

School Health Advisory Committee Meeting Minutes
DATE: March 20, 2019

Call to Order:

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on (March 20, 2019) at (7) pm 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			A	Nash, Diana	P	Sheipe, Theresa
P	Bartus, Camille	P	Johnson, Teresa	P	Payne, Liz	A	Smith, Ann
P	Chamberlain, Amber	P	McGee, Morgan	P	Payne, Phyllis	P	Stewart, Catherine
A	Durán, Francisco	P	McGuigan, Holly	P	Pekarsky, Stella	A	Stiller, Carol
P	Ende, Elizabeth	A	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
P	Jacobs, Lori	P	Kate Garsson	A	Spears, Jennifer	P	Yo, Seung Je

P=Present A=Absent

1. Call to Order
2. Approval of Prior Meeting Minutes: Catherine Stewart suggested a change to the drafted minutes. She moved to approve the minutes as corrected. The motion was seconded by Stella Pekarsky. Minutes, as corrected, were approved unanimously.
3. Public Comment: None
4. CALM (Children and Communities Achieving Lifelong Mindfulness) Program at Groveton Elementary presentation by Sueann Tupy. They provide 30 min classes in mindfulness/yoga as a “special.” This is the first year of the program. They have seen positive results in student behavior. Students and teachers love the program. They had a mindfulness night for families at their school that was attended by 400+ people. The committee asked for data on changes in performance and discipline after implementation of this program. It was reported that a number of FCPS schools have mindfulness programs. (A copy of the presentation will be provided to the committee.)
5. Review of 2017-2018 Wellness Report: The committee discussed the best way to use and analyze the Wellness Report data. Principals had some troubles with the survey length and methodology. Many schools answered that they are still only exploring a wellness committee and/or that their wellness committee is not very active. Committee members provided anecdotal information that their schools do not have active wellness committees. FCPS has a Wellness Newsletter that is posted on the FCPS intranet. How can we assist schools in developing/implementing wellness committees? Parent engagement is a challenge due to time, interest, fear, etc. Parents come to meetings with topics that parents are interested in or where their children are presenting something or doing a performance. There are community organizations like Partnership for a Healthier Fairfax who we could approach to help with Wellness Committees. Perhaps we need a guidebook for parent leaders to engage with wellness initiatives at schools. The committee discussed working with FCCPTA to inform parents about wellness committees at schools.

The survey list is somewhat overwhelming. Maybe we could ask schools to just pick one area of Wellness to focus on each year instead of the entire list in the survey. This first survey was the baseline survey, and the goal of the survey is to monitor what is happening at the schools from a wellness perspective. The goal was not to provide a punitive response. Principals are busy. Are there schools that are doing this well who we could use as a model? We could provide easy options for engagement. E.g. "Here's something you can post on your website" or "Here's something you can put in your weekly newsletter about wellness." Principals care about wellness and are implementing wellness solutions because that's what is best for students. Saratoga Elementary stops every hour for one minute so that the kids can do some kind of movement activity.

The Committee broke into three groups to review the wellness data: Elementary, Middle and High School. The subgroups discussed for 30 min, and then the committee agreed to report back our findings to the larger committee at the next meeting.

6. The April meeting is scheduled during spring break. The committee discussed changing the date. Phyllis Payne moved and Joe Thompson seconded to move the meeting to April 24th. The motion was approved unanimously.

Adjournment: 9:05p

Meeting Notes Drafted by: Catherine Stewart