine
		A	Papneja, Shreya	P	Spanier, Holly	P	Van Breda, Adriana
A	Garsson, Kate	P	Payne, Phyllis			A	Whiting, David
P	Hemmat, Joanna	P	Koszelak, Bethany			A	Yo, Seung Je

**P=Present    A=Absent**

**1. Call to Order:**

The regular virtual meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on June 17, 2020 at 7:00pm by Phyllis Payne, Chairman. The meeting was held in virtually through Blackboard Collaborate, due to COVID-19.

**2. Approval of Prior Meeting Minutes (5.20.20)**

No changes recommended. **Motion to approve:** Lori Jacobs. **Second:** Catherine Stewart. Status: Motion passed.

**3. Public Comment**

Members of the public were welcome to attend virtually. Fairfax County and City residents were invited to submit video or audio testimony in advance of the meeting. SHAC did not receive any public comment this evening.

**4. FCPS Updates**

Teresa Johnson (TJ): Is retiring in July and wanted to say thank you for all your service, and for supporting the community. Thanks to Phyllis for your dedication and service, and advocacy for student health. Lea: TJ has been a fabulous leader to us and DSS...thank her for her leadership. We're going to miss you and wish you a happy retirement. TJ: Thank you so much!!!

**5. Discussion of End of Year Report (due June 30)**

The committee will now have until June 30 to finalize the end of year report that will be shared with the Board in September or October 2020, during work sessions to be scheduled.

**SHAC Report Draft Revisions 3:**



- **Vaping section (page 3-4):** Phyllis explained that the edits came from a couple of people. No one had any objections, so PP asked for motion to approve changes as revised in tracker. **Motion to approve:** Amber Chamberlain **Second:** Adriana Van Breda (AVB). **Status:** Motion passed.

- **Stop the Bleed (pages 4-5)**

NOTE: AVB stated that she hopes that students will receive hands-on training in the future. Carrie Reynolds (CR) said that FCPS does not have plans for students to receive that training. First barrier is getting the tourniquets into the schools and provide the staff with training. She said that it would be something they need to investigate and research. CR said there are some safety concerns with one teacher present and supervising 40 students practicing with tourniquets. AVB mentioned that the trainer tourniquets are different than the real CAT tourniquets. She reiterated that no one should be practicing with an actual tourniquet. CR said that more work is needed before the training could be provided to 9<sup>th</sup> grade students. AVB hopes that all public health nurses (PHNs) would have this training. She also hopes all PHNs will be trained to deal with Adverse Childhood Events (ACEs).

Joanna Hemmat: There hasn't previously been a training for Public Health Nurses (PHNs) or School Health Aides (SHAs) but we expect that they will be able to participate when COVID-19 ends. Training will be provided to existing and new staff (part of new staff orientation). Currently, close to 100% of Public Health Nurses (PHNs) are deployed into the community to support the COVID-19 emergency. Those staff will be back when school returns. The Fairfax County Health Department (FCHD) will implement this training as soon as they are able.

**Motion to approve with tracked changes:** Adriana Van Breda. **Second:** Joanna Hemmat. **Status:** Motion passes.

- **Sleep Health Section (pages 7-8)**

Camille Bartus: Change the word, "Policies" to "Policies." **Motion to approve as revised:** Adriana Van Breda. **Second:** Amber Chamberlain. **Status:** Motion passes.

- **2020/2021 Charge**

No objections to these as revised. **Status:** Motion passes.

- **Cell phones/Mobile Devices**

**Motion to approve:** Catherine Stewart. **Second:** Amber Chamberlain. **Status:** Motion passes.

- **Racism**

Added to the 2<sup>nd</sup> draft for everyone's review. Quote from the American Public Health Association seemed pertinent to our work. No comments and no recommendations were made. **Motion to approve:** Amber Chamberlain. **Second:** Laurie Jacobs. **Status:** Motion passes.

- **Appendix A:** Question: There is only one question/comment in track changes and it refers to whether or not the committee should add "This is a FCPS directive as the health curriculum does not extend beyond the 10th grade". TJ mentioned that there is some school board-directed content. Carrie Reynolds shared that the comment is correct, so SHAC will include it. **Motion to approve with the revisions:** Amber Chamberlain. **Second:** Laurie Jacobs. **Status:** Motion passes.
- **End Notes:** PP added end notes to the report. No need to approve that addition.
- **Trauma-Informed Schools Revisions 2020.06.17 Section:** Questions: None. NOTE: AVB commented that school nurses should be included along with school counselors and psychologists. New text to include: "Increase social worker, counselor, psychologist and School Nurse staffing so that there is one of each per elementary school." **Motion to approve:** Laurie Jacobs. **Second:** Maria Cecilia Alvarez. **Status:** Motion passes

6. Discussion of action steps and/or language for committee to consider  
N/A

7. Questions, Comments/Additional Business from Committee

Amber: Thank you for your efforts, too, for putting this report together and getting it out at this time.

Maria: Miss everyone, appreciate hard work for school year. TJ, we will miss you a lot. Role model for all of these years...so thrilled and grateful to represent Springfield. Thanks to Lea. Maria has a question for TJ about report: Is the school thinking about having a student training/conversation regarding racism to make them aware of how important this topic is and how harmful it can be in the community? TJ response: Yes, they are researching relevant curriculum and how to support students (even prior to what happened in the last few months). Ask was made 6 months ago. Deb Scott is looking at what other emotional social supports in place. Equity specialists are working collaboratively with other school staff to have that conversation with students.

Lea: Thanks to the committee for patience and flexibility throughout the year. You've been so flexible working with us and we appreciate it very much. All the things we usually do and all of the things we now have to add do due to our new situation. It's been a pleasure to work with you all.

Adriana: My first year on SHAC and thank you for your patience as I've weighed through the material. It's heartening for me to witness the caliber of the people who are being tasked with the health and wellbeing of FCPS students. Thank you for your leadership, Phyllis.

Lori: Wish everyone a good summer. TJ, you will be missed. You and the other FCPS staff represent the district really well.

Phyllis: There is positive energy and collaborative nature of this committee. Everyone on the committee, I'm so happy to know you and to work with you. Hope everyone has a great summer.

Notes: First meeting is usually in September. Members should contact your school board member regarding your re-nomination for next year.

Phyllis: We will reconnect with our subcommittees and work with our small groups. Amber likes that plan.

Adriana: We will be getting a final copy of the report? Lea responded that once it is finalized, she will let the committee know when the document is submitted to board docs. PP will send it to the committee staff. We can let the school board know when it will be posted.

The meeting is adjourned at 7:58pm

**Adjournment:** 7:58pm

**Meeting Handouts:**

- SHAC Report: Track Revisions DRAFT 3
- Trauma Informed Schools Revisions 2020.0617
- STB Response 06.16.2020
- Stop the Bleed

**Meeting Notes Drafted by:** Brenda M. Silvia-Torma