

## School Health Advisory Committee Meeting Minutes

DATE: January 16, 2019

### Call to Order:

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on 1/16/2019 at 7:03pm by Phyllis Payne, Chairman designee. 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, Maria Cecilia			P	Nash, Diana	P	Sheipe, Theresa
P	Bartus, Camille	A	Johnson, Teresa	P	Payne, Liz	P	Smith, Ann
A	Chamberlain, Amber	P	McGee, Morgan	P	Payne, Phyllis	A	Stewart, Catherine
A	Durán, Francisco	P	McGugian, Holly	P	Pekarsky, Stella	A	Stiller, Carol
A	Ende, Elizabeth	P	Michelback, Richard	P	Presson, Teresa	P	Thompson, Joe
P	Evans, Sandy	A	Milani, Kavian	P	Skurpski, Lea	P	Trouton, Lorraine
P	Hemmat, Joanna	P	Mumtaz, Hannan	P	Spanier, Holly	A	Whiting, David
A	Jacobs, Lori	P	Kate Garsson	P	Spears, Jennifer	A	Yo, Seung Je

**P=Present    A=Absent**

1. Call to Order - Phyllis Payne called the meeting to order
2. Approval of Prior Meeting Minutes: Holly Spanier put forth the motion and Theresa Sheipe seconded the motion to approve the November minutes. Minutes unanimously approved
3. Public Comment: N/A
4. Discussion of Topics for Review as a Result of this Meeting: Technology- FCPS On Tammi Sisk, Derek Kelly and Ken Martin from FCPS came to speak regarding Technology and its impact on health. FCPS On provides equitable access to technology and stresses that this is an instructional approach to promote deeper thinking and use as an inquiry tool. Blending face to face conversation and collaboration utilizing technology. Placing a greater emphasis on creation. Learner centered instruction encourages critical thinking and independent thinking. FCPS Learning Model – Plan, Teach, Assess and Reflect is incorporated on a daily basis. Many benefits to technology that include: differentiation in various online texts, audio/video clips that support diverse learning modalities, digital journals/notetaking etc. digital storage for record of work and easy access and increase in feedback loops that provides opportunities for continuous improvement. Questions around due dates and time due to be mindful of sleep and bed times to encourage healthy habits. Also some concern around expectations for checking in with the classroom site, being mindful that parents set parameters around computer usage. Technology health considerations based on the following research action items: accuracy, objectivity, currency, authority of sources and depth of coverage. They start with several reliable sources. Key points include: technology is neither good nor bad, it can be a factor that affects wellness, overuse can be a symptom of something else, technology use requires active parenting, using high quality age-appropriate media matters. There are many positive aspects of technology on wellness. There are negative consequences with sleep disruption being one of the biggest factors. Other negative consequences of technology overuse include reduced physical activity, symptoms of depression, social isolation and increased presence of ADHD behaviors. Technology 'addiction' is not an official disorder and requires more study. There are red flags that might point to overuse and possibly a type of addiction. Healthy technology usage requires executive functioning that requires some self-regulation.

Discussion around supporting students at home when using technology – very

challenging for parents. They indicated that it was very challenging to monitor and ensure that it was appropriate usage. Parents would like to try to utilize technology and see how it works in the school/classroom. Concern about funding technology at the expense of lack of other resources such as counselors, smaller class sizes etc. Mrs. Sisk shared that having a device permits teachers to work in small groups and individualize instruction. Joe Thompson shared that he has had positive experience with his own family regarding FCPS On. Derek Kelly explained that FCPS On is not to replace the teacher. Intentional parenting workshops can be offered to support parents. There are considerations for adults to consider regarding the selection of media around content, context, etc. There were concerns voiced around the usage of technology in the classroom and how to monitor and manage. Another concern is regarding instruction around learning the keyboard and learning to type. FCPS is looking at a monitoring tool to look at computer daily usage. There are some challenges around the screen time tools. Parent resources were shared and they indicated they would send the links. All resources are available on FCPS public webpage – Digital Citizenship Families is the most robust link.

5. Questions, Comments or Additional Business from Committee Members: Healthy People 2030 is now available online – Phyllis Payne. Possible to go back and look at the link with the wellness metric – might be helpful to review from the beginning of the year. Sandy Evans wanted to share about the AP forum topic for school board. Liz Payne shared that Virginia Legislature has several bills on the table and are open to be viewed and followed by those interested. These are available online and some may be accessed from the FCPS website. The County is also following these bills, according to Joanna Hemmat. Lorraine Trouton shared that when FCPS after school activities/events are cancelled, then SHAC meetings are cancelled.

#### **New Business:**

6. **Motions:** Phyllis Payne shared proposed language to make a request to modify the Youth Survey to incorporate a question about drowsy driving. Lorraine Trouton made a motion to approve the letter and Theresa Sheipe seconded the motion. All in favor. None opposed – motion carries.

**Adjournment: 9 p.m.**

**Meeting Handouts: Sleep Handout, Technology Powerpoint**

**Meeting Notes Drafted by: Holly McGuigan**