

**School Health Advisory Committee (SHAC)
Staff Response**

1. We recommend that the School Board carefully review our report from last year on a potential Cap on AP and IB courses, as described in Exhibit B below, before the September 16, 2019 Forum Topic on this issue.

Staff Response: This information was presented to the School Board during the SHAC end of year report on May 29, 2019.

2. We recommend that the following question be included in the Fairfax County Youth Survey: "During the past 30 days, have you ever nodded off or fallen asleep, even just for a brief moment, while driving?"

Staff Response: FCPS staff met on June 18, 2019 with the FCPS County Government to address this SHAC recommendation. With the addition of four questions that were recommended based on the FCPS Strategic Plan, Goal 2 Caring Culture for the November administration of the survey, there was not enough room to add this question for SY 19-20. The overall review and revision of the Youth Survey is schedule for next year, so this question will be considered for inclusion in the 2020 administration.

3. We recommend that, in the Fairfax County Youth Survey, the word "Sleep" be included in the header along with "nutrition and physical activity," such that it reads, "Physical Activity and Sleep" instead of "Physical Activity and Rest."

Staff Response: Because it is costly to make adjustments to the survey outside of the revision cycle, this change request will be considered during the review and revision process scheduled for the 2019-2020 year.

4. We recommend that FCPS immediately take action to install meaningful blocks of unstructured recess time for 6th graders at Glasgow, Poe, & Holmes MS.

Staff Response: Staff will continue to consider options for more unstructured time at our three middle schools with sixth grade.

5. We recommend that FCPS include a paper flyer in back-to-school-night materials for the upcoming school year which highlight the existence of Wellness Committees in every school and provide contact information as well as an invitation for students and families to get involved. We further recommend that members of the School Board publicize these committees in their communications with constituents.

Staff Response: FCPS continues to develop Wellness Committees at all schools. For SY 19-20, FCPS will again require that each school identify three staff members to support their school-based wellness committee. These will include one staff wellness liaison and two wellness committee representatives. Wellness team members will be identified by August 30, 2019. Additionally, FCPS will be developing resources to support school-based wellness teams in their efforts to improve family and community engagement to include:

- Flyer to be distributed in backpacks and school newsletters to increase family awareness and encourage participation and provide information as to how to subscribe to the FCPS Wellness Newsletter

- Update school-based webpages to include wellness committee representatives contact information
- Provide training for wellness team representatives regarding the FCPS wellness policy and regulation, as well as resources available to support them in their development of school-based wellness program

6. We recommend that FCPS revise the responses on the wellness survey to the language recommended, voted on, and approved by the appointed members of this committee, and not changed after the fact, without our knowledge or assent. The responses of “meets, exceeds, in progress, and not applicable (not applicable occurring when needed)” are clear and useful responses, and are far superior for purposes of plain English and utility to the community than words like “emerging, transitioning, or exploring,” none of which are terribly distinguishable or helpful.

Staff Response: During school year 2017-18, the Wellness Survey was developed and baseline data was collected for federal reporting. FCPS regulation 1475 requires all surveys to be reviewed and approved through a process. FCPS Internal Survey Advisory Committee reviewed the Wellness Survey and recommended to the Superintendent revisions to ensure collection of quality data prior to approval. By federal mandate, the results of the Wellness Survey are required to be reported out to the public. The response scale that was ultimately approved for use on the Wellness Survey reflects language that principals are highly familiar with and provide information about how embedded an action or activity is within their schools. Federal reporting is required every three years; FCPS may consider revisions for the 2021 school year for the next cycle of reporting.

7. We recommend that, over time, FCPS format the Wellness Metric results in a fashion similar to the results of the Youth Survey, where the data can be analyzed in different ways and from different directions. The current results are informative, but could be improved. This committee does recognize that this reporting is new and understands that it could take some time to format the data thusly.

Staff Response: The Youth Survey online data explorer is completely outsourced to Angstrom Software, a subcontractor of the Youth Survey vendor (Indiana University). It was shared by Fairfax County Health and Human Services that the original custom build for this module cost around \$40,000 and that annual maintenance currently costs around \$10,000. FCPS is currently working with this vendor to explore options for wellness reporting, as well as potential costs to the division.

8. We recommend that FCPS make available traditional textbooks for those students who request them, as opposed to a reliance on electronic textbooks. In addition, we recommend that the School Board prohibit the use of devices and the avoidance of real peer-interaction during indoor recess in our classrooms.

Staff Response: FCPS purchases a variety of digital and print basal resources across the content areas. When making a division wide text book purchase, our practice is to purchase 100% digital licenses plus at least 30% print copies. These hardcover books are intended to be distributed to students upon request to meet learning needs and/or preferences. Some resources, due to their interactive nature, do not have a print version.

FCPS has created training and resources to assist schools in implementing effective recess. Though we do not have a prohibition on the use of technology, a focus of the guidance is on physical activity.

9. We recommend that members of the School Board take into account the value of racial, gender, and other diversity in the membership of SHAC when making appointments.

Staff Response: FCPS is in support of this SHAC recommendation.

10. SHAC recommends that, for the 2019-2020 school year, it be charged with a review of the following:
 1. Means by which students can feel and be safe in a climate where gun-violence is reported so frequently across the country, as well as means to address negative emotions brought on by the frequency and substance of preventative measures, including lockdown drills.
 2. Means by which the county can relieve unhealthy stress felt by so many of its students, which may include aspects of overall mindfulness, nutrition, exercise, sleep, and other factors.
 3. Consideration of the effects (both educational and otherwise) of school-day screen-time on students
 4. Middle school start times.
 5. Any other issues deemed important by the committee.

Staff Response: Based on SHAC request, the following charge was recommended for SY19-20: 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.