

**FCPS School Health Advisory Committee
Meeting Minutes
September 21, 2022**

Members of the public are welcome to attend in-person. Fairfax County and City residents may make public comment by submitting a video or audio testimony by email to lmskurpski@fcps.edu prior to the scheduled meeting.

Members in Attendance:
P=Present A=Absent

p	Boyd, Michelle	p	Mignano, Paul	p	Smalls, Saray		
p	Danner, Kara*	P	Nachnani, Sherry*	p	Smith, Ann*		
p	Demers, Bethany	A	Payne, Phyllis*	p	Spanier, Holly*		
p	Elhady, Merehan*	p	Pham, Do-Quyen*	p	Spivack, Beth*		
p	Glenn, Adriana *	p	Rohmiller, Mary*	p	Steiner, Jen*		
p	Greer, Kim*	p	Schlink, Amanda	p	Trouton, Lorraine		
A	Koubaroulis, Danielle*	p	Silvia-Torma, Brenda*	p	Wilkie, Ann*		
p	McLaughlin, Megan	p	Skurpski, Lea	p	Yergin- Doniger, Ilana*		

Non-Committee Members in Attendance

Jenna White			

1. **Meeting Called to Order** by SHAC Co-Chair, Brenda Silvia-Torma, at 7:05 PM
2. **Approval of May Meeting Minutes:** Sherry Nachnani made a motion to approve meeting minutes from May 2022. Kara Danner seconded. Minutes approved without corrections.
3. **Public Comment:** none
4. **FCPS Updates:**
 - **Lea Skurpski:** SHAC link put in chat for new members; there are associate members who are non-voting members; they function as a consultative support. Contact Debbi or Lea if you have questions; a form will need to be completed by new members and sent to Debbi; started new school year & new superintendent who is visiting the community; COVID has been a prominent part of previous conversations; we have COVID in schools w/ some outbreaks, but are working with the health dept, and minimizing out-of-school learning. FCPS' COVID policies are available online. FCPS is also monitoring VDH's COVID updates.
 - **Dr. Boyd:** FCPS is working closely with county to provide intervention and substance abuse prevention regarding opioids through instruction and other support. A lot of prevention work incorporated in instruction and curriculum.
 - *The following designated FCPS staff are approved to administer naloxone:* Security, administration, School Health Aide (SHA), Public Health Nurse (PHN), and substance abuse prevention specialist. The Community Service

Board (CSB) provides training to the community. Additional info will be coming.

- *Mental health/wellness*: FCPS will be engaging in telehealth support; the contract for high schoolers is being finalized. May be able to expand to middle schoolers next year.

5. FCPS Response to SHAC '18 and '19 Reports:

- Phyllis and Brenda reviewed this report in August. Would like to have committee review the recommendations.
- Wellness newsletter is restarting. FCPS will encourage community members to participate in wellness conversations and committees.
- The Fairfax County Health Department (FCHD) is trying to staff each school with a nurse.
- Strategies on AP & IB courses: Placing caps on number of courses a student can take.
- SHAC will pause from the '18 and '19 Report discussion to hear from the Guest Speaker, then resume our discussion following the speaker.

6. Guest Speaker:

Jenna White, Volunteer and Vice President of Communications for Fairfax County Council Parent-Teacher Association (PTA) and Liaison to the Partnership for a Healthier Fairfax's Trauma-Informed Community Network (TICN). She helped write some of SHAC's Trauma-Informed Schools recommendations. Ms. White reviewed #4 of SHAC's recommendations:

- Create internal programs to support students and staff. Consider internal support programs for staff versus Employee Assistance Program (EAP), which is not comprehensive enough.
- Educators are absorbing secondary trauma and compassion fatigue from students.
- **Adverse Childhood Experiences (ACE) Interface**: ACE Interface is a training program being done across VA. Done via CSB, but in Fairfax County. They are partnering with TICN and FCPS.
- ACE Interface is about building self-healing communities. "Understanding ACES" curriculum was developed by Dr. Anda (CDC) and Laura Porter from Washington State. Goal is to bring this info into the community—families, parents, guardians, older students.
- Components of the program: NEAR (Neuroscience, Epigenetics, ACE, Resilience).
- Prior to COVID there were several people trained in the program. In April 2019 another cohort of trainers were added. There are a total of 60 trainers to go out into the community to introduce the framework.
- The presentation has a flexible format and lasts approx. 2-3 hours. Program is free to the community.
- **Recommendation of ACE Interface for SHAC**: Consider getting more involved to promote in our community. Recommend SHAC hear the presentation prior to recommending. A committee member suggested that SHAC members can choose to watch the presentation on their own time, rather than using an entire monthly meeting+ for it.

- Jenna has already brought this program forward to Dr. Reid, who is familiar with it from her previous state. Jenna has meeting scheduled with Dr. Reid to discuss. Jenna hopes Dr. Reid will embrace ACE Interface.
- **Megan McLaughlin:** Goal is to appoint experts to come together to advise the School Board (SB). SB will consider what the community of experts is recommending. SHAC is an independent advisory role. SHAC should use its limited time well. If Dr. Reid supports ACE Interface, she has the power to execute whatever changes incorporating ACE, so SHAC should maybe prioritize other goals due to time constraints.
- SHAC will allow time for Jenna to pitch this to Dr. Reid, and for it to be considered and move forward there. If there's not forward progress, SHAC will reopen the committee discussion in early 2023 with respect to how we can help here.
- **Bethany Demers:** A lot of actions have been taken in this area. FCPS has a trauma-informed specialist. Trauma-informed classrooms rolled out last year. "Handle with Care": 1st responders are partnering w/ FCPS school based mental health team to receive messages or a "heads up" when a student has been identified at or in a traumatic event.

7. FCPS Response to SHAC '18 and '19 Reports Discussion Continued:

- **Stop the BLEED:** Training will continue with the Office of Safety & Security, Security, and high school trainers. Health dept identified funding for Public Health Nurse (PHN) & School Health Aid (SHA) training and they received Stop the Bleed training over the summer (2022). FCPS is purchasing Combat Application Tourniquets (CATs) and Stop the Bleed training kits. All FCPS licensed staff are required to complete CPR/AED/First Aid training when renewing their license. The athletic dept will provide training for staff as part of the license renewal process. As soon as FCPS gets materials delivered, the PHNs would be able to begin training staff in the next few weeks. FCPS will be distributing CATs for all school buildings that will be placed in the go bags in the school health room.
- **VAPING:** All students K-10 receive drug, tobacco, alcohol education. SHAC will observe the Youth Survey for trends, and then look at in more detail. Based on staff response, no action is needed from SHAC at this time.
 - **Megan:** If staff response is insufficient, SHAC should bring it forward. Vaping is a common concern that constituents bring to school board.
- **SLEEP:** "Sleep" was added in two places per SHAC's recommendation, but the policy still lacks a "L. Sleep" section to highlight the multiple policy statements that include sleep under other "umbrellas."
- **CELL PHONES:** Can FCPS share the lit review with SHAC-Lea will go back to the office that wrote the response and provide the info. Brenda will send email to Lorraine and Lea with other SHAC questions and recommendations
- **Question from Dr. Pham:** Has FCPS responded to SHAC's recommendations from 2018? Brenda realized that the report years were incorrect on the agenda and should have said SY 2019/2020 and SY 2020/2021. FCPS provided SHAC with their responses to both reports in Spring 2022.
- Brenda turned the agenda over to Ilana Yergin-Doniger.

8. COVID Lookback & Learnings: Committee can review YouTube recording of the SB's June 2022 Work session. SHAC is looking for any COVID outliers from the spring.

- **Looking at outlier schools:** 12 different schools identified with increased covid cases/spread. Mostly elementary schools. Looking at floor plan, air delivery systems, data analysis. If a wave occurs again, this lookback can guide us on what

should be done. The next step is to look at air testing to see if air issues are concerning.

- **Covid Case Managers have a lot of wisdom.** Would like to capture that wisdom from last year. Consider surveying case managers to get some feedback. There is a 12-page application process to disseminate surveys, so that option is unlikely.

9. **Discussion of SHAC's Upcoming Year:** Brenda and Ilana met over the summer to establish a plan and would like to open it up to the committee for discussion. Committee charge read.

- **Oct meeting:** "Every School" research ed tech triangle
- **Nov meeting:** Guest speakers Matt Miles & Joe Clement, teachers from Chantilly HS, and author of Screen Schooled
- **Dec meeting:** if we have a meeting, we will check in with staff-instructional service to discuss technology used in the classrooms
- **Other potential topics to cover in meetings this year:** SEL impact of screen time, sleep impacts of screen times, eating disorders, physical activity, physical strain/pain as mentioned by our community speaker last year
- **Conversation by Committee Members re: potential issues relevant to SHAC:**
 - **Dr. Pham:** American Academy of Pediatrics (AAP) is launching a Center of Excellence on Social Media and Youth Mental Health, led by University of Wisconsin's Dr. Megan Moreno
 - **Kara:** Feedback from families re: unhealthy options in school cafeterias
 - **Megan:** SHAC can bring other info to the board that is separate from its charter
 - **Jen Steiner:** Parent engagement/input with regards to screen time. Academic opportunities not on screens.
 - **Merehan Elhady:** She is seeing FCPS pediatric athletes or band members who have experienced long covid requiring Pulmonary Function Tests (PFTs) in the clinic she works. Committee discussion re: this issue included:
 - **Q:** Can SHAC reach out to band or coaches or teachers about long covid symptoms?
 - **Q:** Can Lea and Dr. Boyd send an email to appropriate people within FCPS?
 - ❖ SHAC could send an email to say this was raised with our committee. Bill Curran, FCPS Director, Student Activities and Athletics, can communicate to school-based Director of Student Activities (DSAs), and put it on their radar that we may have students with long covid who kids preventive or other services
 - **Megan:** This is about identification of students who may not understand their ongoing symptoms are from COVID.
 - In PE, Students are offered a physician referral form and allows the teacher to modify the activities for the student Federal guidance document was provided last year re: COVID and disabilities.
 - Schools should be aware of compliance obligations. Should consider bringing this communication to multiple communities: PTA, Parent Council, etc.
 - **Brenda:** Covid case managers could be a good resource. Consider sending this info with the Return to School letter so families can be aware to look out for lingering symptoms.

10. **Adjournment:** Ilana moves to end the meeting. Adriana Glenn seconds. 9:04 PM meeting adjourned.

Meeting Handouts: None

Meeting Notes Drafted by: Sherry Nachnani