

School Health Advisory Committee Meeting Minutes
DATE: October 17, 2018

Call to Order:

The regular meeting of the Fairfax County School Board's School Health Advisory Committee was called to order on October 17, 2018 at 7:10 pm 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, Maria Cecilia	A	John, Elizabeth	P	Nash, Diana	P	Sheipe, Theresa
A	Bartus, Camille	P	Johnson, Teresa	P	Payne, Liz	P	Smith, Ann
P	Chamberlain, Amber	A	McGee, Morgan	P	Payne, Phyllis	P	Stewart, Catherine
A	Durán, Francisco	A	McGuian, Holly	P	Pekarsky, Stella	P	Stiller, Carol
P	Ende, Elizabeth	P	Michelback, Richard	P	Presson, Teresa	A	Thompson, Joe
P	Evans, Sandy	A	Milani, Kavian	P	Skurpski, Lea	P	Trouton, Lorraine
A	Hemmat, Joanna	P	Mumtaz, Hannan	P	Spanier, Holly	P	Whiting, David
A	Jacobs, Lori			P	Spears, Jennifer	A	Yo, Seung Je
P	Kate Garsson						

P=Present A=Absent

1. Call to Order
2. Approval of Prior Meeting Minutes: Motion to approve the meeting minutes was made by Hannan Mumtaz and seconded by Elizabeth Ende. The vote passed unanimously.
3. Public Comment: No public comments.
4. Committee Updates:

Updates to R3218 were completed regarding recess. Elementary recess training has been accessed over 1,400 times. The FCPS Wellness newsletter went out in September. The next newsletter will go out in December. Copies of the September newsletter were made available to the committee (Teresa Johnson).

Wellness Leadership portal/email address located on the to the FCPS Wellness Leadership webpage. A teacher at Groveton Elementary emailed to share about a mindfulness program that they are currently implementing. The school health team will visit Groveton and they will be featured in the December wellness newsletter. (Lea Skurpski)
5. Madison Minds Matter: Committee member Hannan Mumtaz, along with their advisor McKayla Wolfe, and four other classmates presented on Madison Minds matter. This is a student-run mental health and suicide prevention advocacy group at Madison High School (associated with the Josh Anderson Foundation). It was started in 2017. They held a gun violence open forum and had a speaker come from Crisis Link to discuss mental health with parents and students. They suggested that other schools have similar events. They are working on setting up a wellness day to acknowledge mental health each month during the school day. They've done a lot of great work student-to-student to reduce stigma associated with mental health. Discussions between students and staff about mental health is also key to reducing stigma. Students from current clubs could help students at other schools start clubs.

Feedback from Madison Students: Students in attendance reported that sports and band

practices often exceed two hours, which creates added stress, especially during AP season. College applications also cause stress, adding to workload for seniors. They suggest that wellness teams encourage student-led groups like Madison Minds Matter at their schools. They suggested that we do the wellness survey every year. They asked what do we do about students who need help but don't accept it? Mental health is addressed in PE/Health curriculum, and it stops after sophomore year because juniors and seniors do not take PE/Health. They suggested having more student involvement in development and delivery of mental health curriculum and resources.

Feedback from Staff: Madison has two clinical staff members. There are more students who need help than this level of staffing can handle. Think about creative ways to draw mental health discussions into other parts of the curriculum beyond just in health and PE class.

Feedback from the Committee: Amber Chamberlain suggested that Madison Minds Matter be featured in the FCPS wellness newsletter. Teresa Johnson says they welcome student input in the mental health curriculum. David Whiting told the students to come to SHAC with specific suggestions about curriculum that needs to be changed. Liz Payne says that they have overhauled the health curriculum this year. Most high schools do wellness days and weeks. Many high schools do the wellness screening every year. Schools have access to videos and curriculum for older grades to use. Students shared that there is a lot of pressure to take lots of AP courses to get into a good college. They all supported the idea of limiting AP classes. The common college application asks if your school district limits APs.

Suggested trying to organizing subject tests on different days so you avoid students having more than one test on the same day. FCPS is working to encourage other schools to start Our Minds Matter clubs at their schools. Roughly, half of our high schools have these clubs. In summary, we should have more student involvement in development and delivery of mental health curricula. Students support limiting APs. It would help students get more sleep and have more friends.

6. Discussion of Topics for Review as a Result of this Meeting: Sandy Evans is working with Pat Hynes on a Forum Topic for AP Limits. It will include contacting colleges to find out how they would respond to an AP cap. The earliest this could come to a forum is November. Once we get the information, we would need a work session which wouldn't occur until 2019.

Amber Chamberlain has a contact who manages online college applications. She will ask him for some data about AP limiting and college applications.

7. Questions, Comments or Additional Business from Committee Members

Adjournment: 8:45

Meeting Handouts: FCPS Wellness Newsletter

Meeting Notes Drafted by: Catherine Stewart