

School Health Advisory Committee January 17, 2024

Committee Members in Attendance	Committee Members Absent	Associate Members and Guests in Attendance	Associate Members Absent
<ul style="list-style-type: none"> • Ayan Noor • Robert Goldel • Dr. Tuc Nguyen • Jen Steiner • Brenda Silvia-Torma • Emilee Pressman • Catherine Stone • Katie Moyer • Ilana Yergin-Doniger 	<ul style="list-style-type: none"> • Ann Smith • Ryan McElveen • Kolette De La Cruz • Elvira Anadolu • Mary Rohmiller • Kelly Fernandez • Kimberly Smith • Mary Rogers Kirby 	<ul style="list-style-type: none"> • Lea Skurpski • Dr. Terri Edmunds-Heard • James Jadallah • Carrie Reynolds • Bethany Demers 	<ul style="list-style-type: none"> • Amanda Schlink • Saray Smalls

Call to Order

Meeting called to order at 7:06pm by Robert Goldel.

Minutes

Approval of November 2023 Minutes- The committee discussed and made the following recommendations for revision:

- Pg 2. Staff response to SHAC report. Bullets under “Ilana...”, make primary bullets “Response is...” and “Dr. Tuc...”
- Pg 2. “Based on a letter...” Add: the public commenter “wants FCPS to join the discussion...”
- Add: Minute taker was Jennifer Steiner.
- Pg 3. 7 bullets down, correct typo: “Principals may provide...”
- Motion to approve with aforementioned revisions: 1st: Ilana Yergin-Doniger, 2nd- Jennifer Steiner
- All in favor- Motion passes.

Action: Lea Skurpski will email Robert the public commenter’s email address to obtain copy of letter to Dr. Cardona. Public commenter’s notes will be included with November 2023 minutes.

FCPS Updates

Lea – FCPS published the winter wellness newsletter in December. This information is posted to SHAC webpage and automated email went out to the distribution list.

New school board representative to SHAC: Ryan McElveen.

The School Board has not appointed a student representative to SHAC. Lea will check with the School Board Office to find out who and how the student rep is determined. SHAC asked that we highlight interest in student input on topics discussed by SHAC. Request their comment, if a representative is not appointed. SHAC wants to include their thoughts in the end of year report as an author or co-author.

James Jadallah --- Valentine's Day – employee wellness will sponsor a heartfelt day, 2-4p in front of cafeteria. Inviting the Chief Equity Office to offer employees a healthy baked good (at least one ingredient). There will be judging of taste. Launching next wellness challenge registration for colorful choices, week challenge in March in conjunction with national nutrition month. Smoothie sampling. Team based Jeopardy game about employee wellness.

Robert asked what is the policy about inclement weather and SHAC meetings? Lea – in the past, SHAC meetings have been cancelled due to inclement weather and SHAC met the following month, as scheduled. Recommended that SHAC could consider at the following month's meeting, whether or not to schedule an additional meeting. The committee could then vote to approve the addition of another meeting on a case by case basis. FCPS School Board has not approved provision for virtual meetings. Lea will follow up to ask if the School Board office plans to add this topic to a future agenda. Currently, can meet virtually up to 20% of the time (equates to twice annually) and SHAC would need to update the bylaws to reflect virtual meeting requirements.

There are a number of VA bills that would impact FCPS including Glucagon, naloxone, Narcan training for staff, training for cardiac arrest and teams to support emergency cardiac arrest and other medical emergencies, health information form and documentation (simplify immunization form for parents). Information available on the FCPS webpage.

New Business

Staff responses to SHAC end of year report: Ilana – staff responses to action items were not addressed because awaiting the FCPS School Board rep who will be partnered to take action items to the next level. Robert will reach out to Ryan, Ilana will follow up thereafter, to walk through the report and FCPS responses.

Response felt adversarial or dismissive, which differed from the FCPS board response. Purpose would be to understand how SHAC could be more effective. Conversation would focus on a particular section, the FCPS people who contributed to the response, and Ryan. Lea will introduce Robert and Kelly to Ryan via an email introduction.

Updates to 2024 School Wellness Survey Questions. How could we make our recommendations more effective?

FCPS not receiving email attachments from Robert. Created a challenge to collect and share SHAC suggested edits/additions to School Wellness Survey. How do we address this? IT ticket to note Robert and his address. Lea received the link to the google doc and will forward the information in an attachment to the committee members.

Lea sent the SY23-24 wellness survey to the Office of Research and Strategic Improvement (ORSI) to review and it is schedule to go to FCPS leadership for approval in the next few weeks. SHAC determined that we will NOT pursue revisions to the survey for SY23-24. Rather, we will gather information to inform our future recommendations.

Broadening school wellness survey responses. Principals receive the survey. One response per school is required to meet requirements of the Healthy Hunger Free Kids Act and Virginia Department of Education to evaluate progress of each school in the division as related to the wellness policy. Principal may designate alternative staff members to complete the survey.

Lea - There are other surveys that may be of interest to SHAC: youth and staff surveys. What other types of surveys or information that could potentially give SHAC the information we are looking for?

Ilana – Stephanie Sheridan found the breakout of the wellness survey, showed everything was in the “good” range – not identifying places to intervene. Could we ask Office of Research and Strategic Improvement (ORSI) to speak and walk through the different surveys in FCPS? Purpose to consolidate and make them more effective. Lea will reach out to ORSI to request a presentation in March 2024.

Bethany Demers – proposes to narrow the scope of “all surveys.” Bethany wants to share Youth Survey. Ilana – could we help combine/reduce surveys?

Dr. Terri Edmunds-Heard– Principals instructed to pull together a group to determine the responses to the wellness survey. In smaller schools, can be hard to pull together such committees. Staff are experiencing survey fatigue.

Robert – How we do get better information to determine interest, evaluate potential impact, and evaluate actual impact in the current educational environment?

Ayan Noor - Can we put together our list of questions to ask ORSI to give us the relevant information within their portfolio of surveys?

Robert- How can we make survey results more operational? For example, what are the timing of survey results received and our recommendations?

Bethany – Youth Survey suggestions/recommendations for revision. March – good timing for conversations about changing questions. Having a proposal by that time would be helpful.

Terri – Suggested revision to the introduction to state the responses will not be punitive. Examples: Pg 11.

Ilana – Pg 12 Section C of Q7-14, “To what extent” It is happening to an extent. Which of these does your school do best? Rank (or prioritize?) the items below. Introduction language suggestion: Everyone can’t do everything.

Lea – Prior goal in developing the response rating scale was to move schools from No Activity to Embedded. Existing ranking system designed by ORSI to make schools feel it is allowing them opportunities to grow over time rather than punitive.

Ayan – It is possible that all these items are embedded in our curriculum overall. Are there new items that we want included today? Example: Fentanyl, vaping, substance-abuse prevention. Once something reaches to embedded, should we drop it and add a new topic?

Lea – SHAC wrote this survey five years ago. The committee could consider revising to meet SHAC current objectives. For example: included links to regulations and policies to help responders become more familiar with the requirements of these policies/regulations.

Katie Moyer – The inclusion of links to regulations makes it feel punitive. Is there something not on this list that you think is important?

Lea – Some questions are only for middle/high schools, otherwise is for all schools.

Carrie Reynolds – some of the questions ask people whether they are implementing the health curriculum. Broaden it to counseling, psychology?

Robert - Where would coping skills? Self-regulation?

Carrie – Respondents to these questions may not know what these topics are.

Bethany – School psychologists/counselors, classroom teachers, and PE teachers provide health instruction.

Robert – Request composition of the school’s committees by school role.

Brenda Silvia-Torma – Add questions about indoor air quality? Presence of filters? Discussion of current status within schools – Centers for Disease Control reopening schools grant provided air purifiers to schools. FCPS response to recent SHAC report, air quality standards reflect the building’s establishment.

Ilana – How often are Heating Ventilation and Air Condition systems dysfunctional?

Katie – What is the backup when it breaks down?

Robert – Are we seeing the impact of air quality on staff?

James – Would have to be in staff wellness survey.

Lea will reach out to ORSI to present in March reference survey timing and results, existing information relevant to SHAC 2024 charge.

Bethany to present on Youth Survey in February. Gaps we may want to identify in the survey. For example: screen time, mental health, sleep, eating disorders, loneliness/isolation/disconnection, protective factors (connectedness).

Emilee Pressman will review the four years of school wellness survey results available on the website and report back to the group in February. Consider looking at Department of Health (DOH) health equity profiles.

Robert – Getting a handle on the timing of surveys and results. What existing information do they have relevant to our 2024 charge? Align our charge with the existing data and data collection methods. Are schools addressing the gaps in the school wellness survey? How do we look for those changes?

Bethany – Could SHAC narrow its focus in the survey? Will send links to Debbi reference equity profile (caring culture, attendance, etc). Health Dept tracks suicides. Fairfax County's overdose dashboard (law enforcement or medical professional makes the determination).

Subcommittees:

Responses to SHAC report – Ilana, Brenda, Robert, Jen (will call in)

- Lea will introduce Robert and Ryan
- Lea can support public notification and posting agenda to webpage

Prepping our 2024 recommendations

Digital Environment

Smartphone Ban

Current policy:

No smartphones in classrooms.

Acceptable to use smart phones in cafeteria, between periods, hallways for high school.

Middle and elementary school – phones away for the day. There are reasonable accommodations for the policy.

Social Isolation

Period 8

Innovation?

Next Steps

Lea will email Robert Keena's email address to so that he may reach out to obtain copy of letter to Dr. Cardona.

Lea will reach out to ORSI to present in March re: survey timing and results, existing info relevant to SHAC 2024 charge.

Bethany to present on Youth Survey in February. Gaps we may want to identify in the survey. For example, screen time, mental health, sleep, eating disorders, loneliness/isolation/disconnection, protective factors (connectedness).

Emilee will review the four years of school wellness survey results are on the website and report back to the group in February. Consider looking at DOH health equity profiles.

Robert will reach out to Ryan, Ilana will follow up thereafter, to walk through the report and FCPS responses.

Lea will check who and how the student rep is determined.

Lea will e-introduce Robert and Kelly to Ryan. Robert will reach out to Ryan, Ilana will follow up thereafter, to walk through the report and FCPS responses.

Closing Remarks

Robert - Align goals of this committee to the existing timelines and surveys. In this, gathering information on the 2024 topics. Gathering staff and youth experience on the 2024 topics.

Jennifer - Girls on the Run looking for opportunities to be part of the thought conversation on health and wellness. Are there programs where Girls on the Run can have a presence? Jennifer will meet with Bethany.

Lea – It may be possible to highlight Girls on the Run in the FCPS wellness newsletter.

Motion to adjourn--- 1st – Ayan Noor
2nd- Brenda Silvia-Torma

All in favor- Motion passes. 8:59p.