

**School Health Advisory Committee Meeting Minutes
November 18, 2020**

***SHAC Members will participate virtually due to the COVID-19 Emergency**

Members of the public are welcome to attend virtually at <https://www.fcps.edu/streamingmeeting>. Fairfax County and City residents may make public comment by submitting a video or audio testimony by email to lmskurpski@fcps.edu prior to scheduled meeting.

Members in Attendance:

P	Alvarez, Maria Cecilia	P	Jacobs, Lori	P	Reynolds, Carrie	P	Smith, Ann
P	Bartus, Camille	P	Kaubaroulis, Danielle	A	Shahlaee, Amir	P	Wilson, Ken- representing Richard Michelback
A	Boyd, Michelle	P	Koszelak, Bethany	P	Silvia-Torma, Brenda	P	Sturm, Judy
P	Chamberlain, Amber	A	Lyon, Libby	P	Skurpski, Lea	P	Thompson, Joe
P	Danner, Kara	A	Michelback, Richard	P	Ogden, Patrick- Livestreaming	P	Trouton, Lorraine
P	Daugherty, Karim	P	Meren, Melanie	P	Spanier, Holly	P	Wahbe, Leina Mamdough
P	Glenn, Adriana	P	Papneja, Shreya	P	Spivack, Beth	P	Whiting, David
P	Hemmat, Joanna	P	Payne, Phyllis				

P=Present A=Absent

1. Call to Order: 7:02pm by Phyllis Payne
2. Approval of Prior Meeting Minutes: Brenda Silvia-Torma moved to approve with recommended changes. Karim Daugherty and Lorraine Trouton seconded. Vote to approve was unanimous.
3. Public Comment: No public comment
4. FCPS Updates –
 - Lea Skurpski - was able to get IT Support to livestream SHAC meetings for this as long as we remain virtual. We are continuing to work on reopening of schools. As a result of COVID, CDC Metric increase over 200 cases per 100,000, FCPS paused the phasing in of Group 5. Metric information available on FCPS website.
 - Melanie Meren – Oct 22nd School Board approved revised policy 2150. Prevention of Alcohol and Drug Use. Updated to address vaping. Mental Health: Staff and students are currently very stressed. Systemized approach is in existence in schools to support students and provide check ins. Seeking to be a part of this and also getting support to student athletes. Working with Facilities and Get To Green: large tents purchased for five schools to see how they might be used to have a stronger effort this spring for outdoor classrooms.
 - Bethany Koszelak – there are procedures in place across schools to provide mental health resources and support to students; each school has teams and protocols in place for this support. Our Minds Matter is doing Men’s Mental Health Awareness this month. Most High Schools have Our Minds Matter Clubs; some Middle Schools are piloting.

- Phyllis Payne: Break Outs Groups to begin around 7:25; each group needs a chair and a note-taker. Come back together at 8:15 so we can share out with the whole group.

Break out Groups:

Brain Breaks:

- Lori Jacobs, Dranesville District Rep, Chair
- Melanie Meren, FCPS School Board Member, Hunter Mill
- Lorraine Trouton, FCPS, School Health Services Program
- Judy Storm
- Cecelia Alvarez
- We reviewed our driving question: Recognizing the importance of brain breaks for students at all age levels to be able to sustain attention and learn, can we find creative, low-cost solutions to provide more opportunities for in-school brain breaks despite limitations on traditional break spaces like cafeterias, gyms and playgrounds?
- We reviewed notes from last meeting describing avenues that could be fruitful in pursuing an answer to the driving question. One area seemed ripe for our focus: homework stress.
- What is the role of homework/heavy course load in preventing downtime outside of school?
- We believe that FCPS is acutely aware of student stress and workload right now. In the last few weeks, Supt. Brabrand took several steps to address student stress by making accommodations to workload. Supt. Brabrand (1) advised teachers to give less homework in the virtual learning environment, (2) instituted a 'take a break day' and (3) extended the grading deadline for first quarter.
- FCPS Homework Policy 3205 was last updated in 2004. That policy is only two sentences long in substance. It states: School homework shall be assigned as appropriate by teachers. The amount and kind of homework assigned shall be under the supervision of the Division Superintendent in accordance with the School Board's rules and regulations.
- We understand that middle and high school students have an erratic and at times high load of homework outside of school that may be contributing to stress. In previous years, SHAC has made somewhat related recommendations about placing caps on the AP course load for high school students which lead to a [work study?].
- Our scope is the social and emotional well-being of middle and high school students.
- Capacity issues at schools limit some alternative avenues we had considered. For example, one alternative avenue related to using cafeterias for meaningful social connection. We have heard complaints about assigned seating at lunchtime, because it puts a significant constraint on student break time. But many communal spaces like lunchrooms were not built for the population sizes accommodated by adding classroom trailers. So, proposals relating to cafeterias may be limited, especially in the near-term budgetary environment.
- Therefore, we will review the homework policy and its implications on student health and wellness. For our next meeting, we will try to review the homework policies of Arlington, Virginia Beach, Loudoun and Prince William.

Sleep Subcommittee

Co-chairs: Amber Chamberlain, Kara Danner

Members: Camille Bartus, Phyllis Payne, Carrie Reynolds, Ann Smith, Leina Mamdough Wahbe

Recap of meeting on September 16, 2020

- Subcommittee expressed interest in starting discussion around changing MS start times knowing this will be a long-term process and working on sleep promotion approach
- Initiatives need to be cost neutral
- Busses are a big issue when discussing start times
- Need to educate students and parents
- Phyllis introduced letsleep.org a sleep resource for students and teachers.
- Camille shared what is being done for employees
- Recommended viewing [Sleepless in America](#)
- FCPS Health & Wellness Policy is national standard
- Recognize early commute of bus drivers before start morning route
- Homework deadline set at midnight – consider what’s appropriate for adolescents.

Possible Allies for Changing Start Times

- Parent who got 1,000 signatures to shift start times during virtual learning
- GW professor – importance of sleep

Review of How HS Start Times Were Changed – Phyllis Payne

- Began work on changing start times to be later for middle and high school in 2004
 - Research defined a specific tipping point as 8:30 a.m. or later in 2014, which is when the American Academy of Pediatrics created an official position that middle and high schools should start at 8:30 a.m. or later.
 - If school begins at 8:30 am or later, at least 50% of students are able to get a minimum of 8 hours of sleep (it’s a tipping point)
 - 2014 School Board voted to change HS start time to 8:10; MS ended up starting at 7:30.
- Sleep is part of FCPS Wellness Policy
 - Sleep health does not have its own section in the written Wellness Policy; policies related to sleep are incorporated in other areas
 - Recommendation from last year – create a section to house the sleep-related policies to make them easy to find.
- Phyllis works with Start School Later, a national nonprofit organization dedicated to increasing awareness about sleep health and the relationship to school schedules. She has been helping administrators from other school divisions implement changes
- Why start times matter
 - Students gain sleep
 - Supported by research
 - FCPS high school students gained sleep and more students are eating breakfast before school
 - Leina added the American Academy of Sleep Medicine study showed 42% of students showed better weight at next well visit due to eating breakfast
 - More awake, alert, and prepared to learn

- Increased performance
- Decreased teen car crashes, drowsy and distracted driving (true in Fairfax, too)
- Increased attendance and graduation rates
- Decreased depression
- Increased discipline and engagement
- Solution is not the same for all districts
 - Biggest obstacle is status quo and power of status quo
 - FCPS had 2 hour opening window 7:20-9:25 with first pick up at 5:21
 - To counter:
 - Emphasize public health issue
 - Describe benefits to changes to health, well-being, & learning of our children
 - Counter myths and inconvenience arguments
 - Transportation issues are real
 - Found bus runs scheduled 1st ES, MS, 2nd ES, HS was most cost effective, required fewer busses, and narrowed the window to 7:45-9:15
 - This change was thought to be too great to be able to get to

Subcommittee supports

- Beginning process of changing MS start times
- Identifying and working towards short-term goals

Screen Time:

- Adriana Glenn
- Beth Spivack
- Brenda Silvia-Torma
- Danielle Koubaroulis
- Emma Heisey
- Holly Spanier
- Joe Thompson
- Karim Daugherty
- Bethany Koszelak
 - Would like to have access to data gathered through current parent surveys being sent out by FCPS.
 - Interested in current pediatric data about migraines in children with increased screen time
 - Would like cyber bullying data shared; tell us more about students recording other students in class and posting on social media; review codes of conduct to reflect current screen time existence
 - Resources shared by team:
 - [fcps.edu/resources/technology/technology-literacy/digital-citizenship](https://www.fcps.edu/resources/technology/technology-literacy/digital-citizenship)
 - <https://www.fcps.edu/resources/technology/digital-citizenship-internet-safety/digital-citizenship-families/digital-0>
 - <https://www.childrenandscreens.com/>
 - “Online Gambling And Risk-Taking Activities in Kids” - James Syphax with **Prevention and Action Alliance** (“Razzle” or “Waffle” instead of “Raffle” to get expensive sneaker, for example)

- Two buckets for screen time in schools: 1) school time to create is very different process that is passive such as 2) Gaming and YouTube; sharing information with parents to understand difference between content creation and gaming, for example



ScreenTime
References_SilviaTor

Adjournment: 8:53pm by Phyllis Payne

Meeting Handouts: *See break-out group notes/links/attachments*

Meeting Notes Drafted by: Karim Daugherty