

School Health Advisory Committee DRAFT Meeting Minutes

DATE: October 16, 2019

Call to Order:

The regular meeting of the Fairfax County School Boards School Health Advisory Committee was called to order on October 16, 2019 at (7:05) 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	Hemmat, Joanna	P	Payne, Phyllis	A	Stiller, Carol
A	Bartus, Camille	P	Jacobs, Lori	P	Pekarsky, Stella	P	Thompson, Joe
A	Chamberlain, Amber	P	Johnson, Teresa	A	Presson, Teresa	P	Trouton, Lorraine
P	Danner, Kara	P	Lyon, Libby	P	Skurpski, Lea	A	Van Breda, Adriana
A	Daugherty, Karim	P	Michelback, Richard	P	Spanier, Holly	A	Whiting, David
A	Duran, Francisco	A	Nash, Diana	A	Spears, Jennifer	A	Yo, Seung Je
A	Evans, Sandy	P	Papneja, Shreya	P	Sheipe, Theresa		
A	Garsson, Kate	P	Payne, Liz	A	Smith, Ann		

P=Present A=Absent

1. Call to Order 7:05 PM
2. Approval of Prior Meeting Minutes: Lorraine Trouton made a motion to approve. Minutes passed with no objection.
3. Public Comment: None
4. Committee Updates:

FCPS Updates:

- The Fall 2019 Wellness Newsletter was recently sent out to the community and is available on the SHAC webpage. Information is also available on the webpage to allow the public to subscribe to receive these newsletters.
- R2100 has been updated to address elementary daily recess. The recess requirements are now aligned to the requirements in the Code of VA and R3218.
 - Specifics: Section III B. 1 D has been revised to state "Supervised recess will be provided to all elementary school students daily, as specified in Regulation 3218, during which physical activity is encouraged. Recess will complement, not substitute for, physical education class. Recess will be scheduled before lunch to the extent possible.
 - See also R3218: *Elementary School Art, General Music, and Physical Education Programs*, is overseen by ISD.
- The SB passed a new policy (P2112) on October 10, 2019 to address the storage and distribution of CBD and THC-A oils, as required by the Code of VA (effective July 1, 2019). R2102 has been reviewed, in collaboration with the Fairfax County Health Department (FCHD), to require the appropriate documentation from the prescribing physician, a current Health Care Plan and the Medication Authorization form.
- FCPS staff has worked collaboratively to develop a [Health and Wellness](#) Ignite Partnership website, which is now live. This allows for a new Health and Wellness platform that will be used to encourage and promote health and wellness partnerships within the community. This information is accessible on the Ignite partnership website and is also accessible from the SHAC web page.

Recess Updates:

- T. Sheipe shared that schools are implementing mandatory 30 minutes of recess in various ways that work for their school communities. Some schools have one long recess, while other schools have two

shorter recesses. Some schools with two recess breaks provide one is indoors, while the other is outdoors. Recess should not be used as a punishment. Parents also do not approve of mandatory running at recess. When there are concerns, first contact the teacher; then principal; then Region Assistant Superintendent. Previously, the next level of contact was Dr. Brabrand. Now, the next level of contact should be the FCPS Ombudsman. Some schools have piloted a morning “break” or “second chance breakfast”/brunch time, which would be slightly longer than the time between passing periods. P. Payne attended the recess meeting, which included Sean D. Rhodes – President of Middle School Principals Association and Principal of Glasgow. There is a social element to unstructured breaks, that may not be sufficiently available in passing periods. FCPS staff is listening to parents concerns and seeking ways to provide social opportunities for 6th grade and middle school students.

- S. Papneja shared that Langley High School is implementing Second Chance Breakfast, potentially adding 15 or more minutes. She is part of a group that is trying to offer oatmeal during the Second Chance Breakfast.

5. Review of Fairfax County Youth Survey

Dr. Dede Bailer

Dr. Bailer, Coordinator of Psychological Services, reviewed a summary presentation of the 2019 Fairfax County Youth Survey. Several topics elicited significant Committee discussion. Regarding Vaping, T. Johnson stated FCPS has a goal of having a substance abuse prevention specialist in every school. Right now, FCPS has 18 substance abuse prevention specialists for the [26] pyramids. H. Spanier suggests contacting Angelina Harris at Insight Into Action for adolescent cessation services.

Stress was another topic of discussion. The survey question on stress implies a critical view. Dr. Bailer stated that some personalities work best with stress, e.g. deadlines. Some stress can be healthy. Stress alone is not negative. Individuals responses can be negative.

6. Discussion of Topics for Review as a Result of this Meeting

Phyllis Payne

P. Payne asks what should be the priorities of our Committee this year? We might plan to break into sub-committees to make the best use of our limited meeting time.

Vaping: Our Committee has requested a presentation from the Fairfax County Health Department relating to vaping. Staff from the Health Department will present on vaping and severe lung illness at the next meeting. Although the Health Department requested one hour, P. Payne is inclined to limit presentation to thirty minutes, because FCPS already has this on their radar, and we have other presentations planned. T. Johnson recommended 40-45 minutes. H. Spanier and J. Thompson would like a longer presentation. J. Thompson says principals might want to get the message out that drinking and vaping falls into the “very wrong” category. Is the community sending mixed messages to students about whether marijuana usage is wrong? Exposure and access to substances changes as the kids get older. Kids should be prepared in how to respond and encouraged to know their self-worth to better avoid risky behaviors.

3-to-Succeed: T. Johnson would like the Committee to focus on this program this year and to provide timely ideas to support this new program (established Fall 2018). FCPS wants help in messaging this to parents and school communities. P. Payne thinks this would be a good area of coordination. Could a sub-committee explore avenues such as religious institutions, Boy Scouts, Girl Scouts, etc? T. Johnson is attending the High School Principal association meeting tomorrow. She or J. Thompson could discuss 3 to Succeed rollout opportunities. P. Payne stated that we could try to work on messaging ideas for families. T. Sheipe and H. Spanier think messaging from teachers is most persuasive to parents. FCPS has a plan to hit it from the school side. Nutrition, Sleep and Exercise could be components of this.

Social and Emotional Learning: The influence of social and emotion learning as a complement to academic learning. Bailer suggests that this could be an interesting area for the Committee to focus. Many of the Portrait of a Graduate elements relate to social and emotional learning. This could be an area of impact.

Stop the Bleed: We will have a fifteen-minute presentation next week during SHAC from committee member Adriana Van Breda. This topic was brought this up during our first meeting. Stop the Bleed is a crisis response program to help give tools to bystanders in emergency situations such as school shootings. There is a physical kit that is distributed. The kit can be purchased on Amazon as well.

Food and Nutrition Services: L. Lyon is interested in promoting using cafeteria spaces as social and communal events similar to recess.

7. Questions, Comments/Additional Business from Committee TBD

New Business:

Motions: L. Trouton moved to cancel the December meeting. T. Sheipe seconded the motion. The motion carried. The December 2019 SHAC meeting will be cancelled.

Adjournment: 9:05

Meeting Handouts: Youth Survey Fact Sheet; Executive Summary

Meeting Notes Drafted by: Lori Jacobs