

**School Health Advisory Committee Meeting Minutes
December 16, 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:

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

P=Present A=Absent

1. Call to Order Phyllis started the meeting at 7:00pm
2. Approval of Prior Meeting Minutes- Brenda Silvia-Torma made the motion to approve and Lori Jacobs seconded. No nays. Motion carries. Minutes approved.
3. Public Comment- None received
4. FCPS Updates:
 - Lea Skurpski shared: Year 3 of Wellness Requirement of Healthy Hunger-Free Kids Act; FCPS met all requirements for Triennial Wellness Reporting. Food & Nutrition Services submitted the FCPS report to the Virginia Department of Education (VDOE) and had a few recommendations for revisions to the Wellness Policy in relation to Food and Nutrition Services. Lea Skurpski will get updates to share after VDOE review. The Triennial Wellness Assessment is available on SHAC webpage. Revisions to the Wellness Policy, as recommended by VDOE, have been moved forward to the School Board for approval.
 - Phyllis recommended the Wellness Policy be reviewed to see if any recommendations should be made to the SB.
 - One-to-one project; devices to Kindergarten to 2nd graders: A former member of SHAC, Catherine Stewart, reached out to the SHAC Chair asking about the proposed budget item for one-to-one devices for Kindergarten to 2nd graders. Catherine drafted and Lori Jacobs amended potential language for SHAC to consider and the SHAC Chair sent it to the Chair of the Screens subcommittee, Brenda Silvia-Torma. Brenda shared the proposed wording with SHAC for discussion:
 - *The School Health Advisory Committee (SHAC) strongly advises the School Board not to approve FCPS' plan to buy 49,000 electronic devices for students in Prek-2nd grade for Fall 2021. Outside the Covid-environment, these very young learners do not need one-to-one computers. Our youngest learners need tactile, experiential, and interpersonal learning with influence from teachers, staff and*

Updated 9.15.2020

family. After a year of virtual learning, they will be in even more need of physical handwriting practice, physical math manipulatives, and direct peer-to-peer communication. Electronic devices will not help with these needs, and in fact those devices may hinder students from having their needs met.

Further, we must not ignore the reality that one-to-one computers can and will be used for non-education purposes at home. The risks to our youngest students of heavy media use at home- obesity, lack of sleep, fewer family interactions- outweigh the positives at this particular age. Most of these learners do not have the executive functioning skills to use technology in transformative ways.

Instead of personal electronic devices for our youngest students, SHAC proposes that the School Board use that funding to hire additional social workers and counselors. After a year of isolation from COVID19 and Virtual learning, what our students may need most is additional mental health support.

- Karim Daugherty shared that we need to be cautious of limiting access to these devices as this could create a greater equity divide.
- Melanie Meren shared that while she has followed the advocacy against screen-time and MyOn, this is more of a COVID-based purchase. This is more related to age-appropriate devices, such as touch screen. This is not a continuation of MyOn. Also, the reality is that we could still be dealing with COVID shutdown issues in the 2021-2022 school year. It is an equity issue and limiting children in need to only their parents' phones isn't helping students.
- Libby Lyon echoed age appropriate devices and equity. Giving children the ability to talk to each other with these devices is especially important during these socially distant times.
- Beth Spivak shared her concern about equity and engagement. Kids have these; they and their families are at a disadvantage if they don't.
- Kara Danner shared that she is reading that families with access are limiting access to technology for their children.
- Joe Thompson shared that much research has been done from the education side. The devices are being used as educational tools. The programs are designed to be age appropriate; what they can and cannot access; discussion last month was around the difference between usage of devices between active engagement or the negative passive participation such as gaming, which is what our past speakers have shared.
- Phyllis suggested that the subcommittee on screens continue the discussion and the full committee discussion of the proposed wording was tabled.
- Phyllis announced that Adrianna Glenn invited a guest speaker to our January meeting.
- Brenda listened to senate legislators bringing forward legislation around some of the issues discussed here tonight and she will forward the recording to SHAC.
- Phyllis proposed breaking into our sub-committees at 7:46pm for 45min and then return to debrief.
- Returned to main room at 8:30pm.

Share out of Information from Sub Committees:

Updated 9.15.2020

- **Homework Committee:** experiences outside of COVID (shared by Shreya- senior/student representative), 4-5 hours of homework at a competitive school with competitive classes. Joe shared the difference between hours of work across classes, such as college level classes. Karim shared the difference between hours of work vs. purpose of the homework; how is the assignment supporting the learning? Is it meaningful?
- **Sleep Committee:** Amber shared “Why Sleep?” campaign idea. Need to know who at FCPS can be subcommittee’s partner for this campaign. Need community members with experience and other stakeholders. Through SLEEPinFairfax Organization, Phyllis submitted a letter to the School Board with concerns about the proposed change to middle school start times for the FCPS return to school (moving earlier) and with suggested alternatives, including decreasing the length of the school day instead of moving the start time earlier. Melanie shared that a decision had been made to reduce the length of day by 15 minutes at all levels, and to retain the 7:30 am bell schedule for middle schools in response to community concerns and suggestions; will allow time for sanitizing buses, meet VDOE requirements.
- **Screen Time Subcommittee:** moneys allocated for computers; history of how old the devices are that elementary students reusing; many times being serviced; one-to-one devices that they currently have are not stellar; they are old computers in primary; equity is a concern; it is important to guide parents about active vs passive learning; recommend that Office of Student Safety and Wellness provide these workshops along with those they already provide; work with One Fairfax post Covid to provide access to outdoor experiences such as sports, further providing equitable access; firewall protection and developmentally appropriate programs in school laptops for students.
 - The subcommittee discussed these issues further and provided additional information about the history of the computers used between Spring 2020 to the present. Joe Thompson and Karim Daugherty shared the following:
 - The school-provided laptops only contain software that is specifically designed for instruction. There are significant firewalls that prevent children from being able to access everything and anything.
 - Special Ed students also have assistive technology uploaded onto their computers (ie. read aloud technology, etc) They are not singled out with a different device...reduce stigma.
 - Laptops provided to primary students are 3 or 4 generations old. They were originally provided to Middle School students, who were then given new computers.
 - Since many elementary school computers are so old, they often have to be serviced, or plugged in at all times to continue working. They may be slow, or not work as efficiently.
 - The technology support for school-provided laptops is great--anyone can help the kids--parent liaison
 - Other districts provide 1:1 laptops (ie. Loudoun).
 - We all agreed that equity is a concern that needs to be addressed.

Adjournment: 9:08pm

Meeting Notes Drafted by: Karim Daugherty