

School Health Advisory Committee Meeting Notes
DATE: January 17, 2018

Call to Order:

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on 1/17/18 at 7:00 by David Whiting, Chairman. The meeting was held in room 1600 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

Members in Attendance:

P	Alvarez, Cecilia	P	John, Elizabeth	P	O'Brien, Anne-Marie	P	Stiller, Carol
P	Bartus, Camille	P	Johnson, Teresa	P	Payne, Liz	A	Sullivan, Leslie
P	Chamberlain, Amber	P	McGee, Morgan	P	Payne, Phyllis	P	Thompson, Joe
A	Durán, Francisco	P	McGuigan, Holly	P	Presson, Teresa	P	Trouton, Lorraine
P	Ende, Elizabeth	P	Michelback, Richard	P	Skurpski, Lea		
P	Evans, Sandy	P	Milani, Kavian	P	Spanier, Holly	P	Whiting, David
P	Hemmat, Joanna	P	Mumtaz, Hannan	P	Spears, Jennifer	P	Yo, Seung Je
P	Mwila-Martial, Sandra			P	Stewart, Catherine		

P=Present A=Absent

1. Call to Order (7:00pm)
2. Approval of Prior Meeting Minutes: Lorraine Trouton made a motion to approve December minutes, Amber Chamberlain seconded the motion. Unanimously approved.
3. Public Comment: n/a
4. Discussion of Topics for Review

Use of cleaning materials: Richard Michelback spoke about cleaning cafeteria tables at the school level. He researched the question about cleansing of tables with water and the usage of sanitizer. He contacted the health department and it was shared that tables should be sanitized every 4 hours. It was discussed as to who should be cleaning the tables and whether it is safe for students to use. Anne-Marie O'Brien questioned the issue of the 4 hour sanitization and the use of chemicals vs. cleaners that are more 'clean'. Elizabeth Ende spoke that it is complicated to sanitize the tables. Richard will do further research to determine additional information regarding the usage of chemicals and the sanitization of the tables.

Follow up on Elementary Recess in Wellness Policy: Teresa Johnson relayed new information with respect to the new wording regarding daily recess at an elementary school level. The new information shared that recess would only be required on full school days given the varying schedules with weather etc. There was discussion about how to ensure that students did have recess daily and how to notify parents. There was a discussion on the requirement to notify parent on the same day should recess be missed. Catherine Stewart and Anne-Marie O'Brien requested that we have recess daily on all days. Sandy Evans spoke as a representative from the School Board that she felt that the new wording was to strengthen the language and that recess not be withheld. The new language presented by Teresa Johnson as reviewed and approved by legal. Catherine Stewart motioned to approve the new language. Elizabeth Ende seconded the motion. All members approved. Sandy Evans indicated she would take the revisions forward to the school board.

5. New Business
 AP/IB Discussion: Robyn Lady, President - PCACAC and Director of Student Services -

Chantilly High School. Jeff Litz, Principal – Marshall High School. Matt Eline, Principal of Robinson HS. Joe Thompson, Principal, Quander Road School. Robyn addressed the college admissions process. She discussed the student and parent pressure and anxiety that takes place in this process. She discussed that FCPS doesn't rank students and the importance of grades, curriculum, and test scores in the admission process. Open enrollment encourages those who doubt, but hurts those who want to be 'that student'. Colleges read files on a continuum; quantitative (data) and qualitative (essays, recommendations etc).

Sandy Evans asked the question regarding the impact of capping Advanced Placement (AP) courses. Robyn indicated that there are some private schools that already pursued this path and that there was no material disadvantage. Leslie Sullivan spoke to the reduction of stress and the race for students to take as many APs as possible. She asked how to keep the bar high and not buy into the AP system. Sandy Evans asked why not cap AP courses? Some colleges require an AP in every content area. Matt Eline indicated that for colleges, it is about 'fit'. He did not recommend limiting the AP course load as many students can manage it. He also mentioned partnership with parents, school staff, and student as being a key factor. Sandy Evans reaffirmed that the issue is student health and that all parents and students can't manage the load/decision making process. Jeff Litz suggested that we must always put balance at the forefront when working with students. He indicated that usually the students that need the most support are not always the same students that have the most rigorous course load.

Jennifer Spears cautioned the group not associate all student suicides with the stress of academics. Anne-Marie O'Brien indicated that we could look to surveys such as the UNC-Chapel Hill research that indicates that 5 AP courses is optimal for students. Anne-Marie is more concerned about school phobia – autoimmune disorder, depression, anxiety, sleep deprivation, etc. Amber Chamberlain suggested making a full review of the capping of AP courses, how we educate parents, and lastly how we look at programmatic approaches to reduce student stress. Jennifer Spears suggested researching/educating students about how to handle stress and what it is.

Elizabeth Ende brought up homework that is also associated with stress (not just the AP course load). There was a question about homework in AP courses – is there a way to measure the impact – both Jeff and Matt indicated that it depended on the course. Emily Emery, Counseling, College and Career Readiness Educational Specialist, spoke to balance and education of families. She spoke to finding the right fit for a college beyond admissions fit.

Amber Chamberlain indicated that FCPS is not the only school system that is exploring the topic of stress. Kavian Milani indicated that we need to do additional research on the topic. Anne-Marie O'Brien said we should be prepare succinct questions in order to determine our path as we go forward.

Hannan Mumtaz, student representative, indicated that it would be important to educate parents and it might help inform better decisions for all students. Schools are not able to always influence students with respect to limiting the number of APs.

David Whiting asked the committee to reflect on this topic and notes that a one size fit all is challenging. The committee can make a recommendation to the school board based on the best approach to reduce stress of students. Phyllis Payne would like data on number of APs that students take at various schools. She feels that this would provide us with input to look at caps. If there are specific questions, please address to Lea or Teresa.

6. Questions, Comments or Additional Business from Committee Members

The committee will further review student stress and mental health during the February meeting.

Adjournment: 9:00 p.m.

Meeting Handouts: N/A

Meeting Notes Drafted by: Holly McGuigan