

School Health Advisory Committee Meeting Minutes January 18, 2023

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	A	McLaughlin, Megan	P	Smalls, Saray	P	Yergin- Doniger, Ilana*
P	Cohen, Opal*	P	Mignano, Paul (Sean)	P	Smith, Ann*		
A	Danner, Kara*	P	Nachnani, Sherry*	P	Smith, Kimberly*		
A	Demers, Bethany	P	Payne, Phyllis*	P	Spanier, Holly*	P	DeLaCruz, Kolette
A	Elhady, Merehan*	P	Rohmiller, Mary*	A	Spivack, Beth*	P	James Jadallah
P	Glenn, Adriana *	P	Schlink, Amanda	P	Steiner, Jen*		
P	Greer, Kim*	P	Silvia-Torma, Brenda*	P	Trouton, Lorraine		
A	Koubaroulis, Danielle*	P	Skurpski, Lea	A	Wilkie, Ann*		

Non-Committee Members in Attendance

Kelley, Derek			
Valentine, Kesha			

1. Meeting Called to Order by SHAC Co-Chair at 7:04pm

Ilana Yergin-Doniger thanked the people who have signed up to take SHAC meeting notes. Co-Chairs shared their appreciation for the committee members and their work with SHAC. Brenda, Ilana and Ann Smith are members of the FCPS Core Planning Team and are participating in monthly meetings.

Discussion about Group Norms:

Norms that were discussed include:

- Coming prepared;
- Listen actively
- Review the agenda and material, if shared in advance, and
- Participate.

Suggestions for better engagement at meetings included:

- Icebreakers/small talk/sharing before the sessions, to welcome input of all participants.
- Using the chat to offer questions during discussion, and having someone monitor the chat during the meeting

Discussion tabled, as the presenters were waiting in the Zoom lobby, and our discussion had run over its allotted time.

2. Approval of November Meeting Minutes: Waived until February 2023 meeting

3. Public Comment: None today

4. FCPS Updates:

- Ilana received requested data from Facilities and will share next meeting (February)
- Dr. Reid will attend in person at March's meeting, and requested that we submit questions in advance. Lea will work with Brenda and Ilana to send out something prior to the March meeting.
- Food & Nutrition Services will reopen salad bars- 36 Title 1 schools, which had them before the school closures. Access to critical nutrition for students, this was asked to be shared with SHAC.

5. Presentation: FCPS Guest Speakers: Digital Resources in FCPS

Speakers: Dr. Kesha Valentine, Manager, Educational Technology- Learning Partnerships and Mr. Derek Kelley Coordinator IV, Educational Technology

Opening comments referred to understanding of the existing educational technology used within FCPS and provide an overview of types of Educational Tech used in schools including how:

1. Schools are selected,
2. Teachers are taught to use them, and
3. Healthy use of technology is supported.

Core Tools: Are available to all students- like SIS, Schoology

Grade-Level Tools: For example, US History access same resources.

Supplement Tools: Provided centrally, no expectation of use- i.e., Library database

Locally-Supported Tool: Really good element for a particular school- not all schools necessarily use the tool

Presentation slide shared how the selection process flows.

Education tools can be recommended for the 'ecosystem'. Mr. Kelley's team reviews them to see if they are instructionally appropriate. Adoption process was shared on how we can move through this process. Curriculum teams work to intentionally review data and student support needed and/or how to use tech to support student learning. Core and Supplemental Resources include SBTS (School Based Tech Specialists) who coach staff in matching tools and approach. Teachers learn about these tools via CT (**Q: WHAT IS CT?**) discussions, FCPS Academy Courses and NorthTier Courses. Teachers receive a lot of support from this group.

SLIDE PRESENTED TO SHAC:

Q: How much screen time is too much? *Amer Academy of Pediatrics Screen Time Recommendation*

- **Younger than 1.5 – 2 years:** Avoid media use, except video chatting
- **Preschool Age students:** No more than 1 hr / per day- high quality media (between home and school)
 - A committee member asked how this limit was followed when it's likely that parents use that 1 hour at home to make dinner, etc.
 - Discussion re: what uses of iPad are preferable at this age, and kindergarten, vs the alternative hands-on options that were used before 1:1/iPad.
- **Grade School Students:** Doesn't list a specific amount of time, rather it recommends:
 - Careful consideration if screen based activity and resources are engaging
 - Consideration of what is displaced by the instructional activities involving screens
 - Using high quality, age appropriate, educational content
 - Modeling and teaching safe/healthy habits
 - Fostering use of tech to involve creativity, critical thinking and creation over consumption

Digital Citizenship in FCPS: Shared responsibility, parents, students, teachers/staff have a role – civic responsibility is key, they offer resources on balancing time, focus, and rules- how to establish boundaries. Digital Citizenship for parents is available.

Partnering with Common Sense Media on a variety of topics (which has presenters as well).

- 18 FCPS schools have earned Common Sense Media's National Certification in Digital Citizenship

SLIDE PRESENTED TO SHAC: 9 Big Ideas for Media Balance and Wellness in the Classroom

- 1: Anticipate challenges & take proactive action.
- 2: Ensure screen-time is educational.

- 3: Use technology in a goal-directed and purposeful manner.
- 4: Balance online and offline learning experiences & material.
- 5: Prioritize active use of technology for creation, critical thinking, and collaboration.
- 6: Use high quality, age appropriate, and FCPS approved educational resources
- 7: Use routines to develop healthy habits for technology use.
- 8: Create and consistently follow expectations for technology use.
- 9: Actively monitor and mediate technology use.

Transcribed quotes from Mr. Kelley:

Teachers are supposed to ask: *“Is this screentime the best way to meet the instructional objectives? Or are there other ways?”*

Teachers are supposed to ask: *“If I’m using technology to do this, what are they [students] not doing instead?”*
“Screen time shouldn’t be a reward.”

Additional online resources were shared to all stakeholders. For more information, review the slide deck presentation. Slideshow will be shared with committee members following our meeting.

Question & Answer with Dr. Valentine & Mr. Kelley:

- Committee member asked about the monitoring of use: Answer was *“No, not done centrally. Some schools are looking at it, not yet at this time, not evident at this time.”*
- Committee member asked about whether they provide schools/teachers with audio-only EdTech options, rather than only ones that involve screen-watching, since the brain works differently when listening to a story and being able to use imagination. Answer: No, not provided centrally. Loaned audiobooks are available for free via Fairfax County libraries. All student devices have MackinVIA, which allows one to click on a link to listen to a book. If teachers want to use audio books, they can connect with the school librarian, who can purchase it for the school to match the content.
 - Committee member asked if central FCPS could distribute audio books/podcasts etcetera to make it easy for teachers to pull these from the menu of Ed Tech options, to provide them to their students during brain breaks or instead of watching a book on video.
- Lexia is required to be used. A Committee Member asked if there is a minimum required amount of time for elementary school students. They did not know the answer to the question.
- Phyllis shared that we should be building a culture where we’re all looking for balance. Create a cultural norm (e.g. like parents discussing no smart phone use until 9th grade). How can we figure out how to help our children meet the Commonsense Media and National Pediatricians goals?
- What are the best practices for staff development around Digital Citizenship/ cell phones? Can FCPS policies be updated around this topic?
 - Mr. Kelley said that they sent out materials to the schools before the school year got started, but they could send them out again as a reminder.
- School admin at the elementary levels shared there are still cell phone challenges.
- Committee member asked what it takes or what it means to have a website ‘blocked’ from access on a FCPS laptop. **Answer:** IT makes these decisions, yet usually it’s content or cybersecurity risks are the 2 biggest reasons for a site. Principals can request to unblock a site for their school. YouTube is hard to filter.
- High school & middle school principals leave it to their curriculum teams to decide how to use technology at school.
- Dr. Valentine asked what we are doing to help with families modeling good technology use at home. Discussion re: whether there could be central FCPS messaging assisting with this.
- Committee member asked how to handle cumulative screen time in grades 7-12, when there is not a single teacher aware of how much time students are spending online.
 - Our student SHAC representative suggested a central screen time scheduling tool, like how tests are scheduled. For example, each teacher would input their intentions to use EdTech on certain days. Overall, maybe some days would have more EdTech, but then other days would be lighter, and it would balance out, and kids wouldn’t be on screens all the time.
- Question regarding students with disabilities or learning challenges- Are materials always available to students? Like a student who needs a hardcopy of an online book- can they access it? **Answer:** This

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question would be one for the FCPS curriculum team to address, yet Mr. Kelley said our schools do a very good job taking care of our students, schools support them very well.

- One of the FCPS principals shared that teachers should not be interacting with students via social media, per FCPS acceptable use policy, this is not allowed.
- Student example shared from last SHAC presentation of a student disengaging from social media to support mental wellness, signed off and tried to stay off social media- but clubs and activities required social media connections.
- Committee members spoke about things that are completed in person and hands-on versus how the technology might impact learning- just doesn't feel the same.

Shared resource links:

<https://www.fcps.edu/resources/technology/technology-literacy/digital-citizenship>

<https://www.fcps.edu/resources/technology/light-speed-parent-reports>

<https://www.fcps.edu/resources/technology/digital-resources>

<https://www.fcps.edu/online-textbooks>

<https://www.fcps.edu/node/38308>

<https://www.wellbeats.com/>

6. Committee Q&A/Discussion:

- See above embedded comments on the presentation.
- Brenda suggested additional clarification for last meeting's notes, would like to send them out and get clarifications next time. Voting to approve the November minutes will happen after that review during our meeting in February.

7. Adjournment: Motion to adjourn at 9:01pm.

Meeting Handouts: Minutes from November 2022, Meeting Agenda for January 18, 2023

Meeting Notes Drafted by: Ann Smith