



School Health Advisory Committee

ANNUAL REPORT

May 31, 2017

Table of Contents

SHAC Summary Statement and Recommendations

Recommendation for 2017-2018 SHAC Charge

SHAC 2016-17 Public Comments

Recommended Wellness Reporting Metrics

Additional Attachments to Accompany this Report:

- **SHAC 2016-2017 Attendance Summary**
- **Policy 2100**
- **Regulation 2100**

**SCHOOL HEALTH ADVISORY COMMITTEE
2016-17 FINAL REPORT
May 31, 2017**

On May 17, 2017, the FCPS School Health Advisory Committee (SHAC) held its final meeting in what has been a year of tremendous information gathering, productive dialog, and meeting of minds.

This effective communication has culminated in the successful development of policy and regulation 2100, Student and Staff Health and Wellness, and the creation of reporting metrics which this committee respectfully submits for your consideration. It is our view that these metrics satisfy the committee's charge from the FCPS School Board, which was levied in order to comply with the reporting requirements of the "Healthy, Hunger-Free Kids Act" of 2010 (Pub.L. 111-296) ("HHFKA").

The HHFKA requires triennial reporting of the school district's compliance with FCPS' wellness policy, said policy is also required by the HHFKA and which the School Board approved in 2016.

SHAC has approved these metrics, and it is the opinion of our committee that these metrics strike an effective and appropriate balance between compliance with applicable law, overall transparency, and the cost of compliance, both in terms of financial cost and in terms of the very limited time of our school administrators and staff.

An important component of the law is the creation of "Wellness Committees" at each school. While the requirements of this portion of the law are intentionally vague, SHAC respectfully, but strongly, recommends that the FCPS leadership team provide guidance to encourage school principals to invite and include staff, parents and/or guardians, community members, and the school's public-health nurse ("PHN") to be part of each school's wellness committee. And, in the case of middle and high schools, SHAC recommends that each committee have one or more student representatives.

This way, we can get more eyes on the wellness policy, more minds considering ways to meet and exceed the requirements thereof, more ideas for additional areas in which we can positively impact student and staff health and wellness, and better dissemination of this information into the community.

Therefore, SHAC requests that the FCPS school board consider and approve our reporting metrics, included in this document, and encourage creation of wellness committees at each school which will be responsible for providing the information required by these metrics for publication during the 2017-18 school year.

Further, because the working dynamic on the committee was so productive this year, we delved into a number of subjects which, we believe, may have the ability to strengthen our wellness policy in the coming years. These topics include student stress (including homework load, mental-health intervention, and sports practice-times), substance abuse, school health models, and exposure to cleaning chemicals, particularly in elementary schools. Community members also approached SHAC members about the need to expand and protect recess.

Recommendation for 2017-2018 SHAC Charge

Therefore, SHAC recommends the following charge for issuance by the school board for the 2017-18 school year.

“The FCPS school board hereby charges the School Health Advisory Committee with monitoring the implementation of reporting metrics for its health and wellness policy and regulation, and with seeking to improve the policy and regulation themselves.”

SHAC 2016-17 Public Comments

On November 16, 2016, Marjorie Veiga spoke to the committee about the prevalence of tick-borne diseases, and specifically Lyme disease, in this region of the country, and particularly in Fairfax County. She also spoke about the need to address this issue in FCPS health curriculum.

On March 15, 2017, members of the Unified Prevention Youth Council, a student-group committed to keeping schools safe and drug-free, spoke to the committee to inform us of their ideas, projects, and other activities.

Recommended Wellness Policy/Regulation Reporting Metrics Implementation SY 2017-2018

Each school in FCPS is responsible for reporting annual progress toward the implementation of our Local Wellness Policy and Regulation, *2100 Student and Staff Health and Wellness*. The intent of reporting, as required by the Healthy, Hunger-Free Kids Act (HHFKA) of 2010, is to strengthen our local wellness policy so that it becomes a useful tool in evaluating, establishing and maintaining healthy school environments, and provides transparency to the public. Please visit our Student and Staff Health and Wellness Webpage for additional wellness information and resources.

The school wellness team will complete the annual wellness report. Your responses will allow FCPS to assess the efficacy of its implementation of Policy and Regulation 2100. Our FCPS wellness policy sets forth visionary, yet measurable and achievable goals that encourage continual progress and the advancement of a long-term, sustainable culture of improved health and wellness throughout FCPS. Questions can be answered with **M**=Meets, **E**=Exceeds, **IP**=In Process, **N/A**= Not applicable, or **N**= No. Some questions will provide an opportunity for schools to share brief, narrative feedback. We welcome you to highlight successes and best practices you have encountered while promoting and supporting wellness in your school.

At the conclusion of the survey, please feel free to offer any suggestions you'd like to share with an eye toward county-wide implementation in order to improve the health and wellness of FCPS students, families, and staff. Please feel free to provide feedback with regard to the wellness policy, regulation, and wellness reporting metrics to the School Health Advisory Committee. We look forward to our continued partnership in promoting student and staff health and wellness in FCPS.

Section A- Physical Education

1. Physical education classes in our school provide students with the minimum time-requirements under FCPS Regulation 3218. (M, E, IP, N/A, or No)
2. We estimate that at least 50% of physical education class-time in our school is comprised of moderate to vigorous physical activity. (M, E, IP, N/A, or No)

Section B- Physical Activity

1. Our school **typically** provides a minimum of 15 minutes per day of supervised recess (elementary schools only). (M, E, IP, N/A, or No)
2. Withholding recess or physical education is not used as a disciplinary action in our school. (M, E, IP, N/A, or No)
3. Please highlight any activities or best practices your school has used to promote student activity. **[opportunity for narrative]**

Section C- Health Education

1. Our school effectively imparts FCPS' health education curriculum with respect to:
 - a) Promoting Healthy Lifestyles (M, E, IP, N/A, or No).
 - b) Stress Management (M, E, IP, N/A, or No).
 - c) Coping Skills (M, E, IP, N/A, or No).
 - d) Depression (M, E, IP, N/A, or No).
 - e) Suicide Prevention and Awareness (M, E, IP, N/A, or No).
 - f) Mental Health Issues (general) (M, E, IP, N/A, or No).
 - g) Relationship of Healthy Sleep to Mental Health (M, E, IP, N/A, or No).
 - h) Substance Abuse Prevention (M, E, IP, N/A, or No).

Section D- Health Services

1. Our school effectively implements FCPS' protocols with respect to student disclosure or display of concerning behaviors, such as harm to self or others. (M, E, IP, N/A, or No)
2. Our students are provided with regular access to public health nurses to address health, safety and psychological issues. (M, E, IP, N/A, or No)
3. Required staff in our school maintain requisite levels of training in emergency first aid, CPR, AED per the Code of Virginia, and medication administration as per FCPS Regulation 2102. (M, E, IP, N/A, or No)

Section E- Healthy and Safe School Environment

1. Our school encourages children to safely walk or bike to and from school. (M, E, IP, N/A, or No)
2. Our school promotes age-appropriate mentorships as a way to help students develop strong, safe, and trusted relationships with respected adults. (M, E, IP, N/A, or No)
3. Our school buildings, grounds, structures, vehicles (if applicable), and equipment are maintained in accordance with FCPS Policy 8560. (M, E, IP, N/A, or No)
4. Our school maintains a comprehensive tobacco-free policy in accordance with FCPS Policy 4419 and Regulation 2152. (M, E, IP, N/A, or No)
5. Please share any school-specific barriers to promoting a healthy and safe school environment for students. **[opportunity for narrative]**

Section F- School Counseling, School Psychology, and School Social Work Services

1. Our school routinely monitors school climate and other factors which may contribute to student stress, symptoms of anxiety and depression, and peer and academic pressures and substance use. (M, E, IP, N/A, or No)
2. Our staff has received required suicide prevention training, as well as training that includes recognition of, and response to, mental and behavioral health needs. (M, E, IP, N/A, or No). **[opportunity for narrative]**

3. Our school implements programs which foster social and emotional health and wellness of students and staff. (M, E, IP, N/A, or No)
4. Our school is prepared to effectively implement FCPS' protocol when conducting suicide-risk screenings and assessments. (M, E, IP, N/A, or No)
5. Academic advising encourages flexibility in course scheduling to promote adequate sleep and healthy sleep patterns to affect student mental health, wellness, and attendance. (middle and high school) (M, E, IP, N/A, or No)
6. Our school provides opportunities for students, families, and staff to learn strategies to identify and manage stressors to maintain a healthy work life balance. (M, E, IP, N/A, or No)

Section G- Health Promotion for Staff Members

1. Our school has identified a staff wellness liaison to support the wellness policy. (M, E, IP, N/A, or No)
2. Please identify the job title of your staff wellness liaison. **[opportunity for narrative]**
3. Our staff wellness liaison supports opportunities for staff members to improve their health and well-being through the following:
 - a. Health screenings. (M, E, IP, N/A, or No)
 - b. Health care access. (M, E, IP, N/A, or No)
 - c. Employee flu immunization clinics. (M, E, IP, N/A, or No)
 - d. Wellness opportunities for staff, such as fitness challenges, fitness classes, mobile health-screenings, wellness walks, workshops, or health-fairs which emphasize work/life balance. (M, E, IP, N/A, or No)
 - e. Awareness of the Employee Assistance Program Services. (M, E, IP, N/A, or No)
 - f. Staff celebrations which offer and encourage healthy choices for food and beverages. (M, E, IP, N/A, or No)

Section H- Family and Community Involvement

1. Our school has established a wellness committee to implement activities that support the wellness policy. (M, E, IP, N/A, or No)
2. Our school's wellness committee includes a non-staff, family, or community member. (M, E, IP, N/A, or No)
3. Please identify the names and affiliations of wellness committee members. **[opportunity for narrative]**
4. Please share how your wellness committee encourages involvement from families and community members in promoting wellness in your school. **[opportunity for narrative]**

Section I- Food and Nutrition General

1. All students have at least 10 minutes to eat after sitting down for breakfast and 20 minutes to eat after sitting down for lunch. (M, E, IP, N/A, or No)
2. Students who participate in school meal programs have equal access to the same high quality food and nutrition as do non-participants who purchase FCPS provided food. (M, E, IP, N/A, or No)
3. Student tutoring, meetings or club activities are not scheduled during mealtimes unless students may eat during such activities. (M, E, IP, N/A, or No)
4. Our school has measures in place to prevent overt identification of students who are eligible for free and reduced price school meals. (M, E, IP, N/A, or No)
5. Lunch periods are scheduled to follow recess whenever possible. (elementary only) (M, E, IP, N/A, or No)
6. Our school encourages the use of non-food items for classroom celebrations. (M, E, IP, N/A, or No)
7. Withholding access to food is not used as a disciplinary action in our school. (M, E, IP, N/A, or No)
8. Potable water is available to all our students at no cost. (M, E, IP, N/A, or No)
9. Our school actively solicits student input in selecting foods and meals served by Food and Nutrition Services (FNS). (M, E, IP, N/A, or No)
10. Our school allows students to possess personal containers for drinking water. (M, E, IP, N/A, or No)

Section J- Nutrition Education, Promotion, and Food Marketing

1. Only foods and beverages that meet the “Smart Snacks” standards are marketed to students on school grounds during the school day. (M, E, IP, N/A, or No)

Section K- Nutrition Guidelines

1. Sodas and sports drinks are not offered for sale to students at any time during the school day at our school. (M, E, IP, N/A, or No)
2. Healthy food and beverage options are encouraged at school-related events outside the school day. (M, E, IP, N/A, or No)
3. Our school implements appropriate precautions against severe food allergies. (M, E, IP, N/A, or No)

Section L- Ideas/Comments/Suggestions

1. Please provide any suggestions, best practices, or tools that you believe would be helpful in evaluating and supporting student and staff health and wellness within FCPS.
[opportunity for narrative]
2. Please provide any questions or comments you have with regard to the FCPS Student and Staff Health and Wellness policy, regulation, or these wellness reporting metrics.
[opportunity for narrative]

Thank you for all you do to promote student and staff health and wellness in your school and community and for your time in providing this valuable feedback and reporting.