

**Fairfax County School Board's
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)
VIRTUAL MEETING AGENDA for September 16, 2020 7:00 pm-9:00 pm
*SHAC Members will participate virtually due to the COVID-19 Emergency**

The SHAC will be meeting Wednesday, September 16 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. 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, September 15. **Video and audio testimony should not exceed 3 minutes in length.**

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| 1. Call to Order and Committee Member Introductions | Phyllis Payne |
| 2. Approval of Prior Meeting Minutes (6.17.20) | Committee |
| 3. Public Comment, if any | TBD |
| 4. FCPS Updates | Mike Bloom |
| 5. Approval of 2020-2021 Drafted Meeting Schedule | Committee |
| 6. Working groups (separate into 3 different virtual meeting rooms): | |
| <ul style="list-style-type: none"> • Sleep as foundational to health and wellbeing <ul style="list-style-type: none"> ○ Middle school start times ○ Sleep-related wellness policies (FCPS Wellness Policy) • Recess and/or Brain Breaks for middle and high school students during the school day <ul style="list-style-type: none"> ○ Breakfast break ○ Social interaction time during the day (including time to connect with adults in the building) ○ Warm and welcoming cafeterias that encourage social interaction and have healthy food • Screen time: Electronic device use and social media <ul style="list-style-type: none"> ○ Mobile devices in the classroom ○ Cyberbullying | |
| 7. Questions, Comments/Additional Business from Committee | TBD |

Future Meeting Dates:

September 16, 2020

*October 13, 2020- School Board Meeting- Committee Report, 7pm

October 21, 2020

November 18, 2020

December 16, 2020

January 20, 2021

February 17, 2021

March 17, 2021

April 21, 2021

May 19, 2021

*May 25, 2010- School Board Meeting- Committee End of Year Report, 7pm

**Indicates SB meetings and Committee End of Year Reports*

Committee Charge: Review factors that support student social and emotional wellbeing with a focus on sleep health, brain breaks for secondary school students and electronic device and social media use.

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Members in Attendance:

P	Avarez, Maria Cecilia	P	Jacobs, Lori	P	Reynolds, Carrie	P	Smith, Ann
P	Bartus, Camille	P	Kaubaroulis, Danielle	P	Silvia-Torma, Brenda		
		P	Koszelak, Bethany			P	Sturm, Judy
		A	Lyon, Libby	P	Skurpski, Lea	P	Thompson, Joe
P	Chamberlain, Amber	P	Michelback, Richard			P	Trouton, Lorraine
P	Danner, Kara	P	Meren, Melanie	P	Spanier, Holly	A	Wahbe, Leina Mamdough
P	Daugherty, Karim	A	Papneja, Shreya	P	Spivack, Beth	P	Whiting, David
P	Glenn, Adriana	P	Payne, Phyllis			P	Nash, Diana
P	Hemmat, Joanna						

P=Present A=Absent

1. Call to Order 7:10 by Phyllis Payne. The committee explored break out rooms at the onset of the meeting. Members were invited to introduce themselves
2. Approval of Prior Meeting Minutes (6.17.20): Lorraine Trouton motioned to approved and Kara seconded. All voted to approve.
3. Public Comment: No comment received
4. FCPS Updates:
Lea Skurpski shared: Dr Michelle Boyd, new Assistant Superintendent of Special Services will join FCPS beginning September 21st.

Melanie Meren shared: In Summer 2020, the Social Studies department concluded an audit of curriculum resources (worksheets, lessons, slides, etc.) that FCPS educators had created or found in the past and were posted in the FCPS central curriculum repository, regarding Virginia studies, U.S. history, and civics. Using design principals for cultural responsiveness, the audit resulted in the removal of 1/3 of these resources due to their cultural bias. New resources are being written and professional development is being planned.

Phyllis Payne shared: While we should continue with the work we started last year, she wondered about having a speaker to address the Social Determinants of Health. Melanie Meren wondered about speaking to social emotional learning, SLEEP, screen time, brain breaks and shared "Mental Health has eclipsed academic needs at this point." Outdoor learning-leading COVID task force for outdoor learning; have worked with Centerville ES; 6 outdoor classrooms; international group created a case study for specifications one would need; sent to facilities and superintendent. Melanie Meren and Elaine Tholen are working on this with the SB. Budget is looking at bleak funding from state; suggestion to look at cost neutral recommendations from SHAC to get more traction.

Committee broke into three break out sessions. These include sleep, brain breaks and screen time.

Updated 9.15.2020

Subcommittee- SCREEN TIME

Members: Brenda Silvia-Torma, Karim Daugherty, Adriana Glenn, Beth Spivack, Bethany Koszelak, Danielle Koubaroulis, David Whiting, Holly Spanier, Richard Michelback, Lea Skurpski

Discussion Topics:

- Phone usage and cyberbullying
- Social media usage and best practices, including supports for positive aspects of social media (playing boardgames online, the fact that this is the way in which kids are able to safely interact right now)
- How online learning impacts children who have learning disabilities and executive functioning concerns (include best practices and resources that are developed by organizations whose mission focuses on these key areas).
- Revisit screen time (learning) when back to in-person school.

Action Items:

- Brenda will research academic articles on all of these topics
- Bethany will follow up with Tammy Sisk regarding common sense media resources that we can share with the community-at-large.

Subcommittee: SLEEP POLICY

Members: Amber Chamberlain, Ann Smith, Camille Bartus, Carrie Reynolds, Kara Danner, Melanie Meren, Phyllis Payne

- Amber and Kara talked about where we left off last year. Melanie mentioned interventions need to be cost neutral at this point. We discussed fact that we can do campaign type approach to sleep health education and/or engaged start times for middle school. Ann mentioned that buses are a big issue for time changing. Phyllis said FCPS is one school system setting the standard in the US. She mentioned schools in Seattle, Washington are doing the same.
- Phyllis mentioned that we can teach kids about sleep and the immune system. Educating parents is also a key. She referenced LetsSleep.org as an example. Phyllis asked Camille about what is done for FCPS employees. Camille indicated that they do get access to health and wellbeing tools related to importance of sleep and that education about the metabolic system is an important part of this learning.
- Phyllis suggested we see 'Sleepless in America' as the movie makes a big impact on helping viewer understand the issue. She mentioned bus drivers who have early commutes to our county before they begin their work shift driving children.
- Melanie offered that to get new policies in place she can assist with the workflow as it involves a forum. She indicated that adaptation to policies is less involved, easier to do.
- Phyllis mentioned that FCPS Health and Wellness Policy is a national standard at this time.
- Amber asked that we work to decide early in committee which items we would tackle this year given how little we can meet. A topic brought up was the Blackboard time frame for homework turn in being set currently at midnight. This timeframe should be considered. Phyllis told us that 12 hours is needed between end of last school activity and start of next.
- Ann suggested we look at schools who made the change in start time to see what they have discovered about the students and the process, etc.
- Amber & Kara agreed to cochair and meet before next meeting.

Subcommittee- Brain Breaks

Members: Diane Nash, Judy Storm, Lorraine Trouton, Joe Thompson, Lori Jacobs, Secretary

Driving Question: Recognizing the importance of brain breaks for students at all age levels to be able to sustain attention and learn. Can we find creative, low-cost solutions to provide more opportunities for in-school brain breaks despite limitations on traditional break spaces like cafeterias, gyms and playgrounds?

What do we need to understand?

- Should this sub-committee focus on this unique year of distance learning or should we use the more traditional in-person model of learning as we consider our driving question?
- Can we identify examples at specific schools that are working well?
- What are elementary schools already doing?
- What are middle schools doing?
- What are high schools doing? We have heard how Oakton allows many AP students to use free periods for free choice electives.
- What is the role of screens in brain breaks? Some parents are opposed to screens for break time, especially when students are individually using personal cell phones for social media or games. However, some educators feel that screens can be used to provide a healthy brain break, specifically if the screen time is used to create.
- What is the role of homework/heavy course load in preventing downtime outside of school? During distance learning, I think FCPS is recommending only one hour of homework per class per week which includes asynchronous learning. Reading time counts.
- During this time of distance learning, many parents and teachers themselves need brain breaks. Distance learning is making even the adults feel drained of energy. This is especially so of parents with special needs students. How can we recommend healthy breaks/ self-care for adults in the community?

Adjournment: 8:30 from Main room into Break out rooms. Breakout rooms ended 9:00pm

Meeting Notes Drafted by: Karim Daugherty

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P	Bartus, Camille	P	Kaubaroulis, Danielle	A	Shahlaee, Amir	P	Wilson, Ken- representing Richard Michelback
A	Boyd, Michelle	P	Koszelak, Bethany	P	Silvia-Torma, Brenda	P	Sturm, Judy
P	Chamberlain, Amber	A	Lyon, Libby	P	Skurpski, Lea	P	Thompson, Joe
P	Danner, Kara	A	Michelback, Richard	P	Ogden, Patrick- Livestreaming	P	Trouton, Lorraine
P	Daugherty, Karim	P	Meren, Melanie	P	Spanier, Holly	P	Wahbe, Leina Mamdough
P	Glenn, Adriana	P	Papneja, Shreya	P	Spivack, Beth	P	Whiting, David
P	Hemmat, Joanna	P	Payne, Phyllis				

P=Present A=Absent

1. Call to Order: 7:02pm by Phyllis Payne
2. Approval of Prior Meeting Minutes: Brenda Silvia-Torma moved to approve with recommended changes. Karim Daugherty and Lorraine Trouton seconded. Vote to approve was unanimous.
3. Public Comment: No public comment
4. FCPS Updates –
 - Lea Skurpski - was able to get IT Support to livestream SHAC meetings for this as long as we remain virtual. We are continuing to work on reopening of schools. As a result of COVID, CDC Metric increase over 200 cases per 100,000, FCPS paused the phasing in of Group 5. Metric information available on FCPS website.
 - Melanie Meren – Oct 22nd School Board approved revised policy 2150. Prevention of Alcohol and Drug Use. Updated to address vaping. Mental Health: Staff and students are currently very stressed. Systemized approach is in existence in schools to support students and provide check ins. Seeking to be a part of this and also getting support to student athletes. Working with Facilities and Get To Green: large tents purchased for five schools to see how they might be used to have a stronger effort this spring for outdoor classrooms.
 - Bethany Koszelak – there are procedures in place across schools to provide mental health resources and support to students; each school has teams and protocols in place for this support. Our Minds Matter is doing Men’s Mental Health Awareness this month. Most High Schools have Our Minds Matter Clubs; some Middle Schools are piloting.

- Phyllis Payne: Break Outs Groups to begin around 7:25; each group needs a chair and a note-taker. Come back together at 8:15 so we can share out with the whole group.

Break out Groups:

Brain Breaks:

- Lori Jacobs, Dranesville District Rep, Chair
- Melanie Meren, FCPS School Board Member, Hunter Mill
- Lorraine Trouton, FCPS, School Health Services Program
- Judy Storm
- Cecelia Alvarez
- We reviewed our driving question: Recognizing the importance of brain breaks for students at all age levels to be able to sustain attention and learn, can we find creative, low-cost solutions to provide more opportunities for in-school brain breaks despite limitations on traditional break spaces like cafeterias, gyms and playgrounds?
- We reviewed notes from last meeting describing avenues that could be fruitful in pursuing an answer to the driving question. One area seemed ripe for our focus: homework stress.
- What is the role of homework/heavy course load in preventing downtime outside of school?
- We believe that FCPS is acutely aware of student stress and workload right now. In the last few weeks, Supt. Brabrand took several steps to address student stress by making accommodations to workload. Supt. Brabrand (1) advised teachers to give less homework in the virtual learning environment, (2) instituted a 'take a break day' and (3) extended the grading deadline for first quarter.
- FCPS Homework Policy 3205 was last updated in 2004. That policy is only two sentences long in substance. It states: School homework shall be assigned as appropriate by teachers. The amount and kind of homework assigned shall be under the supervision of the Division Superintendent in accordance with the School Board's rules and regulations.
- We understand that middle and high school students have an erratic and at times high load of homework outside of school that may be contributing to stress. In previous years, SHAC has made somewhat related recommendations about placing caps on the AP course load for high school students which lead to a [work study?].
- Our scope is the social and emotional well-being of middle and high school students.
- Capacity issues at schools limit some alternative avenues we had considered. For example, one alternative avenue related to using cafeterias for meaningful social connection. We have heard complaints about assigned seating at lunchtime, because it puts a significant constraint on student break time. But many communal spaces like lunchrooms were not built for the population sizes accommodated by adding classroom trailers. So, proposals relating to cafeterias may be limited, especially in the near-term budgetary environment.
- Therefore, we will review the homework policy and its implications on student health and wellness. For our next meeting, we will try to review the homework policies of Arlington, Virginia Beach, Loudoun and Prince William.

Sleep Subcommittee

Co-chairs: Amber Chamberlain, Kara Danner

Members: Camille Bartus, Phyllis Payne, Carrie Reynolds, Ann Smith, Leina Mamdough Wahbe

Recap of meeting on September 16, 2020

- Subcommittee expressed interest in starting discussion around changing MS start times knowing this will be a long-term process and working on sleep promotion approach
- Initiatives need to be cost neutral
- Busses are a big issue when discussing start times
- Need to educate students and parents
- Phyllis introduced letsleep.org a sleep resource for students and teachers.
- Camille shared what is being done for employees
- Recommended viewing [Sleepless in America](#)
- FCPS Health & Wellness Policy is national standard
- Recognize early commute of bus drivers before start morning route
- Homework deadline set at midnight – consider what’s appropriate for adolescents.

Possible Allies for Changing Start Times

- Parent who got 1,000 signatures to shift start times during virtual learning
- GW professor – importance of sleep

Review of How HS Start Times Were Changed – Phyllis Payne

- Began work on changing start times to be later for middle and high school in 2004
 - Research defined a specific tipping point as 8:30 a.m. or later in 2014, which is when the American Academy of Pediatrics created an official position that middle and high schools should start at 8:30 a.m. or later.
 - If school begins at 8:30 am or later, at least 50% of students are able to get a minimum of 8 hours of sleep (it’s a tipping point)
 - 2014 School Board voted to change HS start time to 8:10; MS ended up starting at 7:30.
- Sleep is part of FCPS Wellness Policy
 - Sleep health does not have its own section in the written Wellness Policy; policies related to sleep are incorporated in other areas
 - Recommendation from last year – create a section to house the sleep-related policies to make them easy to find.
- Phyllis works with Start School Later, a national nonprofit organization dedicated to increasing awareness about sleep health and the relationship to school schedules. She has been helping administrators from other school divisions implement changes
- Why start times matter
 - Students gain sleep
 - Supported by research
 - FCPS high school students gained sleep and more students are eating breakfast before school
 - Leina added the American Academy of Sleep Medicine study showed 42% of students showed better weight at next well visit due to eating breakfast
 - More awake, alert, and prepared to learn

Updated 9.15.2020

- Increased performance
- Decreased teen car crashes, drowsy and distracted driving (true in Fairfax, too)
- Increased attendance and graduation rates
- Decreased depression
- Increased discipline and engagement
- Solution is not the same for all districts
 - Biggest obstacle is status quo and power of status quo
 - FCPS had 2 hour opening window 7:20-9:25 with first pick up at 5:21
 - To counter:
 - Emphasize public health issue
 - Describe benefits to changes to health, well-being, & learning of our children
 - Counter myths and inconvenience arguments
 - Transportation issues are real
 - Found bus runs scheduled 1st ES, MS, 2nd ES, HS was most cost effective, required fewer busses, and narrowed the window to 7:45-9:15
 - This change was thought to be too great to be able to get to

Subcommittee supports

- Beginning process of changing MS start times
- Identifying and working towards short-term goals

Screen Time:

- Adriana Glenn
- Beth Spivack
- Brenda Silvia-Torma
- Danielle Koubaroulis
- Emma Heisey
- Holly Spanier
- Joe Thompson
- Karim Daugherty
- Bethany Koszelak
 - Would like to have access to data gathered through current parent surveys being sent out by FCPS.
 - Interested in current pediatric data about migraines in children with increased screen time
 - Would like cyber bullying data shared; tell us more about students recording other students in class and posting on social media; review codes of conduct to reflect current screen time existence
 - Resources shared by team:
 - [fcps.edu/resources/technology/technology-literacy/digital-citizenship](https://www.fcps.edu/resources/technology/technology-literacy/digital-citizenship)
 - <https://www.fcps.edu/resources/technology/digital-citizenship-internet-safety/digital-citizenship-families/digital-0>
 - <https://www.childrenandscreens.com/>
 - “Online Gambling And Risk-Taking Activities in Kids” - James Syphax with **Prevention and Action Alliance** (“Razzle” or “Waffle” instead of “Raffle” to get expensive sneaker, for example)

- Two buckets for screen time in schools: 1) school time to create is very different process that is passive such as 2) Gaming and YouTube; sharing information with parents to understand difference between content creation and gaming, for example



ScreenTime
References_SilviaTor

Adjournment: 8:53pm by Phyllis Payne

Meeting Handouts: *See break-out group notes/links/attachments*

Meeting Notes Drafted by: Karim Daugherty

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A	Glenn, Adriana	P	Papneja, Shreya	P	Spivack, Beth	A	Whiting, David
A	Hemmat, Joanna	P	Payne, Phyllis			P	Robertson, Isaac

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1. Call to Order Phyllis started the meeting at 7:00pm
2. Approval of Prior Meeting Minutes- Brenda Silvia-Torma made the motion to approve and Lori Jacobs seconded. No nays. Motion carries. Minutes approved.
3. Public Comment- None received
4. FCPS Updates:
 - Lea Skurpski shared: Year 3 of Wellness Requirement of Healthy Hunger-Free Kids Act; FCPS met all requirements for Triennial Wellness Reporting. Food & Nutrition Services submitted the FCPS report to the Virginia Department of Education (VDOE) and had a few recommendations for revisions to the Wellness Policy in relation to Food and Nutrition Services. Lea Skurpski will get updates to share after VDOE review. The Triennial Wellness Assessment is available on SHAC webpage. Revisions to the Wellness Policy, as recommended by VDOE, have been moved forward to the School Board for approval.
 - Phyllis recommended the Wellness Policy be reviewed to see if any recommendations should be made to the SB.
 - One-to-one project; devices to Kindergarten to 2nd graders: A former member of SHAC, Catherine Stewart, reached out to the SHAC Chair asking about the proposed budget item for one-to-one devices for Kindergarten to 2nd graders. Catherine drafted and Lori Jacobs amended potential language for SHAC to consider and the SHAC Chair sent it to the Chair of the Screens subcommittee, Brenda Silvia-Torma. Brenda shared the proposed wording with SHAC for discussion:
 - *The School Health Advisory Committee (SHAC) strongly advises the School Board not to approve FCPS' plan to buy 49,000 electronic devices for students in Prek-2nd grade for Fall 2021. Outside the Covid-environment, these very young learners do not need one-to-one computers. Our youngest learners need tactile, experiential, and interpersonal learning with influence from teachers, staff and*

Updated 9.15.2020

family. After a year of virtual learning, they will be in even more need of physical handwriting practice, physical math manipulatives, and direct peer-to-peer communication. Electronic devices will not help with these needs, and in fact those devices may hinder students from having their needs met.

Further, we must not ignore the reality that one-to-one computers can and will be used for non-education purposes at home. The risks to our youngest students of heavy media use at home- obesity, lack of sleep, fewer family interactions- outweigh the positives at this particular age. Most of these learners do not have the executive functioning skills to use technology in transformative ways.

Instead of personal electronic devices for our youngest students, SHAC proposes that the School Board use that funding to hire additional social workers and counselors. After a year of isolation from COVID19 and Virtual learning, what our students may need most is additional mental health support.

- Karim Daugherty shared that we need to be cautious of limiting access to these devices as this could create a greater equity divide.
- Melanie Meren shared that while she has followed the advocacy against screen-time and MyOn, this is more of a COVID-based purchase. This is more related to age-appropriate devices, such as touch screen. This is not a continuation of MyOn. Also, the reality is that we could still be dealing with COVID shutdown issues in the 2021-2022 school year. It is an equity issue and limiting children in need to only their parents' phones isn't helping students.
- Libby Lyon echoed age appropriate devices and equity. Giving children the ability to talk to each other with these devices is especially important during these socially distant times.
- Beth Spivak shared her concern about equity and engagement. Kids have these; they and their families are at a disadvantage if they don't.
- Kara Danner shared that she is reading that families with access are limiting access to technology for their children.
- Joe Thompson shared that much research has been done from the education side. The devices are being used as educational tools. The programs are designed to be age appropriate; what they can and cannot access; discussion last month was around the difference between usage of devices between active engagement or the negative passive participation such as gaming, which is what our past speakers have shared.
- Phyllis suggested that the subcommittee on screens continue the discussion and the full committee discussion of the proposed wording was tabled.
- Phyllis announced that Adrianna Glenn invited a guest speaker to our January meeting.
- Brenda listened to senate legislators bringing forward legislation around some of the issues discussed here tonight and she will forward the recording to SHAC.
- Phyllis proposed breaking into our sub-committees at 7:46pm for 45min and then return to debrief.
- Returned to main room at 8:30pm.

Share out of Information from Sub Committees:

Updated 9.15.2020

- **Homework Committee:** experiences outside of COVID (shared by Shreya- senior/student representative), 4-5 hours of homework at a competitive school with competitive classes. Joe shared the difference between hours of work across classes, such as college level classes. Karim shared the difference between hours of work vs. purpose of the homework; how is the assignment supporting the learning? Is it meaningful?
- **Sleep Committee:** Amber shared “Why Sleep?” campaign idea. Need to know who at FCPS can be subcommittee’s partner for this campaign. Need community members with experience and other stakeholders. Through SLEEPinFairfax Organization, Phyllis submitted a letter to the School Board with concerns about the proposed change to middle school start times for the FCPS return to school (moving earlier) and with suggested alternatives, including decreasing the length of the school day instead of moving the start time earlier. Melanie shared that a decision had been made to reduce the length of day by 15 minutes at all levels, and to retain the 7:30 am bell schedule for middle schools in response to community concerns and suggestions; will allow time for sanitizing buses, meet VDOE requirements.
- **Screen Time Subcommittee:** moneys allocated for computers; history of how old the devices are that elementary students reusing; many times being serviced; one-to-one devices that they currently have are not stellar; they are old computers in primary; equity is a concern; it is important to guide parents about active vs passive learning; recommend that Office of Student Safety and Wellness provide these workshops along with those they already provide; work with One Fairfax post Covid to provide access to outdoor experiences such as sports, further providing equitable access; firewall protection and developmentally appropriate programs in school laptops for students.
 - The subcommittee discussed these issues further and provided additional information about the history of the computers used between Spring 2020 to the present. Joe Thompson and Karim Daugherty shared the following:
 - The school-provided laptops only contain software that is specifically designed for instruction. There are significant firewalls that prevent children from being able to access everything and anything.
 - Special Ed students also have assistive technology uploaded onto their computers (ie. read aloud technology, etc) They are not singled out with a different device...reduce stigma.
 - Laptops provided to primary students are 3 or 4 generations old. They were originally provided to Middle School students, who were then given new computers.
 - Since many elementary school computers are so old, they often have to be serviced, or plugged in at all times to continue working. They may be slow, or not work as efficiently.
 - The technology support for school-provided laptops is great--anyone can help the kids--parent liaison
 - Other districts provide 1:1 laptops (ie. Loudoun).
 - We all agreed that equity is a concern that needs to be addressed.

Adjournment: 9:08pm

Meeting Notes Drafted by: Karim Daugherty

**Fairfax County School Board's
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)
VIRTUAL MEETING AGENDA for February 17, 2021 7:00 pm-9:00 pm
*SHAC Members will participate virtually due to the COVID-19 Emergency**

The SHAC will be meeting Wednesday, February 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. 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, September 15. **Video and audio testimony should not exceed 3 minutes in length.**

- | | |
|--------------------------------------------------------------------------------------------------|-----------------|
| 1. Call to Order and Committee Member Introductions | Phyllis Payne |
| 2. Approval of Prior Meeting Minutes (12.16.2020) | Committee |
| 3. Public Comment, if any | TBD |
| 4. FCPS Updates | Michelle Boyd |
| 5. Virginia SOL Review Process | Carrie Reynolds |
| 6. Working Groups (separate into 3 different virtual meeting rooms): | |
| • Sleep as foundational to health and wellbeing | |
| ○ Middle school start times | |
| ○ Sleep-related wellness policies (FCPS Wellness Policy) | |
| • Recess and/or Brain Breaks for middle and high school students during the school day | |
| ○ Breakfast break | |
| ○ Social interaction time during the day (including time to connect with adults in the building) | |
| ○ Warm and welcoming cafeterias that encourage social interaction and have healthy food | |
| • Screen time: Electronic device use and social media | |
| ○ Mobile devices in the classroom | |
| ○ Cyberbullying | |
| 7. Questions, Comments/Additional Business from Committee | TBD |

Future Meeting Dates:

March 17, 2021

April 21, 2021

May 19, 2021

*TBD- School Board Meeting- Committee Report, 7pm

*May 25, 2021 - School Board Meeting- Committee End of Year Report, 7pm

**Indicates SB meetings and Committee End of Year Reports*

Committee Charge: Review factors that support student social and emotional wellbeing with a focus on sleep health, brain breaks for secondary school students and electronic device and social media use.

**School Health Advisory Committee Meeting Minutes
February 17, 2021**

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Members in Attendance:

A	Avarez, Maria Cecilia	P	Jacobs, Lori	P	Reynolds, Carrie	P	Smith, Ann
P	Bartus, Camille	A	Kaubaroulis, Danielle	A	Shahlaee, Amir		
P	Boyd, Michelle	P	Koszelak, Bethany	P	Silvia-Torma, Brenda	P	Sturm, Judy
A	Chamberlain, Amber	A	Lyon, Libby	P	Skurpski, Lea	P	Thompson, Joe
P	Danner, Kara	P	Michelback, Richard			P	Trouton, Lorraine
A	Daugherty, Karim	A	Meren, Melanie	P	Spanier, Holly	A	Wahbe, Leina Mamdough
A	Glenn, Adriana	P	Papneja, Shreya	P	Spivack, Beth	A	Whiting, David
P	Hemmat, Joanna	P	Payne, Phyllis			P	Emma Heisey

P=Present A=Absent

1. Call to Order. Meeting called to order by Chair, Phyllis Payne at 7:00pm.
2. Approval of Prior Meeting Minutes- December 2020 minutes were reviewed by the committee. Brenda Silva-Torma requested edits to the Screentime Subcommittee Section. Bethany Koszelak made a motion to approve the minutes with edits as shared by Brenda Silva-Torma. Lorraine Trouton seconded the motion. Motion passed and minutes were approved.

Karim Daugherty was unable to attend this evening and is the designated note taker for the group. Lea Skurpski agreed to take notes this evening. Lori Jacobs agreed to be the backup notetaker for Karim for future meetings when she may be unable to attend.
3. Public Comment- No public comment was received this evening.
4. FCPS Updates- Dr. Boyd shared updates on the FCPS Return to School Plan and the FCPS Campaign on Stop the Spread. Students and staff are receiving training in our mitigation strategies. FCPS continues to work closely with the Fairfax County Health Department (FCHD) for their guidance on how to best implement mitigation strategies as we plan for our reopening. Information was shared on employees receiving vaccines. Dr. Boyd encouraged us to stay updated on the CDC and VDH guidance and stay nimble and flexible as things may change over time.

Lori Jacobs asked about highlighting the risk factors on our website related to students not receiving in-person learning. Dr. Boyd shared that FCPS is working on plans to address these needs, including mental health, as students and staff return to our schools. Our clinical staff is working to inform this plan. FCPS is looking at how we can facilitate additional partnerships to help provide support that may be needed outside of our school walls.

Phyllis Payne shared concerns about the mental health of students, staff and families. Ann Smith addressed how much FCPS leadership has been working across offices, with FCHD and with school sites. Principals have also been able to provide input to plans and have been provided support. We brainstorm together and this helps us to be creative, comprehensive and help to meet the needs of all our students.

Phyllis Payne asked if parents/guardians whose children are at home would like mental health support for their kids, what should they do? Bethany Koszelak shared that our school counselors, social workers and psychologists are available virtually to offer support. The teacher at your school can connect families with these resources. Bethany Koszelak also shared a big kudos to school staff who are currently reaching out to high risk students to offer supports and to address mental health needs and also to those who may have more recently developed issues in relation to the pandemic.

5. Virginia Standards of Learning (SOL) Review Process- Carrie Reynolds

The Virginia Department of Education is currently accepting public comment on the Standards of Learning for Physical Education, Family Life Education, and Driver Education. Comments will be accepted through March 5th. The SOLs will undergo revision over the next year and comments will be used by the review teams during this process.

DOE is also accepting comments on the Proposed Guidelines on Policies for Concussions in Students. Comments on the concussion guidelines will be accepted through March 12th.

Below are the links to the current SOLs and the proposed guidelines for Policies on Concussions in Students. The email addresses to submit comments are listed as well. I have also attached the State Superintendent Memos.

Standards of Learning:

- [Virginia Board of Education Physical Education Standards of Learning](#)
- [Virginia Board of Education Standards of Learning for Driver Education](#)
- [Virginia Board of Education Family Life Education Standards of Learning](#).

Comments on the SOLS may be submitted to:

- Physical Education Standards of Learning - PESOLcomments@doe.virginia.gov
- Driver Education Standards of Learning - DESOLcomments@doe.virginia.gov
- Family Life Education Standards of Learning - FLESOLcomments@doe.virginia.gov

Concussion Guidelines: [Virginia Board of Education Guidelines for Policies on Concussions in Students](#). Comments on concussion guidelines may be submitted to instruction@doe.virginia.gov

Carrie Reynolds shared that FCPS is looking for some of the nutrition and anatomy and physiology changes and a need to look at LGBTQ information in the Family Life Curriculum. Beth Spivack also shared that she is working with Healthy Minds and agreed this is an important topic for us to get updated information to support.

Phyllis Payne reviewed the committee charge before we broke into our three subcommittees. She asked for each group to think about how they would share their information about their recommendations. She shared that committee members may work in pairs of two and may do independent research to share out with the group. Think

Updated 9.15.2020

about what you want to present and what research will support your recommendations. Being succinct will be important. Phyllis Payne and Kara Danner presented SHAC's 2019-2020 report to the SB Chair and Vice Chair recently. Stella Pekarsky, who is currently the Vice Chair was a SHAC member before she was elected to serve on the school board.

Brenda Silva-Torma asked if the information was also shared with Fairfax City. She asked for a copy of the end of the year report that she can share with Fairfax City as their representative. Phyllis Payne will share the PPT presentation she prepared and we will share a copy of the end of year report.

The committee broke into subcommittees and returned to the main group for follow up discussion at 8:40.

Screening Subcommittee

Members: Emma Heisy, Bethany Koszelak, Brenda Silvia-Torma, Chair, Beth Spivack, Holly Spanier, Joe Thompson

Three recommendations:

1. **Ask Office of Student Health and Wellness to provide a parent training about active and passive tech consumption.** The training would educate parents about advantages that technology provides, especially to special education and disadvantaged students. "In school screen time is not "bad" screen time. Also, it's important to explain to the community the background of the existing FCPS-provided computers.
 - a. Ex: Bethany mentioned that in the higher grades, special education accommodations allow for technology. In the past, there has been a stigma on using technology. This virtual learning environment has normalized having a school-provided computer.
 - b. Ex: Word Processing versus handwriting...provides an advantage
 - c. Providing equal access supports socially economically disadvantaged students.

Research: Committee has identified some literature about active versus passive learning.

2. **Set a goal for the number of students who participate in extracurricular activities (school-based and county programs). Continue to identify and build high-quality partnerships with community organizations, neighborhood service groups and others to create more afterschool clubs.**
 - a. Currently, FCPS has over 3,000 clubs covering ~900 activities. Many are meeting virtually during the COVID pandemic.
 - b. Virtual groups, such as *Our Minds Matter* at Poe Middle School, have had increased numbers of participants as a result of the virtual setting. They are all connected with a sponsor, which supports their mental health and well-being.
 - c. Each Middle School has a Coordinator that works to get students moving afterschool.
 - d. High schools have an Activities Director, who manages the many after-school clubs (~200 at some high schools).
 - e. Fairfax County Park and Recreation has clubs that are available to students, but may not be accessible to all students. Increase accessibility.

Research/Action Items: Brenda will review literature about extracurricular activity's impact on student's health and wellbeing and about protective factors. Bethany will review and share relevant data from the Fairfax County Youth Risk Behavior Survey.

3. **Social Media Safety:** No recommendation yet. Beth will contact Homeland Security staff to see if someone can come to a future meeting and provide a quick overview of their online safety programming.
 - a. FCPS has social media training for students. Both parents and students need to learn about online predatory behavior. The FCPS program talks about bullying (Safety/Wellness all the way through academic integrity.
 - i. Stefan Mascoll, Social Media—Bethany will invite him to participate.

Action Item: Brenda and Phyllis will meet to discuss the next steps for having FCPS and Homeland Security staff to provide a brief overview of programs. This may be shared with entire committee or only with the Screen Time Subcommittee.

Research: Need to identify topics for a literature review.

Note: Emma Heisey shared that Michelle Meren will host a virtual FCPS Town Hall in March 2021. Committee members may want to submit questions that the students can answer.

Brain Breaks Subcommittee:

	FCPS	Arlington	Loudon	Virginia Beach
K	30	15 + 15 reading time	-	-
1st	30	20 + 20	30	20
2nd	30	30 + 20	30	30
3rd	30	45+20	30	30-40
4th	60	60+30	60	40-50
5th	60	60+30	60	50-60
6th	60	90 + 30 (max 20 per course)	No max. See note below.	15-20 per subject, per night
7th	90	90 + 30 (max 20 per course)	No max. See note below.	20 per subject, per night
8th	90	90 + 30 (max 20 per course)	No max. See note below.	20 per subject, per night
9th	120	180 (max 30 per course)	No max. See note below.	30 minutes per subject per night, (for block schedule, 30-60 minutes per subject every other night)
10th	120	180 (max 30 per course)	No max. See note below.	30 minutes per subject per night, (for block schedule, 30-60 minutes per subject every other night)
11th	120	180 (max 30 per course)	No max. See note below.	30 minutes per subject per night, (for block schedule, 30-60 minutes per subject every other night)
12th	120	180 (max 30 per course)	No max. See note below.	30 minutes per subject per night, (for block schedule, 30-60 minutes per subject every other night)

AP/IB Commentary?	None	For HS, advanced level classes may require additional time	For middle and high school students, the time students spend on homework will reflect the expectations and level of the course. For example, Honors, Dual Enrollment, and Advanced Placement courses will require more time.	[T]he complexity of assignments may require more time, particularly in advanced courses and programs such as International Baccalaureate (IB), Advanced Placement (AP), and academies.
Policy/Regulation Number	Regulation 3205.1	Policy Implementation Procedure I-11.2 PIP-1	5030-A-Reg	6-54.1, 6-54.2, and 6-54.3
Maximum limit or suggested guidance?				

SHAC Sleep Subcommittee

California's relatively new legislation requires public middle schools to start after 8:00 a.m. and high schools to start after 8:30 a.m. (in 2022) and school districts are encouraged to inform their communities about the health, safety, and academic impact of sleep deprivation on middle and high school pupils and the benefits of a later school start time. The California PTA was one of the sponsors of the bill in the legislature.

<https://www.nytimes.com/2019/10/14/us/school-sleep-start.html>

During the past year (COVID-19), while kids were home for virtual learning, families have seen what a well-rested kid looks like.

What do we want to recommend to the school board?

- Studies about sleep and mental health
- Benefit to the immune system
- Graphs from the youth survey data

What other things can we do to support healthy sleep?

What data can we gather from other districts?

7pm is the "blue light hour"

Middle School Homework:

- Should not be assigned unless needed
- No busy work
- Is midnight an acceptable turn in time? What does the midnight turn in time communicate? Would 9pm be better? What about kids who work or take care of siblings in the evening?
- How could we look at the homework policies?

High School Homework

- There is an attempt to stagger work so that it's not all due at once

What other data should we look for? What should we research?

- Use the most recent Youth Survey

How can we better educate our community about the importance of sleep? Remind school administrators that sleep serves many purposes

- Adolescents are the most sleep deprived population
- Sleep is critical to learning and memory
- Performance suffers when people are sleep deprived
- Should not be driving
- Emotional Control is limited because the amygdala takes over

School policies should not interfere with health

Adjournment: 9:00pm

Meeting Handouts: n/a

Meeting Notes Drafted by: Lea Skurpski

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| 4. FCPS Updates | Michelle Boyd |
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| <ul style="list-style-type: none"> • Sleep as foundational to health and wellbeing <ul style="list-style-type: none"> ○ Middle school start times ○ Sleep-related wellness policies (FCPS Wellness Policy) • Recess and/or Brain Breaks for middle and high school students during the school day <ul style="list-style-type: none"> ○ Breakfast break ○ Social interaction time during the day (including time to connect with adults in the building) ○ Warm and welcoming cafeterias that encourage social interaction and have healthy food • Screen time: Electronic device use and social media <ul style="list-style-type: none"> ○ Mobile devices in the classroom ○ Cyberbullying | |
| 6. Questions, Comments/Additional Business from Committee | TBD |

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April 21, 2021

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P	Boyd, Michelle	P	Koszelak, Bethany	P	Silvia-Torma, Brenda	P	Strum, Judy
A	Chamberlain, Amber	A	Lyon, Libby	P	Skurpski, Lea	P	Thompson, Joe
A	Danner, Kara	P	Michelback, Richard			P	Trouton, Lorraine
A	Daugherty, Karim	P	Meren, Melanie VIA Emma Heisey	P	Spanier, Holly	A	Wahbe, Leina Mamdough
P	Glenn, Adriana	A	Papneja, Shreya	P	Spivack, Beth	A	Whiting, David
P	Hemmat, Joanna	P	Payne, Phyllis				

P=Present A=Absent

1. Call to Order at 7:00pm
2. Approval of Prior Meeting Minutes: Brenda Silvia-Torma moved to approve the minutes. Adriana Glenn seconded the motion. The motion was approved with no dissent.
3. Public Comment: None
4. FCPS Updates

Dr. Boyd shared that during yesterday's board meeting, FCPS announced plans for a 5-day return to in-person learning for the Fall 2021! The recent return to in-person learning has been successful. Low COVID transmission rates have been observed. FCPS has seen a .02% transmission rate, and those cases were largely not attributed to in school transmission. Only .02% in-school transmission has been observed.

More positive news: FCPS is resuming in-person instructional services for all students, effective March 22 including those served outside of traditional school building environments, such as preschool, home-based, and home-bound students. Staff vaccinations have been key to making this possible.

Pending changes regarding face coverings should be posted very soon: Regulation 2109 currently indicates the requirement for face coverings based on Centers for Disease Control and Prevention (CDC) guidance (and other public health guidance) for students, staff, and visitors. Under the current regulation, a doctor's note can be provided for students who cannot wear a mask successfully, when a physician indicates that it is necessary for the student not to wear a mask. This includes students with health conditions, communication impairments or disabilities that impact the student in not being able to successfully wear a mask consistently and correctly during the majority of the school day. Updated revisions, based on CDC guidance, expands the exemption to include students under age 2, and students who are unable to remove their masks. Additional mitigation measures may be required by staff (increased PPE, greater physical distancing).

Emma Heisey shared, on behalf of SHAC's Board Member Representative Melanie Meren.

- A. Updated grading policy not yet finalized but in the works. Three key points:
 - 1. At secondary level, division will be using NM for all credit courses to allow students to work toward passing over the summer without hurting GPA
 - 2. Final exams may only raise students' grades not lower
 - 3. Pass option instead of a letter grade in up to two classes
 - a. Students and parents should be made aware of the positive and negative implications of these flexible choice options.
- B. Additional note: Wednesday, March 24 at 6:30pm, student town hall. Targeted to the Hunter-Mill community but open to everyone.

SHAC Member: High School Principal Association Representative Joe Thompson addressed the question: What are we doing to support the mental health of staff and students?

- A. Student Mental Health:
 - B. Mr. Thompson's school is following the FCPS multi-tiered system of support.
 - C. First tier: engage students, build relationships, whether or not they are virtual. Teachers reach out to absent students, find them, and make sure they have the resources they need including internet and computers.
 - D. Embed social-emotional learning (SEL) into the school day. Half hour per day to connect with the students. Embed the curriculum throughout the day. Task force of teachers and staff: how do we move our community from a trauma-informed community to a trauma-responsive community? What tools can we give teachers to reach out to students who are dealing with trauma, when trauma is interfering with their learning? Find ways to laugh with them. Find normalcy. Non-verbal cues aren't there from the blank screens of students. Engage.
 - E. There is a continuum of services to help our students.
- B. Staff mental health –Staff has been put through a lot this year. Many different learning management systems, transition to virtual, grading changes, assessment and communication changes.
 - 1. Fail upward. Don't be afraid of mistakes.
 - 2. Be collaborative
 - 3. Be global citizens

Group discussion: Should SHAC restate its recommendation for increased training for trauma-responsive communities?

Ann Smith – SHAC Member: Middle Schools Principal Association- addressed the question: What are we doing to support the mental health of staff and students?

- 1. We are trying to control what we can control. Principals trying to take as much off the plate of students and staff. Focusing on facilities and environment safety to build trust. For students, teachers have tried to connect, even knocking on doors to ensure the student's had internet access and computers. Follow-up visits and phone calls when necessary. Easing up on the grading, for example so students have the opportunity to take the tests, but only for upside.
- 2. For Staff: offer grace to the struggle, give them an outlet, listen, and try to provide solutions. Keep finding a way to move forward, however slowly.

Group discussion: How can SHAC help: identify research, remember the basic needs of food and internet resources that are requirements for children to learn?

The Committee entered breakout rooms from approximately 7:40pm – 8:20pm

Screen Time Subcommittee

Member Names: Adriana Glenn, Beth Spivack, Bethany Koszelak, Brenda Silvia-Torma (Chair), Emma Heisey, Dr. Holly Spanier, Dr. Michelle Boyd, Patrick Ogden

Discussion:

1. Guest Speaker for Screen Time Subcommittee: Bethany confirmed with Lea Skurpski that Stefan Mascoll, FCPS Student Safety and Wellness Coordinator, will attend SHAC's April 2021 meeting to share digital citizenship information with the Screen Time Subcommittee. We will share a summary with SHAC committee after the meeting. Resources/information will be shared in the final report, as appropriate.

2. Virginia Standards for Health and PE: Bethany provided the attached standards for Virginia Standards for Health and PE as it relates to Digital Citizenship program.

- *FCPS Digital Citizenship Website:* [Digital Citizenship | Fairfax County Public Schools \(fcps.edu\)](https://www.fcps.edu/digital-citizenship)
- *Health and PE 9 Standards:*
 - 9.1. Describe the positive and negative effects of social media and of sharing personal information online.
 - 9.2. Explain limitations to effective communication online.
 - 9.3. Create strategies to manage personal information and communicate effectively online, and balance technology use with offline activities.
- *Health and PE/FLE Lesson:* See document attached in email dated March 17, 2021.

3. Common Sense Media's 2021 Report: Coping with COVID-19: How Young People Use Digital Media to Manage Their Mental Health

- *Action Item:* Committee members will review report in advance of April's meeting and identify and information/recommendations that we might want to include in SHAC's Final 2020/2021 Report.
- *Report Link:* <https://www.common sense media.org/sites/default/files/uploads/research/2021-coping-with-covid19-full-report.pdf>

4. COVID-Related Resources for Various Student Populations (ADHD etc): All subcommittee members will review potential resources to share with SHAC Facebook page and in the final report.

- *Action Item:* Subcommittee will create an infographic with these resources to include as an Appendix in final report. (Brenda has infographic software that can be used to create this document).

5. Upcoming Webinar: "Digitally Disconnected: Understanding the Digital Divide During COVID-19", a Children and Screens *Ask the Experts* Webinar: March 24th

- *Action Item:* Brenda will attend webinar and share notes with SHAC Committee members via Kathy Henderson.

Brain Breaks Subcommittee:

Our group made a rough outline of our section of the anticipated report. We are planning to discuss (1) The Absence of Gathering Space in Trailers, (2) FCPS Homework Policy and (3) Sharing Best Practices for Individualized Choice in Scheduling

Sleep Subcommittee

Members: Ann Smith, Carrie Reynolds, Camille Bartus, and Phyllis Payne

We looked at the 24-hour clock. We think it may be helpful for students, parents, teachers, and school leaders to consider the elements that fit into a middle school students' day. Fitting enough time in for sleep requires a bedtime before dim-light-melatonin onset – a biological indicator that occurs about 1 to 2 hours before sleep. The clock is oriented to show daylight on the top half and darkness on the bottom. We discussed how uncommon it is for a middle school student to be going to bed at 8 p.m. We also spoke about the importance of allowing time for social connections.

We also considered Woodson High School's Scheduling Tool, which might be a good example that other schools may want to emulate: <https://woodsonhs.fcps.edu/ScheduleSimulator>
The tool was developed with real input from students about how long homework took for each class. EVERY teacher polled their classes and then took averages, so it was a lot of students over many class periods.

We discussed the potential for creative scheduling options for the FCPS return to school. Are there ways to allow more students to start classes at a later time in the morning that is more consistent with their circadian clock? For example, FCPS does allow students to replace a first-block in-person class with an online one, but few people are aware of the possibility. Could we use the virtual experience that everyone has had to build new opportunities or new approaches rather than return everything to the previous schedule? Are there positives from our COVID learning experience that we could employ even when we are able to return to in-building instruction?

**Adjournment: 8:33pm. Holly Spanier moved to adjourn, and Ann Spivak seconded.
Approved by vote.**

Meeting Handouts: none

Meeting Notes Drafted by: Lori Jacobs

**Fairfax County School Board's
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)
VIRTUAL MEETING AGENDA for April 21, 2021 7:00 pm-9:00 pm
*SHAC Members will participate virtually due to the COVID-19 Emergency**

The SHAC will be meeting Wednesday, April 21 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. 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, September 15. **Video and audio testimony should not exceed 3 minutes in length.**

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| 1. Call to Order and Committee Member Introductions | Phyllis Payne |
| 2. Approval of Prior Meeting Minutes (3.17.2021) | Committee |
| 3. Public Comment, if any | TBD |
| 4. FCPS Updates | Michelle Boyd |
| 5. Working groups (separate into 3 different virtual meeting rooms): | |
| <ul style="list-style-type: none"> • Sleep as foundational to health and wellbeing <ul style="list-style-type: none"> ○ Middle school start times ○ Sleep-related wellness policies (FCPS Wellness Policy) • Recess and/or Brain Breaks for middle and high school students during the school day <ul style="list-style-type: none"> ○ Breakfast break ○ Social interaction time during the day (including time to connect with adults in the building) ○ Warm and welcoming cafeterias that encourage social interaction and have healthy food • Screen time: Electronic device use and social media <ul style="list-style-type: none"> ○ Mobile devices in the classroom ○ Cyberbullying | |
| 6. Questions, Comments/Additional Business from Committee | TBD |

Future Meeting Dates:

May 19, 2021

*TBD- School Board Meeting- Committee Report, 7pm

*May 25, 2021 - School Board Meeting- Committee End of Year Report, 7pm

**Indicates SB meetings and Committee End of Year Reports*

Committee Charge: Review factors that support student social and emotional wellbeing with a focus on sleep health, brain breaks for secondary school students and electronic device and social media use.

**School Health Advisory Committee DRAFT Meeting Minutes
April 21, 2021**

***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 prior to scheduled meeting.

Members in Attendance:

A	Avarez, Maria Cecilia	P	Jacobs, Lori	P	Reynolds, Carrie	P	Smith, Ann
P	Bartus, Camille	P	Kaubaroulis, Danielle	A	Shahlaee, Amir	P	Heisey, Emma
P	Boyd, Michelle	P	Koszelak, Bethany	P	Silvia-Torma, Brenda	A	Strum, Judy
A	Chamberlain, Amber	A	Lyon, Libby	P	Skurpski, Lea	P	Thompson, Joe
P	Danner, Kara	P	Michelback, Richard			P	Trouton, Lorraine
P	Daugherty, Karim	P	Meren, Melanie	P	Spanier, Holly	A	Wahbe, Leina Mamdough
p	Glenn, Adriana	P	Papneja, Shreya	P	Spivack, Beth	A	Whiting, David
P	Hemmat, Joanna	P	Payne, Phyllis			P	Wilkie, Ann (pending approval)

P=Present A=Absent

1. Call to Order: Phyllis Payne called the meeting to order at 7pm.
2. Approval of Prior Meeting Minutes: Motion to approve by Brenda Silvia-Torma. Seconded by Lorraine Trouton. Motion to carry by a majority. No motion to oppose was made. Minutes approved.
3. Public Comment: No public comment was received this evening.
4. FCPS Updates: Lea Skurpski shared FCPS presented their plan to return to school to five days a week in person for the 2021-2022 school year. Information can be found on Board Docs. Schools have currently increased the number of students returning to school in person four days a week this month. The SHAC End of the Year presentation to the School Board will be at 7pm on May 25th. Phyllis Payne shared it is a tight deadline and perhaps an early draft may be shared with Dr. Boyd. Considering moving May 19th SHAC meeting to May 12th. The committee voted to change to meeting to May 12th. 10 voting members make a quorum.
5. Discussions: The drafted FCPS School Health Advisory Committee Report 2020-21/2020-21 was discussed and reviewed. The Committee Charge for this year was to review factors that support student social and emotional wellbeing with a focus on sleep health, brain breaks for secondary school students and electronic device and social media use. Subcommittees may meet prior to May 12 to work on their report. The subcommittee chairs will need to notify Lea Skurpski to share the meeting dates, times and agenda to be posted and a link for public attendance. Melanie Meren shared that middle school recess and breaks were discussed at April 6th School Board Meeting. It was asked that the discussion continue in the Fall. Student Rights and Responsibilities will be reviewed; May 4th discussion and voted on June 17th. She shared about antibias curriculum discussions taking place, as well. Bell Schedules will return to Pre-COVID schedules for the 2021-2022 School Year. FLE Curriculum and Plan to Return To School in the Fall will also be voted on at the June 17th School Board Meeting.

Subcommittees broke out at 7:50pm and all returned to whole group meeting at 8:20pm.

Screen Time: Will meet Monday, April 26th to review past info shared and create a list of resources to be shared as an infographic. Will review digital media report and any other resources to possibly add to SHAC report.

Recess & Brain Breaks: Much of their report is complete and will just be updating and sending to Phyllis by Friday, April 23rd.

Screen Time Committee Group Notes: April 21, 2021

Sub-Committee Member Names: Anne Wilkie, Beth Spivack, Bethany Koszelak, Brenda Silvia-Torma (Chair), Danielle Koubaroulis, Emma Heisey, Dr. Holly Spanier, Joe Thompson, and Karim Daughterty

Notes Taken: Brenda Silvia-Torma

Discussion:

1. Guest Speaker for Screen Time Subcommittee: Stefan Mascoll met with the screen time subcommittee to explain how his office supports FCPS families, staff, and students. Mr. Mascoll is the Coordinator for Student Safety and Wellness within FCPS's Department of Special Services. The department supports all FCPS schools, but primarily at the elementary school level. He provides the content for safety and wellness presentations, and the counselors at each school lead the presentations. The seven presentation topics include:

- **Internet Permanence:** Once posted online, a person may not be able to delete the information. It may even be "copied" by taking a screenshot (picture).
- **Loss of Control:** Someone may send personal information to a friend or a partner. That person loses control of if and how that information is shared with others.
- **Sharing Too Much Information:** There is a comfort level with sharing everything about themselves online. Students need to learn what is appropriate and what is not safe to share. For example, people share vacation plans; personal identifiers may educate someone who wants to rob a house or steal someone's identity.
- **Online Predators:** This includes explaining to young people that people on the internet may not be who they claim to be. A 12-year old girl could be an older adult.
- **Cyber Bullying:** An imbalance of power—an entire school can know information shared between two people within minutes. Discussion includes an explanation of cyberbullying laws.
- **Sexting:** Sending inappropriate pictures, videos, etc. Young people may not realize that what they are doing is defined as sexting. They may view it as something personal between themselves and their partners when it is child pornography.
- **Recruitment and Trafficking:** In the past, gang recruitment often happened at shopping malls. Now, it takes place online and targets upper elementary and middle school students. These students are often most vulnerable; they may not have strong connections to their families or schools.

For more information, visit the [Digital Citizenship](#) section of the FCPS website. Schools and PTAs may request presentations throughout the school year. To request a presentation, contact Stefan Mascoll at msmascoll@fcps.edu or by phone (571) 423-4270.

Final Report Timeline:

The screen time committee has agreed to the following timeline for submitting its' section of SHAC's 2020-2021 Final Report:

- **Between April 22 and April 26, 2021:** Sub-committee members will:
 - Review the subcommittee notes from previous meetings to identify what items to include in SHAC's final report.
 - Ideally, Brenda will write a (very early) draft of the report for the rest of the committee's review.
 - Review *Common Sense Media's 2021 Report: Coping with COVID-19: How Young People Use Digital Media To Manage Their Mental Health*
 - **Action Item:** Committee members will select information/recommendations to include in SHAC's Final 2020/2021 Report.
 - **Report Link:** <https://www.common sense media.org/sites/default/files/uploads/research/2021-coping-with-covid19-full-report.pdf>
 - Identify COVID-related resources for various student populations (ADHD, etc.):
 - **Action Item:** All subcommittee members will identify and share resources included in the final report and periodically on the SHAC Facebook page.
 - **Action Item:** The subcommittee will create a Resource List infographic to include in the final report's appendix. (*Note: Brenda will use her infographic software to make this document*).
- **April 26, 2021, at 5 pm:** The screen time subcommittee will meet to discuss the draft, resources and recommendations, and next steps. Lea will publicize this meeting for the public to attend.
- **April 28, 2021:** Brenda will send the finalized version of the draft to the rest of the subcommittee for their review. Comments will be due by Thursday, April 29, 2021.
- **May 1, 2021:** Brenda will submit the final draft to Phyllis.
 - **NOTE:** Brenda will revise the bibliography created in November 2020. She will have this ready by May 3 (if that is okay).

Sleep Subcommittee Group Notes:

The subcommittee discussed what to include in the first draft of our subcommittee report.

Recess/Brain Breaks Subcommittee Group Notes:

The committee discussed the first draft of our subcommittee report.

Adjournment: 8:47pm

Meeting Notes Drafted by: Karim Daugherty

**Fairfax County School Board's
SCHOOL HEALTH ADVISORY (SHAC) SCREEN TIME SUBCOMMITTEE
VIRTUAL MEETING AGENDA for April 26, 2021 5:00 pm - 6:00pm**

**SHAC Screen time Subcommittee Members will participate virtually due to the COVID-19 Emergency*

Members of the public are welcome to attend virtually at the following Zoom link:

Topic: SHAC Screen time Subcommittee Meeting
Time: Apr 26, 2021 05:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84231178859?pwd=WXpzc216VzNscm5OWHp3V01FREgwQT09>

Meeting ID: 842 3117 8859

Passcode: 853890

One tap mobile

+13126266799,,84231178859#,,,,*853890# US (Chicago)
+16465588656,,84231178859#,,,,*853890# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)
+1 301 715 8592 US (Washington DC)
+1 346 248 7799 US (Houston)
+1 669 900 9128 US (San Jose)
+1 253 215 8782 US (Tacoma)

Meeting ID: 842 3117 8859

Passcode: 853890

Find your local number: <https://us02web.zoom.us/j/84231178859>

Agenda:

- | | |
|-----------------------------------------------------------|---------------------|
| 1. Call to Order and Brief Committee Member Introductions | Brenda Silvia-Torma |
| 2. Discussion of End-of-Year Report | Subcommittee |

**Fairfax County School Board's
SCHOOL HEALTH ADVISORY COMMITTEE (SHAC)
VIRTUAL MEETING AGENDA for May 12, 2021 7:00 pm-9:00 pm
*SHAC Members will participate virtually due to the COVID-19 Emergency**

The SHAC will be meeting Wednesday, May 12 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. 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, September 15. **Video and audio testimony should not exceed 3 minutes in length.**

- | | |
|-----------------------------------------------------------|---------------|
| 1. Call to Order and Committee Member Introductions | Phyllis Payne |
| 2. Approval of Prior Meeting Minutes (4.21.2021) | Committee |
| 3. Public Comment, if any | TBD |
| 4. FCPS Updates | Michelle Boyd |
| 5. Review of End of Year Report | Committee |
| 6. Development of SHAC Charge for SY 21-22 | Committee |
| 7. Election of SHAC Chair for SY 21-22 | Committee |
| 8. Questions, Comments/Additional Business from Committee | TBD |

Future Meeting Dates:

*TBD- School Board Meeting- Committee Report, 7pm

*May 25, 2021- School Board Meeting- Committee End of Year Report, 7pm

**Indicates SB meetings and Committee End of Year Reports*

Committee Charge: Review factors that support student social and emotional wellbeing with a focus on sleep health, brain breaks for secondary school students and electronic device and social media use.

**School Health Advisory Committee Meeting Minutes
May 12, 2021**

***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 prior to scheduled meeting.

Members in Attendance:

A	Alvarez, Maria Cecilia	P	Jacobs, Lori	P	Reynolds, Carrie	P	Smith, Ann
A	Bartus, Camille	P	Kaubaroulis, Danielle	A	Shahlaee, Amir	P	Ogden, Patrick
A	Boyd, Michelle	A	Demers, Bethany	P	Silvia-Torma, Brenda	A	Strum, Judy
A	Chamberlain, Amber	A	Lyon, Libby	P	Skurpski, Lea	P	Thompson, Joe
P	Danner, Kara	A	Michelback, Richard			A	Trouton, Lorraine
P	Daugherty, Karim	A	Meren, Melanie	P	Spanier, Holly	A	Wahbe, Leina Mamdough
P	Glenn, Adriana	A	Papneja, Shreya	P	Spivack, Beth	A	Whiting, David
P	Hemmat, Joanna	P	Payne, Phyllis			P	Wilke, Ann

P=Present A=Absent

1. Call to Order: at 7:02pm
2. Approval of Prior Meeting Minutes: **Brenda Silvia-Torma made motion to approve. Lori Jacobs seconded. Vote to approve. No nays.**
3. Public Comment: No submissions for public comments
4. FCPS Updates: Notifications sent out to virtual families to invite students to in person for next school year. Layers of mitigation strategies have been shared with public, as well as strong ability to maintain low numbers of COVID transmission in schools. Pfizer vaccine approved for 12 year olds and above. Partnering with Health Dept to encourage families and provide information about vaccinations for students. Joanna Hemmat shared that vaccines are currently accessible and working with school partners to make them even more accessible to students 12 years old and above. Looking forward to possibility of age approval for vaccines to be as low as infants beginning of next school year. Adriana Glenn shared that parents are eager to get their entire families vaccinated in her professional experience.
5. Review of End of Year Report: Committee members discussed a question about equity and access to after-school activities and made a minor modification to clarify the language in the report to encourage the school system to work with the County Park Authority and One Fairfax to increase opportunities for students to engage in programs at Fairfax County Rec Centers. After-school buses to transport students from the school to the Rec Centers might be helpful, for example. Motion was made to approve the SHAC Report by: *Ann Wilke and seconded by Karim Daugherty and Kara Danner.*
6. Development of SHAC Charge for SY 21-22

Phyllis Payne proposed to look at anxiety of students and support for them county-wide next school year. Danielle Kaubaroulis and Brenda Silvia-Torma agreed and supported this goal as did Ann Wilke. Suggestions made to start early to teach students from a young age how to implement strategies for identifying and facing anxiety. Karim Daugherty said we should be sure to be cautious with the language and that we make it inviting for ALL to embrace the learning of strategies; we must be partners as parents, school staff, and care givers. Beth Spivak spoke of the importance to have families use the same language as schools when helping children apply strategies.

Brenda Silvia-Torma made motion to approve the charge wording in the draft report and Adriana Glenn seconded. Vote was unanimous to approve.

7. The committee reviewed the calendar for next year. The dates will include September 22, October 20, November 17, December 15, January 19, February 16, March 16, April 20 and May 18.
8. Election of SHAC Chair for SY21-22: Lori Jacobs moved to nominate Phyllis Payne to continue as chairperson. Karim Daugherty seconded and so did Ann Smith. Kara Danner nominated Brenda Silvia-Torma as co-chair. Majority approval. Calendar of meetings approved; no nays.
9. The committee brainstormed ideas for next year. Ideas: Continue using subcommittees to have "working meetings." One committee to research what activities are already in place; staff presentations about what FCPS is already doing; inviting students to share the work they are doing in this area such as Our Minds Matter.

Action Item: Phyllis will reach out to Bethany to see whether she could present about what FCPS is already doing in terms of staff training, programs that promote mental health, etc.

Lea Skurpski thanked Phyllis Payne for her leadership and team for their dedication and positivity.

Adjournment: 8:23 pm

Meeting Handouts: Only the report to be submitted to school board.

Meeting Notes Drafted by: Karim Daugherty