

## School Health Advisory Committee Meeting Minutes

DATE: 9/18/19

### **Call to Order:**

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on September 18, 2019 at 7 pm by Phyllis Payne, Chairman. The meeting was held in room 5055 of the FCPS Gatehouse Administration Center, 8115 Gatehouse Rd., Falls Church, Virginia 22042.

### **Members in Attendance:**

P	Bartus, Camille	A	Johnson, Teresa	A	Nash, Diana	P	Sheipe, Theresa
P	Chamberlain, Amber	P	Daugherty, Karim	P	Payne, Liz	A	Stiller, Carol
A	Durán, Francisco	P	Papneja, Shreya	P	Payne, Phyllis	P	Thompson, Joe
P	Van Breda, Adriana	P	Michelback, Richard	P	Pekarsky, Stella	P	TROUTON, Lorraine
P	Evans, Sandy	A	Danner, Kara	P	Presson, Teresa	A	Whiting, David
P	Hemmat, Joanna	A	Lyon, Libby	P	Skurpski, Lea	P	Yo, Seung Je
P	Jacobs, Lori	A	Kate Garrison	P	Spanier, Holly	A	Stiller, Carol
				P	Spears, Jennifer		

**P=Present      A=Absent**

1. Call to Order
2. Approval of Prior Meeting Minutes: Phyllis Payne asked to review minutes. Lorraine Trouton made motion to approve minutes. Holly Spanier seconded the motion. Vote was taken. All approved.
3. Public Comment: No public commenter present.
4. Discussion of Topics for Review as a Result of this Meeting

FCPS Staff Responses to SHAC end of year recommendations (May 2109) were reviewed.

Lori Jacobs asked if University experts were being consulted about benefits of caps to AP and IB courses as well as detriments to not having caps in those courses. Sandy Evans will bring back to Superintendent Scott Brabrand. Amber Chamberlain shared concern that this will not be revisited by School Board until April 2020 work session. She suggested that bringing in experts before then could allow SHAC to supplement work of School Board and Superintendent.

Phyllis Payne shared her disappointment that adding the question to the Fairfax County, "Youth Survey" of "During the past 30 days, have you ever nodded off or fallen asleep, even just for a brief moment, while driving?" She also shared that her father was seriously injured by a driver who fell asleep at the wheel and she was also almost hit by a drowsy driver. Asking the question draws attention to the problem. Jenn Spears asked to review information from the study referenced by Phyllis Payne during the meeting and asked for clarification of when we could revisit asking the question in the Youth Survey.

Phyllis Payne asked what FCPS does when a student is found to have vaping materials. The SR&R is focusing more on helping students when they are caught. Lea Skurpski said FCPS now has Substance Abuse and Prevention Specialists (SAPs). Stella Pekarsky said there had been a discrepancy of how students were responded to by principals; some provided help; some were just punitive.

Shreya Papneja shared her opinion that 75% of students at Langley have them. Phyllis Payne asked how the vaping smoke/steam was not noticed in schools. Theresa Presson explained that it dissipates quickly and the smell does not remain like it does with cigarettes. Phyllis Payne proposed this committee focus on this health concern this year. Stella Pekarsky said the Fairfax County PTA is focusing on Parent Training. Theresa Presson suggested someone come out to train us. Adriana van Breda shared she has people to suggest. Joanna Hemmat shared that the Fairfax County Health Department has developed training kits being used by the Public Health Nurses that show examples and

offered an opportunity for a presentation to SHAC. Liz Payne and Richard Michelback read from the current SR&R about the definition and responses. Joe Thompson shared that over the last few years it has been difficult to communicate SR&R and Participation Policy information with parents. This year it combines the Participation Policy and SR&R. It no longer addresses off school grounds. Complicating factor is that these items may be laced with drugs, ie: marijuana. Current model is not as punitive as it was in the past, now students are referred to substance abuse counseling. If determined student needs more support than in-school, they may have community resources suggested. Schools cannot mandate out of school therapy. Another complication is distribution, is this single use? Multiple use?

Sandy Evans pointed out survey results show smoking has gone down significantly so whatever we did for that, we need to do for vaping. Amber Chamberlain said she is concerned by the rapid increase of vaping. It is important to make our internal teams more aware. Based on Shreya Papneja's example, it sounds as though we're not seeming to be stopping this. Phyllis Payne pointed out there is a student group that is anti-vaping and perhaps we could bring them in to see how we might spread to the rest of our schools. Stella Pekarsky knows of the Chantilly group and will share with Phyllis Payne. Joe Thompson said there is a silent group of parents that are very upset by the presence of vaping at schools. He said they have found it on the face of a watch and staff can't be taking away watches. It's difficult to find and the new state law is helpful.

Phyllis Payne directed us back to response 3 of May 29<sup>th</sup> staff response. A vendor is used to manage the Fairfax County Youth Survey. The vendor is through Indiana and there is a cost of \$40,000. A version has the word sleep. We are not sure which version. Sandy Evans asked that Phyllis Payne share the link she sent her. Phyllis Payne asked Lea Skurpski to request a presentation for the group on the Fairfax County Youth Survey. Jennifer Spears asked that the committee review the information prior to the presentation because there is a lot of information. The link for the Fairfax County Youth Survey will be shared prior to the presentation.

Phyllis Payne shared there is a scheduled meeting for ideas for adding recess to Poe, Glasgow, and Holmes. Sandy Evans said she represents this area and principals are concerned about the complications. Stella Pekarsky is aware that Loudon County has some guidelines. Sandy Evans challenged us to consider what this committee's goal is: free time, outdoor time, flexibility. Second Chance breakfast programs might help schools create an opportunity for a break.

Lori Jacobs said there is an element to having time outdoors. Stella Pekarsky pointed out that the social aspect is important. Karim Daugherty pointed out that there are good things already in place at schools. She gave some examples from Glasgow. Phyllis Payne and Stella Pekarsky said we should hear more of what is working because that's the goal.

Staff response #5 was discussed and Karim Daugherty asked for clarification of purpose. Amber Chamberlain said it sounds like rebranding is needed because Karim Daugherty pointed out three staff members end up being voluntold.

Screen Time was spoken about by Amber Chamberlain because someone came out to speak to SHAC last year about the detriment of screen time. Shreya Papneja shared that she and her friends don't like having to have all school work happen through their assigned laptops. For one thing, they're heavy and they have to carry them everywhere.

Plan for next time: Youth Survey presentation, vaping, screen time & functionality of laptops, review the SHAC charge and stress related to gun violence, IB & AP caps.

**Adjournment: 9:02 pm**

**Meeting Handouts: School Health Advisory Committee Staff Response**

**Meeting Notes Drafted by: Karim Daugherty**