

School Health Advisory Committee October 18, 2023

Committee Members in Attendance	Committee Members Absent	Staff and Guest in Attendance
Brenda Silvia-Torma* Kelly Fernandez* Ann Smith* Kimberly Smith* Katie Moyer* Elvira Anadolu* Laura Jane Cohen* Robert Goldel* Ilana Yergin-Doniger* Jen Steiner* Mary Rogers Kirby* Ayan Noor*	Sherry Nachnani Danielle Kaubaroulis Kolette De La Cruz Catherine Stone Mary Rohmiller Ann Wilkie	Bethany Demers Lea Skurpski Jim Jadallah Saray Smalls Carrie Reynolds

Call to Order

Meeting called to order at 7:05pm by Lea Skurpski.

FCPS Updates

School Board Response to 2022/2023 SHAC Report: Response was forwarded to FCPS leadership and school board. LS will provide SHAC with an update when the school board issues its official response.

Epi for Staff Question

The Code of VA provides that stock epi is only available to students with an anaphylactic reaction. A licensed provider must provide a standing order. In the past, FCPS has had at most 7 staff members who experienced an anaphylactic reaction in one year. Currently, the VA Department of Health is not able to include staff in the existing standing order. The main concern is that FCPS needs to have protection in place for those staff who administer epinephrine. Currently, the code of VA does not allow it to be used on staff. The current protocol is to call EMS. Their response time has been appropriate. FCPS continues to discuss this issue with the Department of Health to see if there's some way to expand coverage to include staff.

RSV Illness:

The Fairfax Health Department distributed a respiratory illness letter to the FCPS community so that everyone is aware of the dangers of RSV. No information about RSV vaccine for pregnant people was shared. Two SHAC committee members asked if the vaccine can be promoted to the FCPS community. Kimberly Smith said that she would follow up with the health department communications' team.

Public Comment: None.

Election of SY 23-24 Chairs

Chair Responsibilities include:

- Create meeting agendas, lead the meeting, and get discussions started.
- Take a leadership role for what the report should look like.
 - SHAC does not have a report template. It's whatever the committee decides it needs to be.
 - Co-chairs present the report to the City and County school boards. As Fairfax City Rep, Brenda Silvia-Torma will also present to the city school board. This meeting usually takes place in late May.
 - FCPS School Board Presentation may take place in a less formal environment. It is currently scheduled for June 24th at 7pm.

SHAC meeting format is flexible:

- Committee members could split the work into different groups including people who identify speakers.
- We can have a presenter speak about a topic related to the charge for one month and then use the following month as a debrief/ writing session.
 - Committee members can do research and write the report during the meetings.
 - Committee members can also create position statements that are not related to the charge if there is a pressing health-related concern.
 - Committee work is difficult, but it is so incredibly important. It has budgetary impacts, policy impacts. There are a lot of helpers.

Motion for Co-Chairs: Ilana motioned to nominate Robert Goldel and Kelly Fernandez as this year's SHAC co-chairs and Brenda seconded it. The motion was unanimously approved by the committee.

September Minutes

Lea Skurpski will add the details to James' comment about the wellness challenges. Ayan will send Brenda a copy of Group 3's breakout summary. Brenda will forward that document to Lea to add to the September 2023 meeting minutes.

- **Motion for September Minutes:** Jenn Steiner made the motion to amend the minutes as recommended by Ayan and James and we table them for approval until SHAC's November 2023 meeting. Ann Smith seconded the motion. All approved.

SHAC Charge Planning Discussion

What kind of presentations and which speakers do we want?

- An overview of the FCPS mentor program
 - Peer mentors, high school upperclassmen mentor freshman, high schoolers mentoring elementary students, 6th graders mentoring kindergarteners, community mentors for students who need additional connection.
- Mixed age classrooms—we refrain from doing that because of the curriculum requirements. HS elective classes are mixed age classrooms, clubs and sports.
- Brain development—retraining brains; presentation with actionable items that mesh our goal with encouraging cultural connections and reforming digital environment...Establish a goal for this.
- Cell phones away from a day: Hard to enforce; isn't happening in the way it's supposed. SHAC may be able to get a better sense of what is going on...what are the barriers in the way if we asked a question in the annual wellness survey. Putting phones away allows for connections...but only if they are away.
 - Three FCPS secondary schools (Lake Braddock, Robinson and Hayfield) allow 7/8th graders to have phones during passing periods and lunch. Why? They should be held to the same standards as FCPS middle school students.
- When do questions for the wellness report (goes out in March—must submit it to ORSI to review the survey—questions need to be submitted by November).
 - We can have a doodle poll, but not a google file.
- **8th Period Club Time:** Speaker from Thomas Jefferson High School for Science and Technology.
 - Possible recommendation to extend the school day so that students have access to clubs. Teachers could be paid for their planning time during the 8th period. We need to level the playing field.
 - Transportation will need to be looked at in a whole different way.
- **What is the PTA's role in schools?** Some PTAs are really involved, and some are not. PTA's can only do what the community "buys in". This is why there are inconsistencies across the division.
 - Many FCPS field trips and after school programs are dependent upon funding from the PTA. ES clubs are sponsored by PTAs.
 - Possible recommendation: Add a budget line item for ES after-school club funding.
- **Strategic Plan:** Possible pathway is stated in strategic plan...consistently available electives, co-curriculars, extra-curriculars and enrichments.
 - Middle school start times: The current board is very interested in changing middle school start times to later in the morning and they've been working with Dr. Reid.
 - HS near strip malls—the kids go over to the strip malls and there are some problems.
 - Robotics and Our Minds Matter—why can't schools in proximity combine to create one robotics team?

Next Steps

Robert will create a doodle poll on some questions about the committee members would like to discuss, what is important to them and what questions should be added to the wellness survey. All committee members will email Robert before the November meeting.

- Questions need to be compiled for the wellness questionnaire.

Develop a calendar of all meeting dates/due dates:

- Last year's superintendent's proposed budget came out in January 2023, so we'll need to implement budget ideas for November's meeting.
- The calendar needs to also include each meeting's notetaker.

Note: SHAC can present at the budget meetings to promote recommendation incorporation.

- Review charge-related legislation attaching federal funding for programs that reduces cost of internet for schools. Prohibition of social media in school platforms and screen time.
- If we want to have a breakout committee meeting, we'd have to have a meeting agenda and meeting notes.
- November 1st Sleep webinar will be available for FCPS staff.

November Agenda Will Include:

- SHAC's short-term plans,
- Review new potential school wellness survey questions.
- Review and consider budget recommendations.
 - Reiterate our prioritizations to the school board.
 - Review and consider elevating budget recommendations coming out of SHAC's SY22-23 EOY report.
- Prior to the meeting in November, SHAC committee members will need to review last year's report and the school wellness report. Lea will send everyone the link to the report and the link to the wellness report.

Closing Remarks

Meeting adjourned at 9:00pm. Ann Smith made the motion; Ayan seconded the motion and all approved.